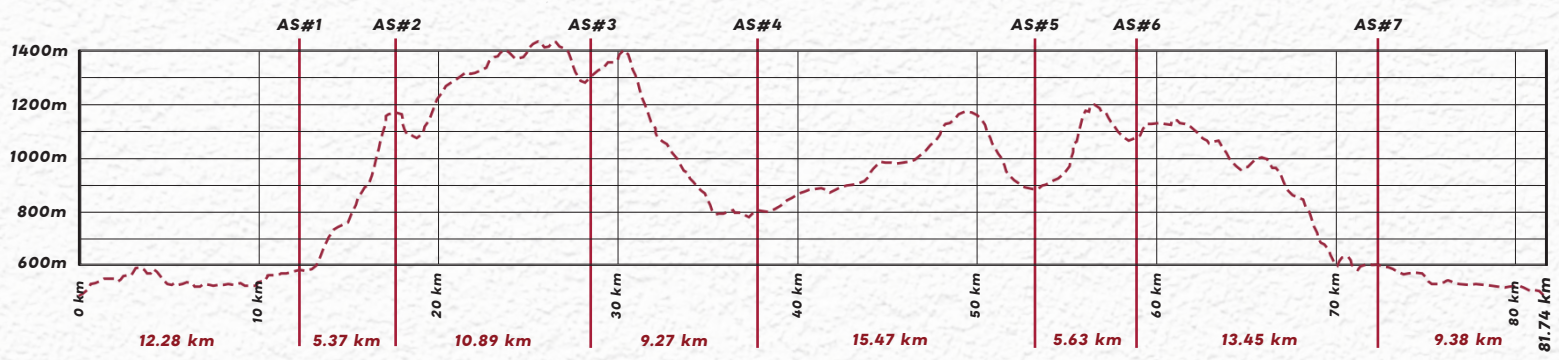


RAVEN 50

TOGETHER WE FLY



We are so grateful to live, run and play in the Traditional Territories of the Kwanlin Dün First Nation and the Ts'an Kwách'an Council. Much of this race takes place within Kwanlin Dün traditional hunting grounds and on Settlement Land. Settlement Land refers to the parcels of land owned and managed by a First Nation. On Settlement Land First Nations are the primary decision and law-makers.

This year, we hope to all show up – not just well-trained – but also well-informed with knowledge of, and respect for – this land and her peoples. It is our hope that this race creates a new opportunity for us all to gain a new perspective, to show up, to learn, to support, and to give visibility to the important stories of the Kwanlin Dün Nation and the Traditional Territories upon which we run.

Sháw nithän. Másin cho. Gunałch'ish. Thank you. Together we fly!

SECTION 1 ŁCHI: MT. MCINTYRE STADIUM TO MCINTYRE WETLAND

Mostly hilly single-track trails in the forest. Very runnable.

Distance: 12.3 km

Min/max elevation: 724 m/833 m

To keep things fresh for those of you who join us year after year, we're starting at the Stadium instead of the Rec Centre. You'll run north from here and stay on a wide 7.5 km trail. It curves up to the single-track dream that is Collective Trail. Run north on Collective, cross Rocky Canyon and join your second single-track, Upper Rocky Canyon. Travel south on Upper Rocky Canyon and take the Lichen It connector to join the Sarah Steele Outer Loop. You'll follow Sarah Steele, a wide skate-ski track, to Reimer Reason, another single-track trail that leads to Fireweed Junction. There, you'll join Upper Selwyn, another wide skate-ski trail. Cut left across Coyote to Lower Selwyn and Wolf (more spacious skate-ski trails), then connect with 24 Hours of Light. Take this single-track until it drops down to cross McIntyre Creek at the ATCO site. Run the road to the pump house. Follow a single-track trail to the McIntyre Wetland parking lot. Grab a breather at Aid Station Łch'i (1) and take in McIntyre Creek. A natural corridor connects the Yukon River and the forests around Łu Zil Mán (Fish Lake), it may have been a migration route for bison and elk in the past. Archaeological digs along the creek have discovered artifacts at thirty sites, suggesting First Nations communities used this area for hunting more than 5,000 years ago.

SECTION 2 ŁKI: MCINTYRE WETLAND TO THÁY T'ÁW (HAECKEL HILL) SUMMIT

Steep uphill single-track.

Distance: 4.9 km

Min/Max elevation: 817 m/1410 m

Cross Fish Lake Road to the start of the Tháy T'áw (Haeckel Hill) Ascent Road. Keep your eyes open for eagles—they're how the hill got its name. Elders of the Kwanlin Dün First Nation tell of a giant golden eagle who made a nest at the summit. From there, the eagle scanned the hills trails for people to eat. Run a very short stretch up the road, then turn right on an ATV trail. You'll make a quick left onto the single-track Tháy T'áw (Haeckel Hill) downhill trail. From there, it's hard to get lost. The only option is up (and up and up). This is the steepest climb of the whole course, so proceed strategically! You'll follow the trail to the summit, where you'll find volunteers rather than a golden eagle. They're waiting at Aid Station Łki (2) to boost your mood after a tough climb.

SECTION 3 TADACH'E: THÁY T'ÁW (HAECKEL HILL) SUMMIT TO SUMANIK RIDGE

Alpine terrain with a 360° view. Much of this stretch has no worn trail. There's a lot of mossy, spongy footing with exposed rocks. Expect slow going in this section. Stock up on food and water, plan to hike, and be ready for weather-dependent exposure and extreme conditions.

Distance: 10.89 km

Min/Max elevation: 1311 m/1677 m

Drop down off the other side of Tháy T'áw (Haeckel Hill). If you're carrying gaiters or tall socks, you may want to put them on. The climb back up to Sumanik Ridge is brushy. In fact, if you're ever going to need the mandatory gear in your pack (gloves, toque, light jacket), this will probably be the section for it. You're going to be exposed for a few hours and, even in summer, it can get chilly. Snow is a possibility. Fortunately, you'll also enjoy the spectacular views afforded by the effort of your climb. That said, spend some time looking at the ground too, as footing is unstable in this across this super technical terrain. Flags will be your best friend on this section, as there is no visible trail along the ridge. Once you make it to the alpine lakes, you'll be able to top up your supplies at Aid Station Tadach'e (3).

SECTION 4 DÚKW'ÁN: SUMANIK RIDGE TO JACKSON LAKE

Continued ridge conditions with one more big, brushy climb and a downhill ATV trail.

Distance: 9.27 km

Min/max elevation: 1016 m/1645 m

You're going to feel like you're flying when you hit the downhill ATV trail that delivers you from the difficulty of the ridge into your next Aid Station. First, you have to power through one more climb on this section, but we promise it's worth the work. At the next Aid Station Dúkw'án (4) you'll land in the lap of a huge support crew, including other runners, coaches, family, friends and community. Jackson Lake has a history of bringing people together. In recent years, it has served as the site for a land-based healing camp for the Kwanlin Dün First Nation. Men, women and youth participate in traditional and contemporary programming here, as a way of addressing the myriad impacts of residential schools.

SECTION 5 KÉJÁN: JACKSON LAKE TO ŁU ZIL MÁN (FISH LAKE)

ATV trails with wide-open views, alpine terrain and forest. Very runnable.

Distance: 15.47 km

Min/max elevation: 1032 m/1408 m

If Jackson Lake was the end of your race, congrats, and good luck to your leg two runner! If it was your halfway point, congrats on almost being finished ... in relative terms. We think the second half of the race runs easier than the first. Still, we recommend giving yourself some decent downtime at the halfway point to find your drop bag and get a morale boost from your crew before starting the second half. You leave Jackson Lake by way of a rolling ATV trail. It's fully exposed to the sun as you join a wide cutline, bypass Sunshine Valley Ranch and merge with a gravel road. Soon, you'll turn right and cross Fish Creek. Take the opportunity to splash yourself with some creek water if you're overheating. After the creek crossing, you'll take an ATV trail uphill to the north side of the Łu Zil Mán (Fish Lake) mountain ridge. You'll reach alpine where you've got a 360° view of Bonneville Lakes on one side, and Łu Zil Mán on the other. These are settlement lands, which means the land is owned and managed by the First Nations. The Bonneville Lakes were used by Indigenous people as a regular camp for fall hunting and spring fishing. Fish Lake, or Łu Zil Mán in Southern Tutchone, is named for the whitefish that spawn here in the fall. The lake is significant to the Kwanlin Dün First Nation, whose people have gathered, hunted and held potlatches here since the end of the last ice age. Some of the oldest early tools found in the Yukon were found at these lakes. From here, you'll follow a hiking/horsepacking trail through the forest to Aid Station Kéján (5).

SECTION 6 KÉJÁN-TÁKI: ŁU ZIL MÁN (FISH LAKE) TO MT. MCINTYRE ASCENT ROAD JUNCTION

Uphill trail and single track with breathtaking views. Some steady climbing, some runnable singletrack, and some off-trail scrambling!

Distance: 5.9 km

Min/max elevation: 1121 m/1433 m

Before the road was built here in the 1940s, people hunted the lake via dog sled. Elder Don McKay says moose were so plentiful, they were like cattle in the area. There are signs of former tent camps and a few old cabins, though most were destroyed when the road was built, or flooded when the dam was installed in 1949. Run along the causeway that parallels Łu Zil Mán and appreciate the views here, as well as the flat elevation profile. It won't last. Shortly after you turn right on a 4x4 road, you'll join a steep single-track trail to your left. This is Knuckle Ridge. The downside is it's more exposed than Tháy T'áw (Haeckel Hill); the upside is it ends sooner. There's some scrambling before you traverse the ridge and drop down to Starbuck's Revenge, a single-track mountain bike trail. After crossing the Mt. McIntyre Ascent Road, you'll refresh your supplies at Aid Station Kéján-táki (6). Be extra-nice to the volunteers here. You'll see them again soon ...

SECTION 7 KÉJÁN-ŁCHI: MT. MCINTYRE ASCENT ROAD JUNCTION TO COPPER HAUL ROAD

Downhill, cross-country ski and bike trails.

Distance: 13.45 km

Min/max elevation: 814 m/1372 m

Turn right and go up the road to reach the start of Blown Away. One of the highlights of the race, this single-track mountain bike trail leads you through the alpine and along a shady downhill before spitting you back out on the Mt. McIntyre Ascent Road, right where you started this section. If you need to hit up the Aid Station a second time, you can. Ultimately though, you want to turn right when you hit the road after Blown Away. You'll follow the road downhill until you turn left onto Fraser Loop. The wide skate-ski trail will lead you to Upper Goat. You want to take the right side of the Upper Goat Loop. Stay right to join Lower Goat, then turn right onto Kid Vicious. It's not just a catchy name—this is a very steep downhill mountain bike trail, made to feel steeper by the fact that you've probably already come more than 60 km by now (you hero, you!). When you come off Kid, you'll be on Copper Haul Road, a wide gravel road. Turn right. Run for about 2.5 km and you'll reach Aid Station Kéján-Łchi (7). This will be your last station! Are you starting to get sentimental yet about the race ending soon? We feel you.

SECTION 8 KÉJÁN-TADACH'E: COPPER HAUL ROAD JUNCTION TO MT. MCINTYRE STADIUM

Forested, runnable skate-ski trails and single-track with some nice lookouts

Distance: 9.4 km

Min/max elevation: 723 m/834 m

Turn left at Mordor to join Copper Trail, a wide skate-ski trail. Follow Copper to Porcupine Ridge and turn right on this sweet beauty of a single-track trail. We've saved some of the best for last. You'll appreciate this final stretch being fast, flowy and entirely in the shade of the trees. You'll have one more chance to look out over McIntyre Creek before Porcupine hits the junction with Copper Trail. Stay on this wide skate-ski trail. There's a tiny bit of climbing left, but it's gravy compared to what you've already accomplished today. Once you've got that final incline out of the way, you'll wing your way downhill to the stadium where we're all waiting to cheer you over the finish line. We're so proud of you! Come chat with us and tell us about your experience!

We relied on a number of sources for the historical information shared within this race guide. These include Kwanlin Dün Our Story in Our Words by the Kwanlin Dün First Nation; "Uncovering the Past" by Ruth Gotthardt, Greg Hare and the Yukon Heritage Branch; and "Łu Zil Mán (Fish Lake) Local Area Plan" by the Kwanlin Dün First Nation and the Government of Yukon. We encourage you to read these and other sources to learn more.