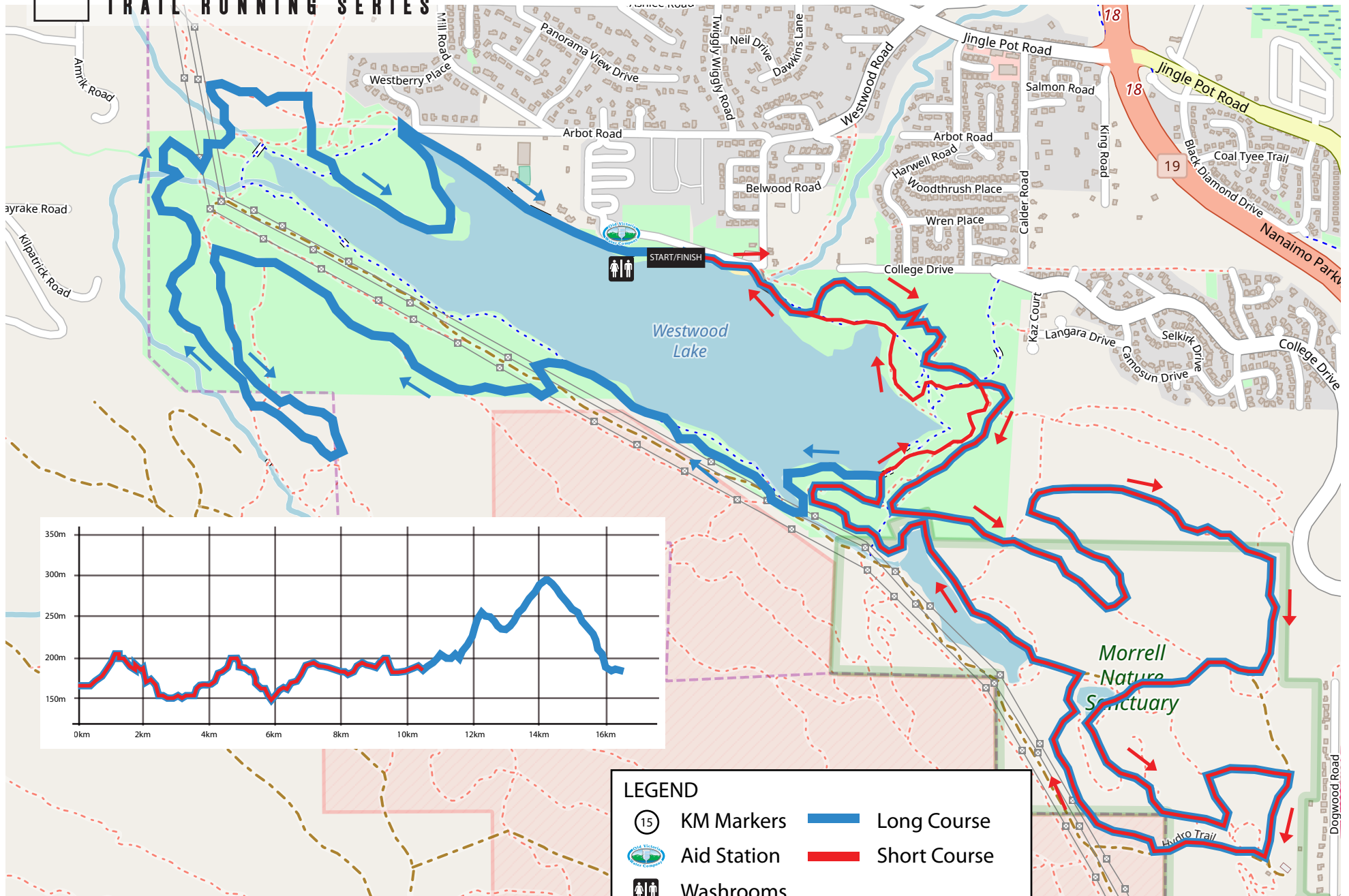




# VANCOUVER ISLAND

## TRAIL RUNNING SERIES



Long Course ~16km with 430m elevation gain.  
Short Course is ~10.5km with 250m elevation gain.