

Iron Legs: Crew Directions

Race start: Station Flats, Kananaskis

From Bragg Creek, head south to the Hwy 22 and Hwy 66 T junction. Turn right (west) on Hwy 66 for approx. **16km**. You will go over the Elbow River and pass Fullerton and Allen Bill parking lots and the Elbow Ranger Station. Approx. **1km** further is the Station Flats parking area. **Crew cannot park in the parking lot; please park along the road.**

Station Flats to Aid Station 1 (Powderface)

From Station Flats, turn right (west) on Hwy 66. Drive **8.1km**. Powderface parking lot is on the right just after the winter gate. Minimal parking. Crews may wish to park along the Hwy or across from the parking lot and walk over.

Aid Station 1 to Aid Station 2 (Elbow)

From Powderface parking lot, turn right (west) onto Hwy 66. Drive **8.3km**. Park along the roadside at Elbow. The aid station is on the road at the junction between Hwy 66 and Powderface Road.

Aid Station 2 to Aid Station 3 (Ford Creek)

Pass by the Elbow aid station and proceed down the gravel Powderface Road for **6.9km**. This is a single-lane gravel road with steep ups and downs. Use at your own risk. Park along the roadside at the Ford Creek aid station. Crews may find it easiest to travel **0.5km** further to find a turn-around spot.

Aid Station 3 to Aid Station 4 (Powderface)

Turn back and pass through Elbow aid station. Head east back to Powderface parking lot. **15.2km**.

(60km runners) Aid Station 4 (Powderface) to finish line

From Powderface parking lot, turn left (east) onto Hwy 66 back to Station Flats. **8.1km**.

(50 mile/100km runners) Aid Station 4 to Aid Station 5/6 (Moose Packers)

From Powderface parking lot, turn left (east) onto Hwy 66. Travel **5km** to Moose Mountain Road. Turn left and head up Moose Mtn. Road for **7.1km**. This is a gravel road and best suited for AWD vehicles – use at your own risk. The road divides halfway up – stay left on the main road. The trailhead is located at the top of the road where the road should be gated beyond. Park here and walk up to the Moose Mtn. trailhead; crews must walk in approx. **1.2km** to the aid station. Long, steep descent to the aid station.

(50 mile runners) Aid Station 5/6 to finish line

Head back down Moose Mountain Road **7.1km**. Turn left (east) onto Hwy 66 and proceed back to Station Flats **3.1km**. Turn left into the Station Flats parking area.

(100km runners) Aid Station 6 to Aid Station 7 (Fullerton)

Head back down Moose Mountain Road **7.1km**. Turn left (east) onto Hwy 66 and proceed to Fullerton aid station approx. **4.1km**. Turn left into the Fullerton parking area. To head back to the finish, go back to Station Flats 1km west down the road.

(20km runners) Start (Station Flats) to Aid 7 (Fullerton)

From the Station Flats parking area, turn left (east) onto Hwy 66 and proceed approximately 1km to the Fullerton parking area. Come back to Station Flats for the finish.