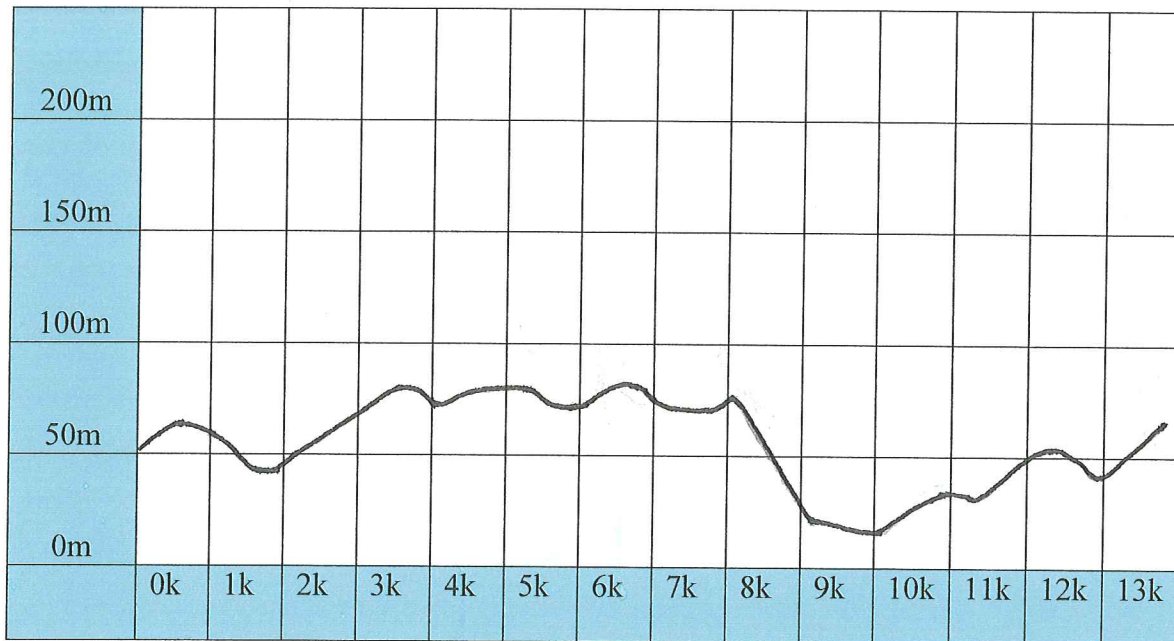


Stage 1 – Lester Centre to Kloiya Bay – 13.8km



The race begins with a gentle uphill for the first kilometre, followed by gentle undulation to Oliver Lake at 7.6km. Runners begin on the right and are guided across the highway at about 5km. From then on, runners will always be on the left, facing traffic. There is a significant downhill from 8.7km to the viewpoint at 10.5km, from where the old Skeena Cellulose pulp mill can be seen away to the right. The bridge at 11km takes the race from Kaien Island to the mainland, and the stage continues to be gently undulating, with an uphill finish at 13.8km. Support vehicles are asked to park on the shoulder on the right, but not directly opposite the transition point.