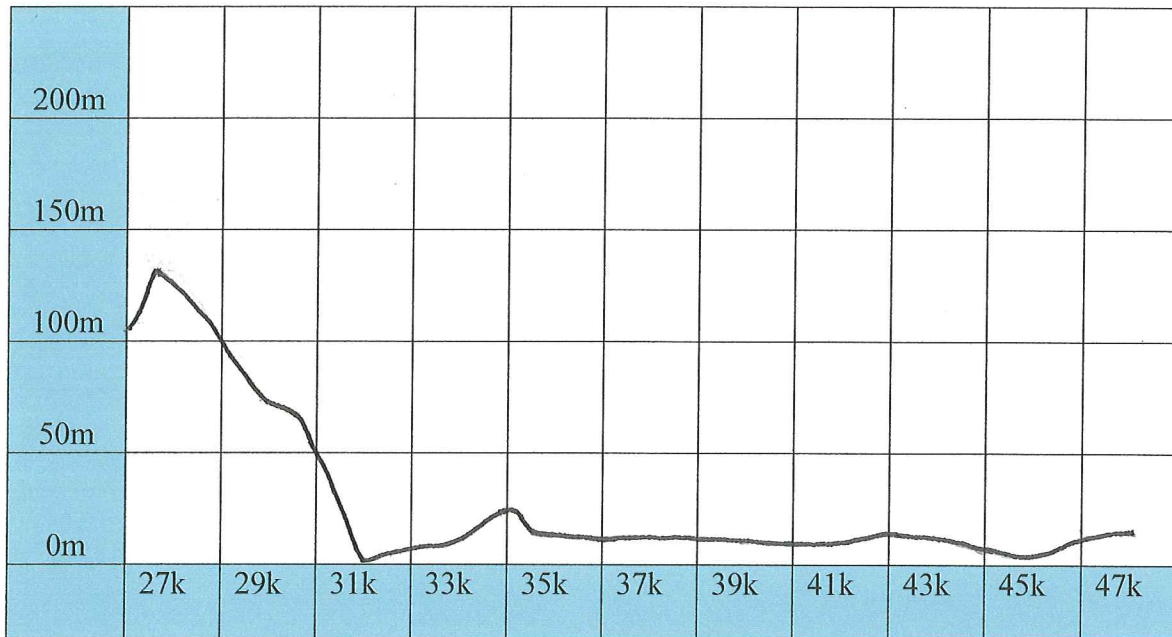


Stage 3 – Rainbow Summit to Basalt Creek – 21.2km



This is the longest stage, and is almost exactly a “half-marathon.” It begins uphill for 1.4km to the summit, and then there is a long downhill for almost 5km, during which the first sighting of the Skeena River is made. After levelling out for 3km, the route joins the Skeena River at the Tye Viewpoint at 8.7km. Panoramic views of the Skeena are afforded at 9km, and the road continues, winding and flat, between the railway on the left and the river on the right. The shoulder on the right is very narrow in places, so support vehicles must choose their parking spots carefully. The creeks of Inver, Antigonish, Marigonish and Ekumsekum are crossed, before the arch of the Khyex River Bridge is seen in the distance. This should offer encouragement to runners, knowing that the end of the stage is little more than a kilometre beyond the bridge. The stage finishes beside the Basalt Creek picnic spot, where there is limited parking.