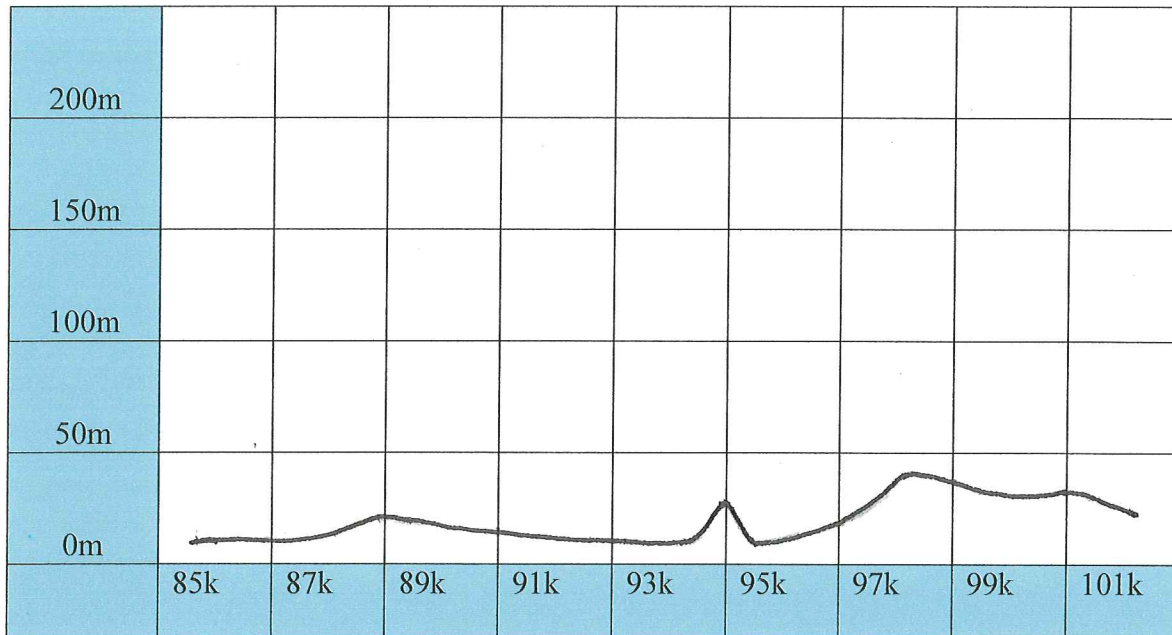


Stage 7 – Kasiks Resort to Fishing Place – 16.7km



This is the second-longest stage, and all stage 7 runners start together at the Kasiks resort, turning left onto the highway. At about 3.7km the shoulders become extremely narrow, and runners should take care, and “hug the cliff.” The entrance to Exchamsiks Park is at 3.8km, followed by the bridge over the Exchamsiks River. There follows a long, straight stretch to 10.0km where there is a small hill, before the road becomes flat again at 10.9km. At 11.7km, “Carwash Rock” is encountered, where the shoulders are again extremely narrow, and runners should exercise caution. Polywog Creek is crossed at 13.5km, and then at 15.4km the highway crosses the railway. In the event of a train coming through during the race, runners would be stopped at this crossing by a marshal, and a time adjustment made. The stage ends at a small boat launch which we have immortalized as “Fishing Place.”