

# PORCUPINE SKI RUNNERS

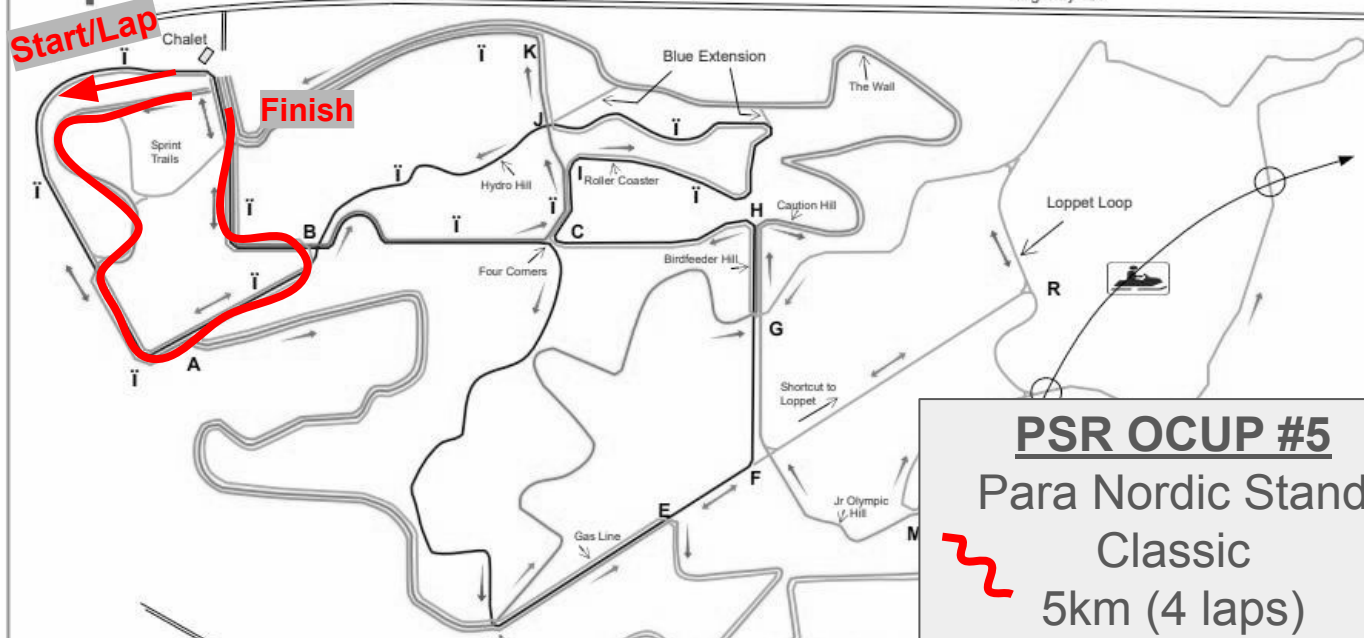
## Trail Map – Central Core

Highway 101

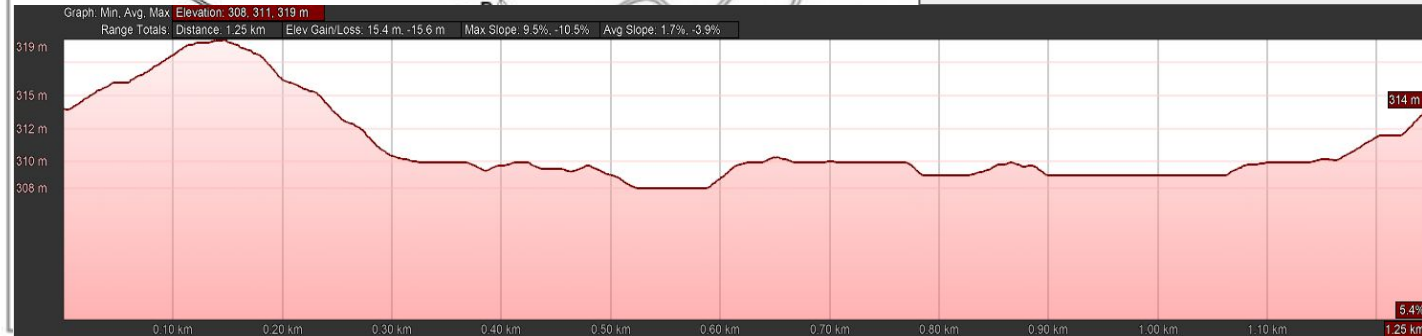


**Start/Lap**

**Finish**



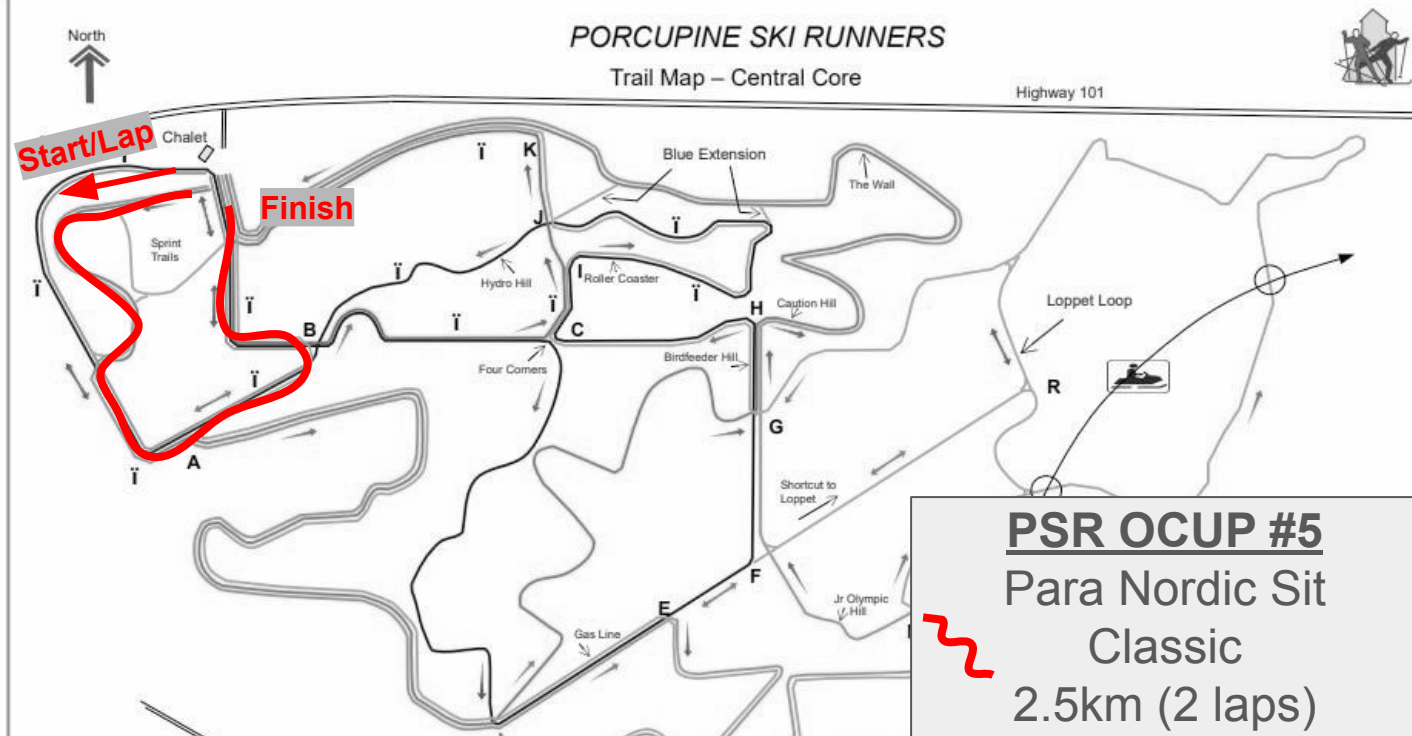
**PSR OCUP #5**  
Para Nordic Stand  
Classic  
5km (4 laps)



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## Trail Map – Central Core

Highway 101



**PSR OCUP #5**  
Para Nordic Sit  
Classic  
2.5km (2 laps)

Graph: Min, Avg, Max Elevation: 308, 311, 319 m

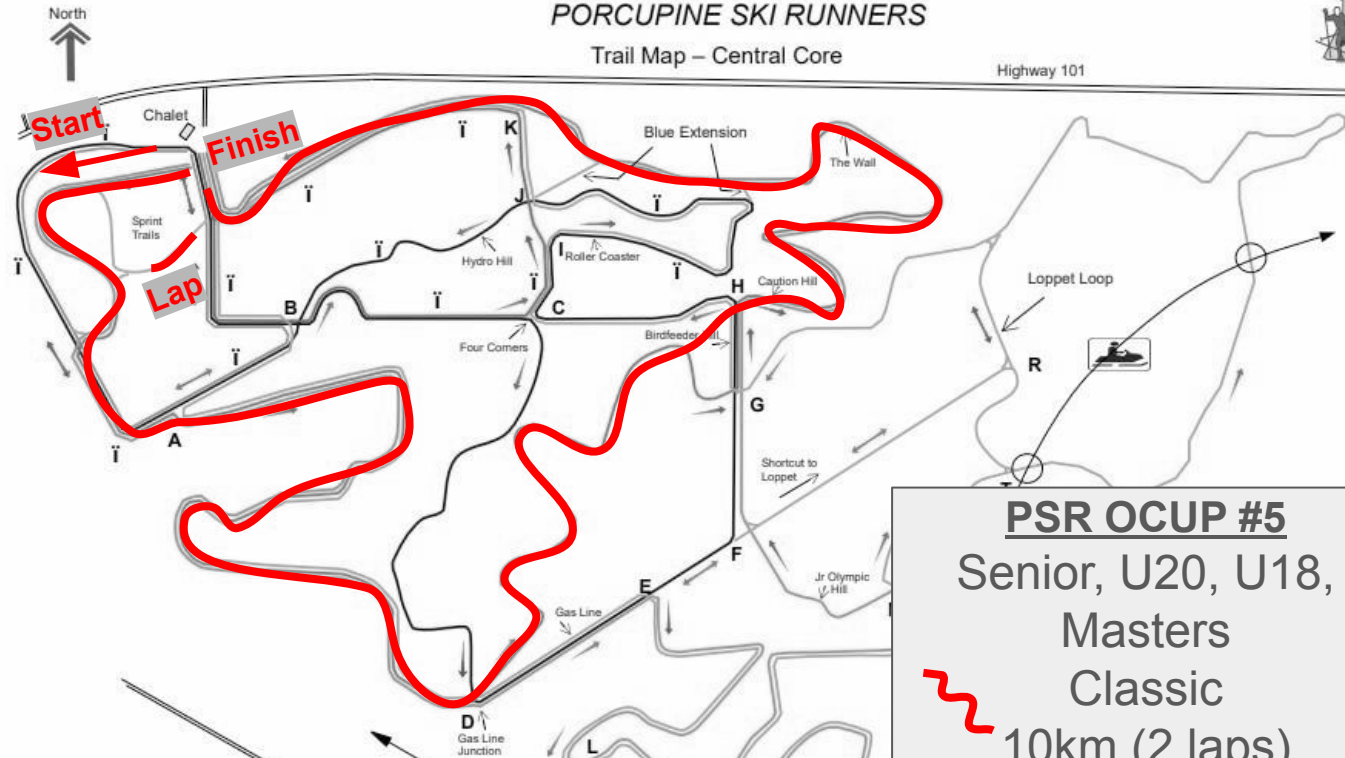
Range Totals: Distance: 1.25 km Elev Gain/Loss: 15.4 m, -15.6 m Max Slope: 9.5%, -10.5% Avg Slope: 1.7%, -3.9%



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## Trail Map – Central Core

Highway 101



### PSR OCUP #5

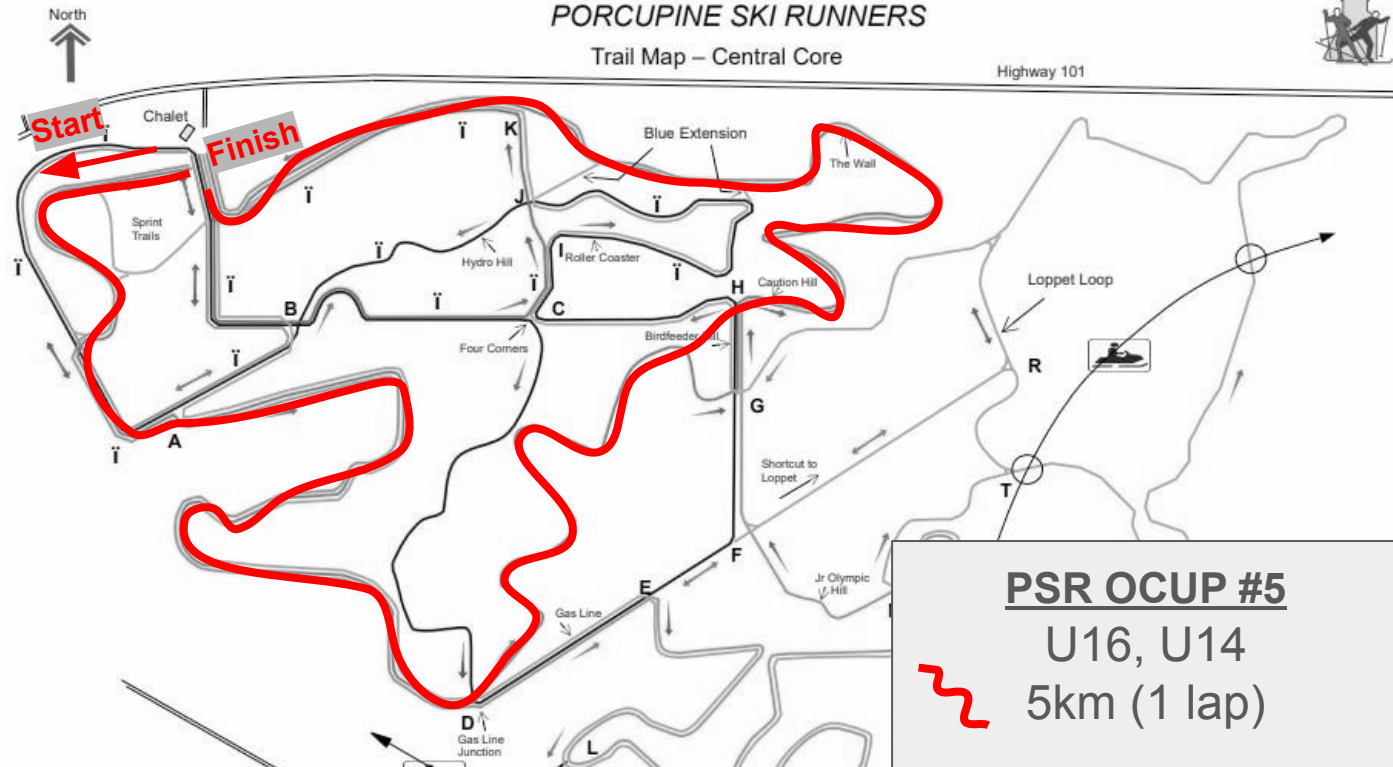
Senior, U20, U18,  
Masters  
Classic  
10km (2 laps)



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## Trail Map – Central Core

Highway 101

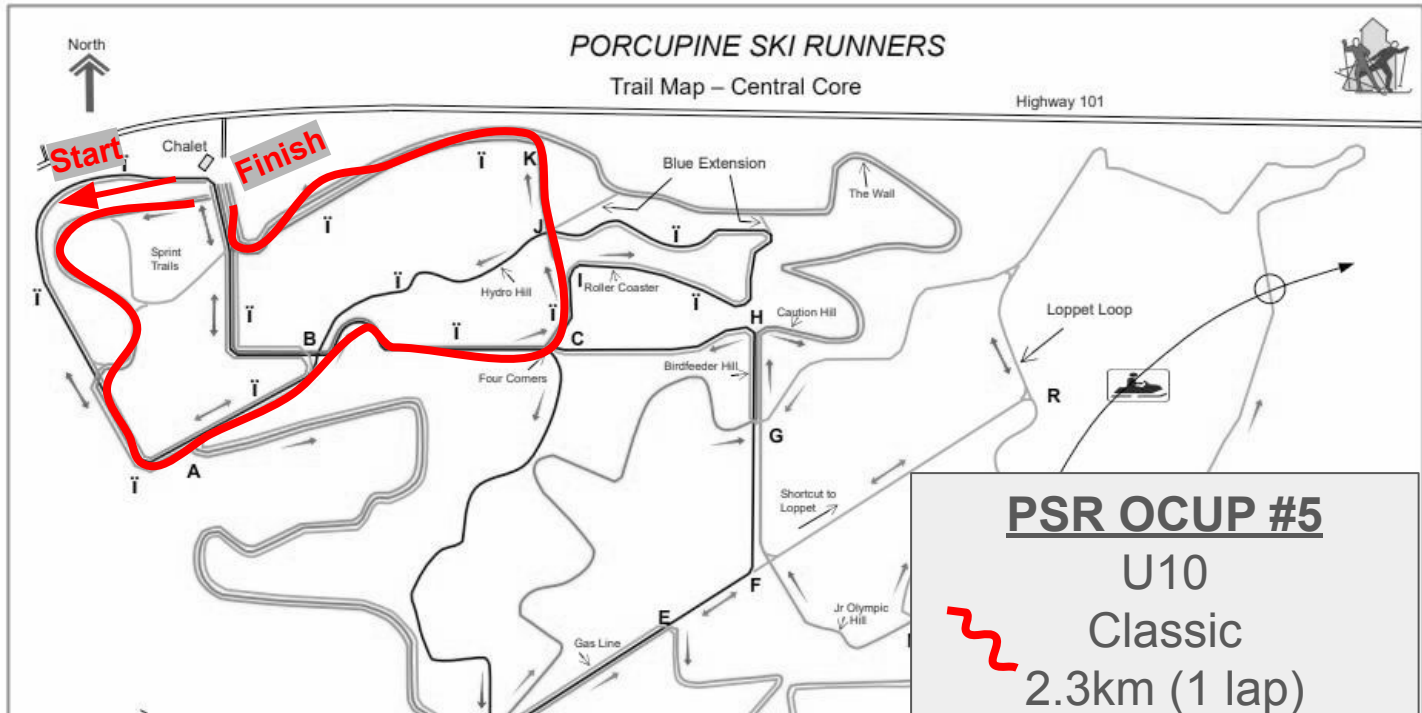


### PSR OCUP #5

U16, U14

5km (1 lap)

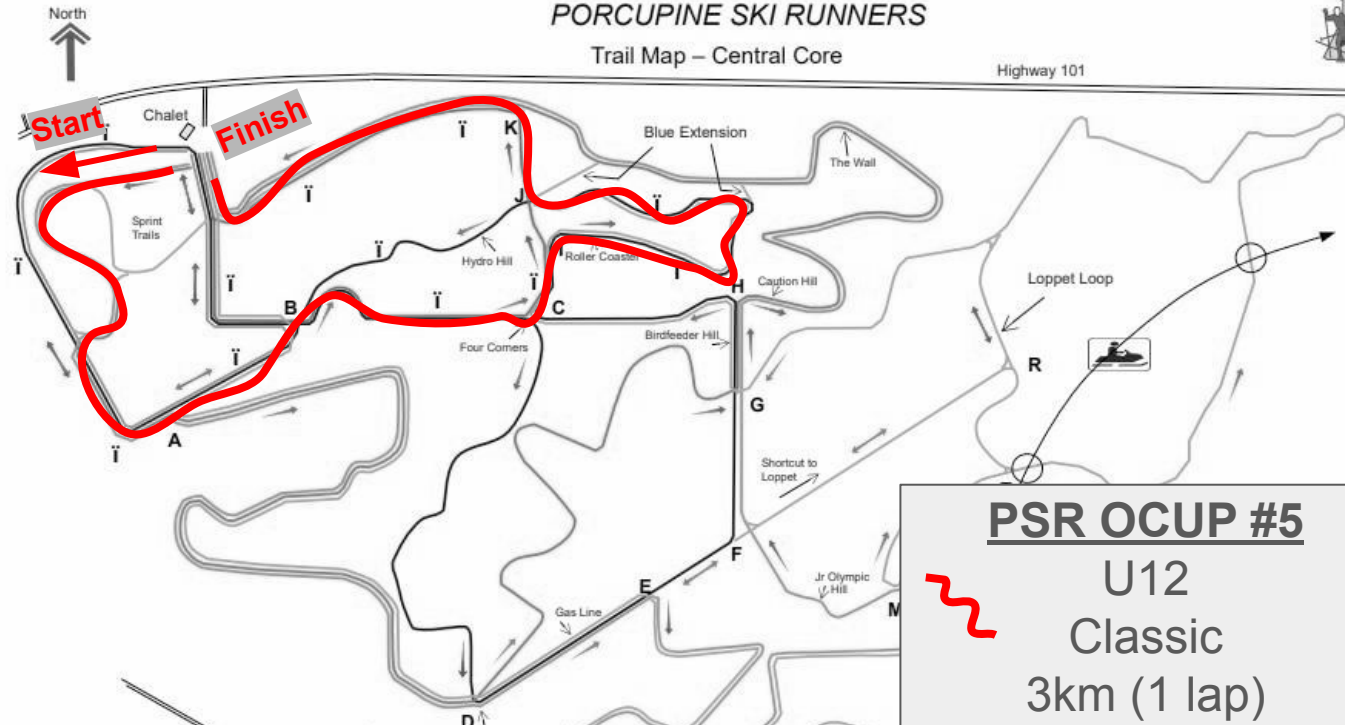




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Trail Map – Central Core

Highway 101



## PSR OCUP #5

U12  
Classic  
3km (1 lap)

Graph: Min, Avg, Max Elevation: 308, 315, 323 m  
Range Totals: Distance: 3.00 km Elev Gain/Loss: 37.8 m, -40.0 m Max Slope: 9.2%, -9.8% Avg Slope: 2.1%, -3.0%

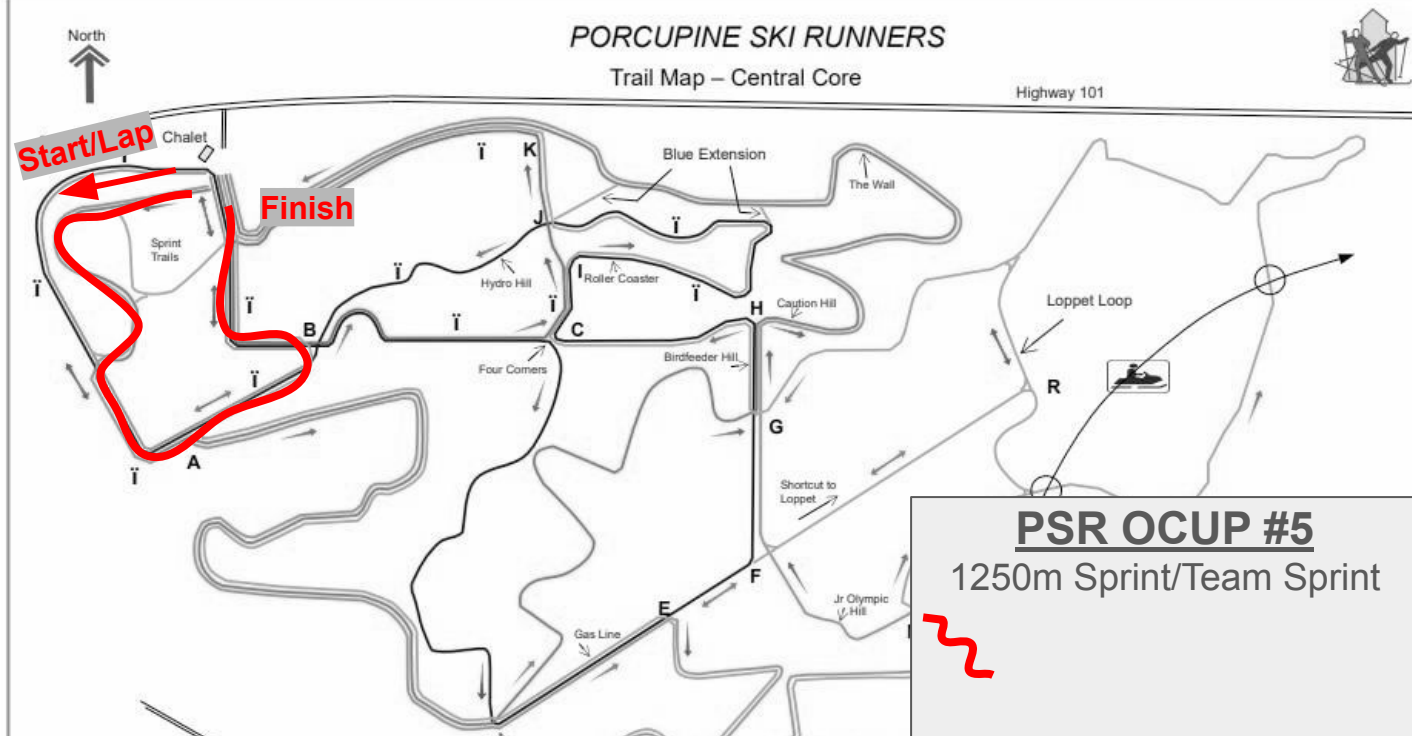




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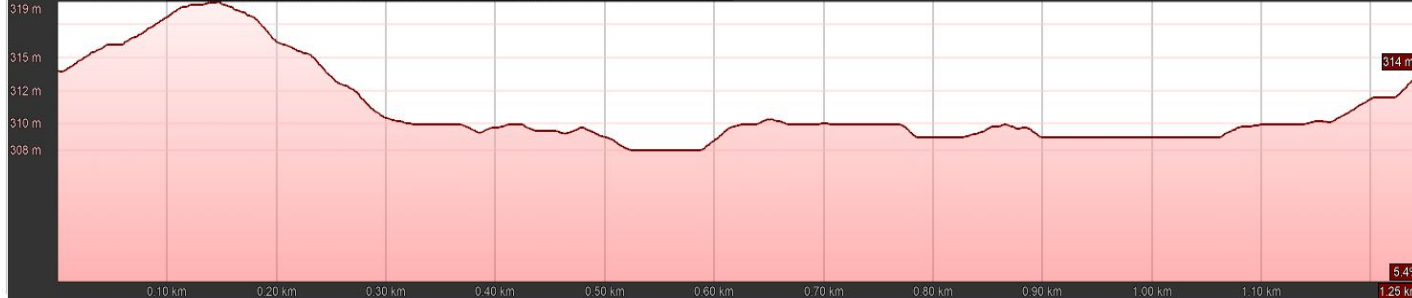
## Trail Map – Central Core

Highway 101



**PSR OCUP #5**  
1250m Sprint/Team Sprint

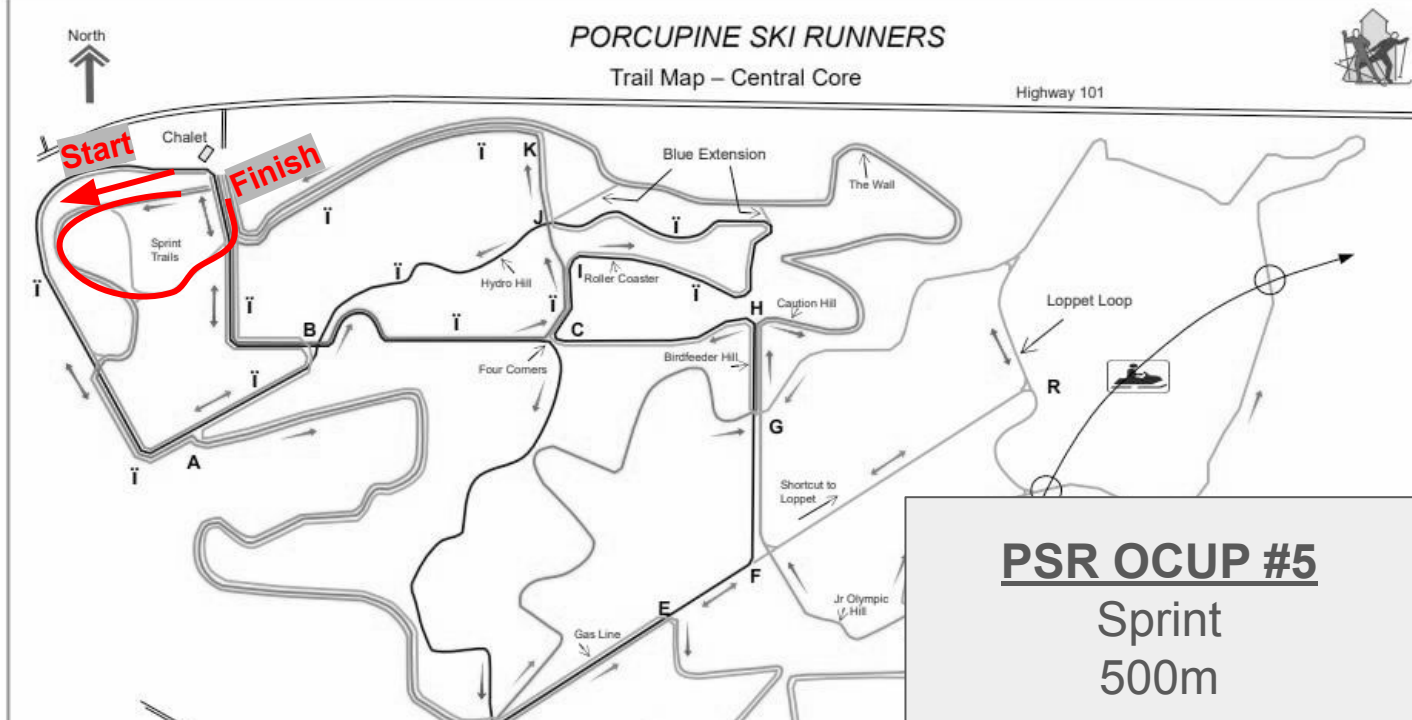
Graph: Min, Avg, Max Elevation: 308, 311, 319 m  
Range Totals: Distance: 1.25 km Elev Gain/Loss: 15.4 m, -15.6 m Max Slope: 9.5%, -10.5% Avg Slope: 1.7%, -3.9%



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Trail Map – Central Core

Highway 101



**PSR OCUP #5**  
Sprint  
500m







**PSR OCUP #5**  
500m Sprint



**PSR OCUP #5**  
1250m Sprint



**PSR OCUP #5**  
1250m Sprint



**PSR OCUP #5**  
1250m Team Relay