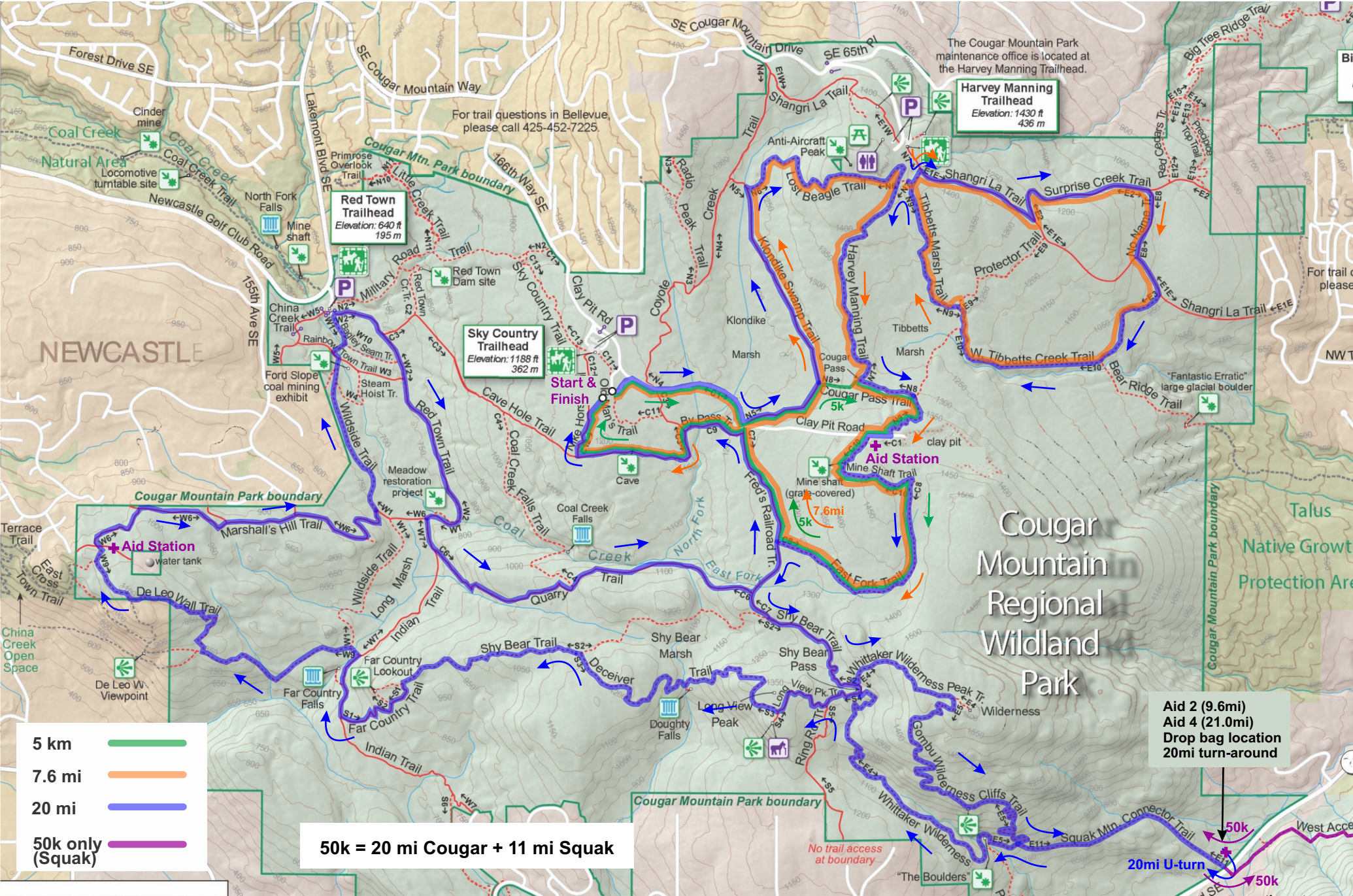




5 km, 7.6 mi,  
20 mi (19.5 mi) & 50k races

**OCTOBER**



- 5 km —
- 7.6 mi —
- 20 mi —
- 50k only (Squak) —

50k = 20 mi Cougar + 11 mi Squak

Aid 2 (9.6mi)  
Aid 4 (21.0mi)  
Drop bag location  
20mi turn-around



COUGAR MOUNTAIN TRAIL RUN  
S E R I E S

5 km, 7.6 mi,  
20 mi (19.5 mi) & 50k races

