



Masters Nationals Road Race Course vs Ferndale Sugarloaf Loop vs Juniors Nationals Road Race Course

	Masters Nationals Road Race Loop		Ferndale Sugarloaf Loop (Clockwise)		Juniors Nationals Road Race Loop M-Loop	
	English	Metric	English	Metric	English	Metric
Distance/stats per lap						
Distance	14.7 mi	23.7 km	15.3 mi	24.6 km	13.5 mi	21.7 km
Elevation Gain	904 ft	275 m	835 ft	254 m	818 ft	249 m
Elevation Gain per mile/km	61.5 ft	11.6 m	54.6 ft	10.3 m	60.6 ft	11.47 m
Longest Climb (where on course)	1 mi (2.7-3.7 mi)	1.6 km(4.4-6.0km)	.9 mi (14.2-15.1mi)	.9 (22.8-24.3km)	1.3 mi (0.4-1.7 mi)	2.1 km (.64-2.74 km)
Longest Climb (distance climbed/ average grade)	1 mi (164 ft/3.4%)	1.6 km (50 m/3.4%)	.9 mi (200ft/4.2%)	1.5 km (61 m/4.2%)	1.3 mi (230 ft/ 3.4%)	2.1 km (70.1 m/3.4%)
Max Gradient (where on course)	8.4% (3.3 mi in)	8.4 % (5.3 km in)	12.9% (14.7 mi in)	12.9% (23.6 km in)	6.1% (1.6 mi in)	6.1% (2.0 km in)
Low Elevation Point	280 ft	85 m	90 ft	27.4 m	534 ft	162.7 m
Max Elevation Point	515 ft	157 m	310 ft	94 m	801 ft	244 m

Masters Nationals Road Races				Junior Nationals Road Races			
Men	# of Loops	Women	# of Loops	Men	# of Loops	Women	# of Loops
35-39 (120km/74.5mi)	5	35-39 (72km/44.7mi)	3	15-16 (59km/36.7mi)	3	15-16 (38.4km/23.9 mi)	2
40-44 (120km/74.5mi)	5	40-44 (72km/44.7mi)	3	17-18 (101km/62.8mi)	5	17-18 (80.4km/50.0 mi)	4
45-49 (120km/74.5mi)	5	45-49 (72km/44.7mi)	3				
50-54 (120km/74.5mi)	5	50-54 (72km/44.7mi)	3				
55-59 (96km/59.6mi)	4	55-59 (72km/44.7mi)	3				
60-64 (96km/59.6mi)	4	60+ (48km/ 29.8mi)	2				