

## Week 7: Lop To It 11.3km

Were you hoping to do the **Caledonia Loppet in 2022?** Well, this is about as close as you're going to get, so **LOP TO IT!!!**

Okay so we had a minor mix up a couple of weeks ago. We admit it, we are human. This week you actually get to go on the Eh climb *AND* the Compressor. No more teasing!

Starting at our regular start spot let's head up past the Biathlon range, and onto our good buddy, Supersprint. Up we go to the top of Night Rider and on to Northern Lights. Now here we go. Stay right onto your NEW FAVOURITE TRAIL, Eh Climb! Up (have a quick look at the view), down, around and back up till you reach Northern Lights. Keeping right, into the COMPRESSOR you FLY! Keep on breathing, keep those headlights facing up and your head lifted.

Catch your breath at Northern Crossing before continuing up to the highest point at the top of Northern Lights. Down we go on the lovely curvaceous (or terrifying) downhill. Keeping left onto Northern Lights we will head into the Race Maze. This is new territory as we do the first and the third hill on Race Maze with a fun winding downhill before heading towards the Dog Trail area.

Keep left as you head back in front of, and past, the lodge to Piccadilly Circus. Keeping right at Piccadilly do the half km loop of the Teardrop and then continue onto Fingers. Yah, yah we've all done Fingers before, and **WE ALL LOVE IT!**

Finishing at Thumbs-up junction, continue straight past Santa's cabin for a little bit of respite on the Greenway Corridor. When you get to Yeti swing left onto the Ice Man cut off back to Thumbs-up where you will hairpin right for the last 2 km along Pine Flats. Just when you reach the Snowman you will do a quick right and then left back into the stadium.

**That's 11.3 km.** About as close as we can give you to the 15K Loppet course without adding on the Dog trails. **Thank you very much COVID!**

If you're hard core, do this all again. If you're exhausted, welcome to the club. Well done!