



Saturday, August 26, 2023

Nipika
M O U N T A I N R E S O R T

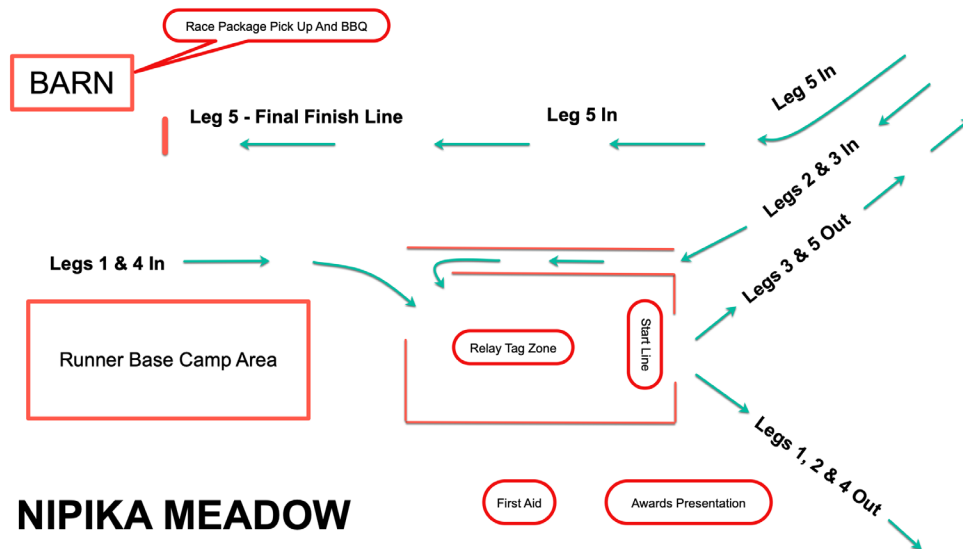


EVENT GUIDE

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NIPIKA SITE MAP



Wilderness Camping & Luxury Log Cabins

Wilderness camping will be available on a first come first served basis. Porta Potties will be provided but no other hook ups or shower facilities will be available. Open wood fires are strictly prohibited. Carefully monitored, self-contained, propane fires are acceptable. Camp fees will be collected upon arrival by a Nipika Camp Host. Fees are collected per tent / trailer. \$30 for 1 night or \$50 for 2 nights. Event camp sites are available for the nights of Friday, Aug 25 or Saturday, Aug 26 only.

Luxury Log Cabins are available by advance booking only. Please follow this link <https://nipika.com/nipika-mountain-resort-accommodation/> for more information and booking.



Additional Accommodation Options

The town of Radium Hot Springs offers dozens of hotel and motel options to suit all tastes and budgets. Radium is a 35-minute drive from Nipika Resort and has all essential services including gas, groceries, restaurants and coffee shops.

Runner's Base Camp Area

Teams and solo runners are invited to set up tents, tables, chairs etc in our Base Camp Area (see site map above) on race day only. Overnight camping is not permitted anywhere in the Nipika Meadow. Open wood fires are prohibited, propane fires are acceptable.

Free Kids Race 12 and Under

Registration at the barn from 10:15 am until 10:45 am.

Wave 1 Start Time 11:00 am. 10 – 12 Years Of Age - 4 km

Wave 2 Start Time 11:02 am. 8 – 9 Years Of Age – 3 km

Wave 3 Start Time 11:04 am. 7 & Under – 1km – Strollers Welcome

Will be utilizing Grizzly Ultra Main Street Leg 5 for all kids race distances. Click this link for course map.

<https://www.trailforks.com/route/grizzly-ultra-leg-5-main-street/>

Main Street is a safe non-technical double track out and back trail. The 1km runners will turn around and head back the same way at the 500m mark, 3km runners will turn at 1.5km and 4km runners will turn at 2km. Parents are welcome to accompany kids – strollers are welcome for the 7 & under category. All finishers will receive sweet Grizzly awards at the finish line. The free kids races will not have timing or official results. Everyone is a winner !

Race Package Pick Up Location

Our race package pick up area will be located upstairs inside the Nipika Barn.

Online Waiver

Our electronic waiver **must be completed by all runners** in advance of race day.. The waiver link will be posted to the event webpage 1 week prior to event day. There is no need to print the waiver and bring to the event.

Parking

Free parking is available at Nipika Mountain Resort. For those picking race packages up on race morning, be sure to arrive no later than 8:30 a.m. in order to beat the rush. Please follow the directions of our parking staff upon arrival.

Advance Race Bib and Hoodie / Toque Pick Up

Friday, August 25, Nipika Barn from 4 pm until 7 pm

Team captains (only) are responsible for picking up all items for the entire team. All solo and team runners will have their choice of a hoodie OR one size fits all toque. Team captains please bring hoodie sizing info with you. We do not collect sizes in advance of event day.

Team race packages will be filed under **Team Captain Last Name.**

Race Morning Package Pickup

Race day packages will be available from 8 a.m. until 9:30 a.m. at the Nipika Barn. Please try to **arrive no later than 08:30 a.m.** if you plan to pick up on race morning. Team race packages will be filed under **Team Captain Last Name.**

Timing Chips

Must be picked up by all solo racers and team captains. Only 1 chip per team which is handed off to the next runner after the completion of each Leg.

Chips are available for pick up at the Nipika Barn at race package pick up. Please be very careful not to loose your timing chip. They are a \$70 value !!
Chips must be returned at the finish line.

Race Day Timeline Saturday, August 26, 2023

08:00 – 09:30 - Race Package Pick Up – Nipika Barn

08:00 – 09:30 - Timing Chip Pick Up – Nipika Barn

09:30 – Costume Parade – Nipika Meadow

09:40 – Pre Race Briefing – Nipika Meadow

10:00 – Mass Start

17:00 – Awards – Nipika Meadow - presented to top age group and overall finishers. You must be present to accept your awards. We are unable to mail out post event. Subject to the majority of podium winners having finished by this time. We appreciate your patience with the exact timing of awards

Start & Cut Off Times

Cut off time for all team and solo runners will be 9 hours. Runners must complete Leg 4 by 6 p.m. in order to be allowed to continue.

Course Maps

A link to course maps, descriptions, and elevation profiles is posted on the event webpage.

Our Grizzly Ultra Marathon & Relay is comprised of 5 individual legs. The total distance is 50km.

Each leg has been graded for difficulty by adding the elevation gain to the distance to arrive at a Grizzly Claw Rating. With individual legs rated for all abilities our Ultra Marathon makes for the perfect team event.

Safety & Medical

Our medical base station will be located in the Nipika Meadow. We will have a team of sweepers on course for each leg; they will be equipped with radio communications to our emergency medical team.

Runner Feed Zones

Water, Hammer Electrolyte Drink and Gels will be available in the start / finish area. Additional Aid Stations will be provided at multiple locations throughout the race course and will have water, Hammer Electrolyte Drink and Gels.

Grizzly Events Are Cup-less

Out of respect for our environment, we will not be providing cups at the event. Please bring your own re-fillable water containers.

Littering On Course

Littering on course is strictly prohibited. Any athletes found to be littering will be subject to immediate disqualification. This includes gel and/or energy bar wrappers.

It's definitely not OK to leave any garbage at our course markers on trails.

Prizing & Awards

Awards will take place in the Nipika Meadow at approximately 5:00 p.m. Subject to the majority of podium winners having finished by this time. We appreciate your patience with the timing of awards. **Awards and prizing cannot be mailed out post event. You must be present to accept your awards.**

Costume Parade

Get creative and come prepared to have fun at our costume parade starting at 9:30 a.m. in the Nipika Meadow. Free entries for our 2024 event will be awarded to the best dressed solo, teams and volunteers.

Changes & Refunds

Team roster changes and bib transfers can be made until midnight on August 19. Email tony@grizzlyevents.ca with your team roster edits and bib transfer requests.

60% of your Grizzly Ultra entry fee will be refunded or 100% rolled over to our 2024 race if the event is cancelled for ANY reason. Refunds and/or rollovers are not permitted for any other reason.