



Panorama Grizzly Ultra Marathon Participant Guide

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On – Site Camping

Camping is \$30 per camping unit per night. Camping fees will be collected from you by Grizzly Events staff upon your arrival. Email tony@grizzlyevents.ca to make arrangements to pick up for your Village Key-Card to access the Spring's pool. Camping is available in the south end of the Lower Day-Use Parking Lot (Lot 2) on a first come, first served basis. Please consider the following when camping at Panorama Mountain Resort:

- Camp within the designated area
- Fire pits are not permitted in the campground area
- Leave no trace – please be considerate and clean up your area upon your departure

Be Bear Aware

- Panorama has an active population of bears. There have been recent sightings in the camping area
- Food and garbage must be stored adequately
- An unkempt sight **will** attract wildlife

Bear Spray Recommendation

All runners are strongly encouraged to carry Bear Spray.

Advance Package Pick Up

Advance package pick up is available on Friday, August 18 at Crazy Soles Running Store, 1045B 7th Ave, Main Street, Downtown Invermere from 3 pm until 5 pm.

Race Morning Package Pickup

Race Morning Package Pick Up is also available at Panorama Village Base of the Mile One Quad from 07:30 – 08:30 am.

Online Waivers

Online waivers are available for download on the Panorama Grizzly Ultra event web page at www.grizzlyevents.ca these must be printed and signed by all solo and team runners. Signed copies must be presented at time of race package pick up. Friends / family can pick up for others as long as they have participants signed waiver in hand.

Race Day Timeline

07:30 – 08:30 Race Package Pick Up. Village Base Mile One Quad

08:45 – Mandatory Pre Race Briefing. Village Base Mile One Quad

09:00 – Race Start

10:00 – Grizzly Cubs Fun Run – Free for kids 12 and under

16:00 – Awards – presented to top age group and overall finishers. You must be present to accept your awards. We are unable to mail out post event.

19:00 – Party Time !!! - Let's all get together at the T Bar & Grill to celebrate your accomplishments.

Start & Cut Off Times

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

FREE Grizzly Kids Run / Walk

Grizzly Cubs Fun Run - will start at 10 a.m. We will utilize Leg 1 of the adults Ultra Course. It will be a very safe, double track out and back course. We will send the kids off in 3 separate waves. Wave 1 - will be ages 5 and under only and approximately 500m in length. Wave 2 will be ages 6 - 8 for approximately 1km and Wave 3 will be ages 9 - 12 for approximately 2km distance. Prizes and treats will be given at the finish line. Parents are responsible for the safety of all children when accepting treats and prizes. No pre-registration is required but we

will be providing race numbers just for fun. Race numbers will be available at the Grizzly tent at village base from 9:30 a.m. Parents must also sign waivers for kids at this time.

Course Maps

Check out www.grizzlyevents.ca for detailed course maps, descriptions, and elevation profiles.

Feed Zones

Cytomax, Water, Banannas and Oranges will be provided at village base camp, top of the Mile One Quad, Hale Hut, Turnaround Points on Legs 4 and 5 and Grey Wolf Bridge. You may also place your own special needs items in bags provided at race package pick up and we will have these available to you at the water station(s) of your choice as follows. Top of Mile One Quad (end of Leg 2), Grey Wolf Bride (this station is passed by all runners coming back on Leg 3, out & back on Leg 4 and back on Leg 5) and/or Hale Hut which is passed by all runners on Legs 4 and 5. Note: Your special needs food items will not be refrigerated. Special needs bags cannot be dropped at the far turnaround points on legs 4 or 5. You may also include extra clothing and/or shoes in your special needs bag.

Finish Line BBQ

Special pricing has been arranged for a pay as you go finish line BBQ for all participants. Tickets are available for purchase at time of registration or at race package pick up.

Prizing & Awards

Will take place at village base at 5:00 p.m.

Party Time - We hope you will join us from 7 pm onwards at the T Bar & Grill to celebrate your accomplishments. Bring your finisher stein to the bar and get very special pricing on pitchers of select beer.