



# Grizzly Ultra Marathon & Relay

## October 08 & 09, 2022

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## Your registration fee includes:

- Awards For Top Age Group And Overall Winners
- Over \$80,000 Value In Prizing & Swag
- Custom Ceramic Finisher Mug For All Runners
- Finisher Medal For Solo Runners
- Long Sleeved Hoodie
- Sports Drink / Water Stations
- Finish Line Grizzly Paw Soda
- Highly Trained Medical / Emergency Evacuation Team
- World Class Event Staged At A Former Olympic Venue
- Impeccable Course Marking With High Attention To Detail
- Accurate Chip Timing With Individual Leg Results

## Covid 10 – Safety Plan

The health and safety of all individuals in the event is a priority. Modifications and new procedures are in place to reduce the risks to all individuals involved with the event and provide a safe return to racing. Fortunately, case studies have shown that the risk of COVID- 19 transmission at an outdoor sporting event is extremely low. Regardless, the event has developed strong COVID-19 safety guidelines and operating principles in alignment with sport/industry standards, provincial health recommendations, and other events that have safely relaunched.

For more information click the Covid Safety Plan link on the event webpage.

## Online Waivers

Our electronic waiver **must completed by all runners** in advance of race day. The waiver will include our important Covid safety plan guidelines. Online waiver link will be posted to the event website 2 weeks prior to event day. There is no need to print the waiver and bring to the event.

## Kananaskis Conservation Pass

**Everyone parking at the Canmore Nordic Centre is required to have a valid Kananaskis Conservation Pass.** This includes volunteers, sponsors, supporters etc... It's VERY important that everyone purchases their Pass ONLINE in advance of our Grizzly Ultra.

Only one parking pass per vehicle is required. This is a great reason to car pool, save on gas and share the cost of the pass if you don't already have one. Here is the link to purchase your pass: <https://conservationpass.alberta.ca/kcp>

## Important Bear Spray Policy

The Canmore Nordic Centre has developed and mandated a bear spray policy for all events. **All participants of all events must carry bear spray.** Participants found not to be carrying bear spray are subject to immediate disqualification. Teams only require one can of bear spray which can be passed from one participant to the next after the completion of each leg.

Grizzly Events thanks everyone for their cooperation and understanding.

**There will be a mandatory bear spray check at the pre-race briefing.**

## Parking

Parking is available at the Canmore Nordic Centre. For those picking race packages up on race morning, be sure to arrive no later than 7:30 a.m. in order to beat the rush. Please follow the directions of our parking staff upon arrival.

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Only one parking pass per vehicle is required. Here is the link to purchase your pass: <https://conservationpass.alberta.ca/kcp>

## Advance Race Bib and Hoodie / Toque Pick Up

Team captains (only) are responsible for picking up all items for the entire team. This will help reduce crowding and is an important part of our comprehensive Covid Safety Plan. 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.

Advance race bib and toque or hoodie pick up is highly recommended and will be available at the Canmore Nordic Centre, biathlon stadium on **Friday, October 07<sup>th</sup>** from 12 p.m. until 7 p.m. and **Saturday October 08<sup>th</sup>** from 12 noon until 5 p.m. Team race packages will be filed under **Team Captain Last Name.** Team Mates may pick up for the team as long as they present the team captain last name.

## **Race Morning Package Pickup**

Race Morning Package Pick Up is also available **but not recommended**. Race day packages will be available from 7 a.m. until 8 a.m. at the **Canmore Nordic Centre Biathlon Stadium on Saturday, October 08 and Sunday, October 09**. Please **arrive no later than 07:30 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 in the Biathlon Stadium / Start / Finish area **on event morning only** from 07:00 until 08:00. Please be very careful not to lose your timing chip. They are a \$60 value !! **Chips must be returned at the finish line.**

## **Race Day Timeline Saturday Oct 08 & Sunday Oct 09**

**07:00 – 08:00 - Late Race Package Pick Up – Biathlon Stadium**

**07:00 – 08:00 - Timing Chip Pick Up – Biathlon Stadium**

**08:15 – Costume Parade – Biathlon Stadium**

**08:30 – Pre Race Briefing & Bear Spray Check**

**08:50 – Singing Of Our National Anthem**

**09:00 – Staggered Wave Race Start – more info coming soon**

**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. 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 Killer Bees (Leg 4) by 5 p.m. in order to be allowed to continue.

## **Course Maps**

Course maps, descriptions, and elevation profiles are available on the event webpage.

## **Safety & Medical**

Our medical base station will be located at the start / finish area. 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, Heed Sports Drink will be available in the Biathlon Stadium. Additional Aid Stations will be provided at the following locations.

Leg 1 – Located at approximately 2.5km and 10km.

Leg 2 – Located at approximately 3km and 9km.

Leg 3 – Located at approximately 4km and 9km.

Leg 4 – No Aid Station

Leg 5 – Located at approximately 3km

## **Grizzly Events Goes Cup-less for 2021 and beyond.**

In accordance with our Covid 19 safety plan we will not be providing cups at this year's 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.**

## Base Camp

Solo Runners and Teams are welcome to bring camping gear, tents, chairs etc. **Tents can only be set up on event day. Absolutely no overnight camping is permitted.** There will also be many easily accessible porta potties in this area.

We will not be able to offer a dedicated solo base camp area this year due to Covid 19 social distancing rules. Please pick your own piece of real estate and maintain minimum 2 metre distancing as per Government mandates.

**Food must not be left unattended in tents at any time.** Grizzly Event volunteers will be monitoring tents to ensure this Parks rule is being followed.

## Prizing & Awards

Will take place at the start / finish area in the stadium at approximately 4:00 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 08:15 a.m. on race morning inside the stadium 😊

## Changes & Refunds

Team roster changes and bib transfers can be made until midnight on September 30. Email [tony@grizzlyevents.ca](mailto: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 2023 race if the event is cancelled for ANY reason. Refunds and/or rollovers are not permitted for any other reason.**