



## Grizzly Ultra Marathon & Relay

(Last updated Nov 01, 2016 - Subject to changes and updates)

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## Registration

Online registration is available to the first 1400 runners to register. This event is an annual sell out.

### Your registration fee includes:

- Awards For Top Age Group And Overall Winners
- Grizzly Souvenir Item
- High Quality Technical Tee Shirt
- Custom Crafted Finisher Medal
- Cytomax / Water Stations
- Post Run Chilli, Bun and Salad
- Finish Line Grizzly Paw Soda
- Finish Line Muscle Mlk Protein Recovery Shake
- Highly Trained Medical / Emergency Evacuation Team
- FREE Grizzly Kids Walk / Run and Movie Theatre
- World Class Event Staged At A Former Olympic Venue
- Impeccable Course Marking With High Attention To Detail
- Accurate Chip Timing With Individual Leg Results

## Important Bear Spray Policy

The Canmore Nordic Centre has developed and mandated a bear spray policy for all 2016 events. All participants of all events must carry bear spray while on the bike and/or run. Participants found not to be carrying bear spray are subject to immediate disqualification. Teams only require one bear spray canister which can be passed from one runner 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 08:30 a.m. at the pre-race briefing.**

## Where ?

Canmore Nordic Centre Provincial Park is located just minutes from downtown Canmore, Alberta. The Canmore Nordic Centre offers World-class cross country skiing in the winter and over 100 km of trail ideally suited to trail running in the summer. Host site to many international sporting events, the Canmore Nordic Centre is also home to Canada's National Cross Country and Biathlon Teams.

## Parking

Free parking is available at the Canmore Nordic Centre. We highly encourage car pooling since we will be reaching maximum parking capacity and of course because it's the environmentally right thing to do. 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.

## Advance Race Bib and Tee Shirt Pick Up

Advance race bib and tee shirt pick up is highly recommended and will be available on Saturday October 07<sup>th</sup> at the Canmore Nordic Centre main stadium from 12 noon until 5 p.m. Team race numbers will be filed under team captain last name. Please bring your own bags. We are utilizing virtual online race bags this year with environmental concerns in mind.

## Race Morning Package Pickup

Race Morning Package Pick Up is also available but not recommended. Packages will be available from 7 a.m. at the Canmore Nordic Centre main day lodge. Please **arrive no later than 07:30 a.m.** if you plan to pick up on race day. Team race numbers will be filed under team captain last name.

## Online Waivers

Online waivers will be available for download on the Grizzly Canmore Ultra event web page at [www.grizzlyevents.ca](http://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**

**07:00 – 08:00 Race Package Pick Up** will open at 7 a.m. at the large white tents just inside the main stadium.

**08:30 – Mandatory Pre Race Briefing & Bear Spray Check-** will take place at 8:30 a.m. sharp ! in the Main Stadium at the Canmore Nordic Centre.

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

**09:00 – Race Start**

**11:00 – 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.

## **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.

## **FREE Grizzly Kids Run / Walk**

Grizzly Cubs Fun Run - will start at 11 a.m. It will be a very safe, flat, out and back course entirely within the stadium. 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 800m and Wave 3 will be ages 9 - 12 for approximately 1km 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 check in tent from 10:00 a.m. Parents must also sign waivers for kids at this time.

Optional kids Grizzly Tees will be available for sale at \$15 each – cash only.

## **FREE Grizzly Kids Indoor Movie Theatre**

We will also have an indoor kid's movie theatre. Open from noon until 4 p.m. Parents are responsible for their own children. We do not have babysitting service at the theatre. Please do not leave young cubs unattended here. The movie theatre is located on the upper level of the day lodge.

## **Course Maps**

Check out [www.grizzlyevents.ca](http://www.grizzlyevents.ca) for detailed course maps, descriptions, and elevation profiles.

## **Safety & Medical**

Our medical base station will be located at the start / finish line in the main stadium. 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**

We will have a dedicated VIP feed zone for solo runners only which can be accessed immediately after the completion of each Leg. A healthy selection of fresh fruit and other snacks will be provided here.

Cytomax Sports Drink and Water Stations will be provided at the finish line and at approximately the mid-way point on Legs 1, 2 and 3. There are no additional Cytomax / water stations on Legs 4 and 5.

We will have hot chilli, bun and salad available to all runners from 12 noon until 5 pm. Lunch will be served inside the main day lodge. Don't forget to bring your lunch ticket with you.

## Base Camp

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.** This area can be easily accessed at the completion of each leg. There will also be many easily accessible porta potties in this area.

**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 at the Nordic Centre at approximately 4:00 p.m.

## Best Dressed Teams

The Best Dressed Teams from our 2 person and 5 person categories will win free team entries for our 2017 Grizzly Ultra. Get creative and come prepared to have fun 😊

## Changes & Refunds

Team roster changes and bib transfers can be made until October 02. Please visit [ww.active.com](http://ww.active.com) and sign in to your registration account to make your own online changes. Click the small Edit text which appears just above your "registration details"

**The Grizzly entry fee is non-refundable under any circumstances and cannot be rolled over to next year.** Please do not email us with requests for refunds or rollovers.