



# Grizzly Ultra Nipika Mountain Resort August 27, 2022

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## Wilderness Camping & Luxury Log Cabins

Wilderness camping will be available at the Nipika Meadow 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 26 or Saturday, Aug 27 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.

## Start / Finish Map

Our start / finish area will be relocated to the Nipika Barn / Day Lodge. Map coming soon.

## Wave Starts

To reduce crowding at race start we will have a dedicated runner staging area which will provide a large area for social distancing. Runners will be called from the staging area to the start line in waves by the first letter of their first name. The event is chip timed. Your start time will be recorded only when you cross the start line. We anticipate it will take no more than 10 minutes to get everyone across the start line. Solo runners who are concerned about making our cut off time (must finish Leg 4 by 4 pm) may start in the first wave at 10:00 am.

## **Covid 19 – 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 Waiver**

Our electronic waiver **must completed by all runners** in advance of race day. The waiver will include our important Covid safety plan guidelines. The waiver link will be posted to the event webpage 2 weeks 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**

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. More information coming soon. Team race packages will be filed under **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 9 a.m. at the **Nipika Day Lodge**. Please **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 day lodge **on event morning only** from 07:00 until 09:00. 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 09 & Sunday Oct 10**

**07:00 – 09:00 - Late Race Package Pick Up – Nipika Day Lodge**

**07:00 – 09:00 - Timing Chip Pick Up – Day Lodge**

**09:15 – Costume Parade – Day Lodge**

**09:30 – Pre Race Briefing – Day Lodge**

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

**09:00 – Staggered Wave Race Start**

**15:00 – Awards** - Day Lodge - 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 8 hours. Runners must complete Leg 4 by 4 p.m. in order to be allowed to continue.

## **Course Maps**

Course maps, descriptions, and elevation profiles will be posted to the event website in Spring 2022.

Our Grizzly Ultra Marathon & Relay is comprised of 5 individual legs which all start and finish at the Nipika Day Lodge. 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. Nipika's day lodge serves as a sweet base camp from which to cheer on your team-mates.

## **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 and Sports Drink will be available in the start / finish area. Additional Aid Stations will be provided at multiple locations throughout the race course, more info coming soon.

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

In accordance with our Covid 19 safety plan 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 at the start / finish area in the stadium at approximately 3:00 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 09:15 a.m. on race morning inside the stadium 😊 Special awards for best dressed solo, teams and volunteers.

## Changes & Refunds

Team roster changes and bib transfers can be made until midnight on August 20. 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.**