



Grizzly Ultra Marathon & Relay

Guide Contents :

- Registration
- Bear Spray Policy
- Where
- Parking
- Package Pick Up
- Timing Chips
- Online Waivers
- Race Day Timeline
- Start & Cut Off Times
- FREE Grizzly Kids Run / Walk, Fun Zone And Movie Theatre
- Course Maps, Leg Descriptions and Elevation Profiles
- Safety & Medical
- Feed Zones
- Grizzly Base Camp
- Awards
- Best Dressed Teams
- Changes & Refunds

Registration

Online registration is available to the first 1200 runners to register.

Your registration fee includes:

- Awards For Top Age Group And Overall Winners
- Over \$30,000 Value In Prizing & Swag
- Finisher Beer Steins & Medals
- High Quality Event Tee Shirt
- Sports Drink / Water Stations
- Finish Line Grizzly Paw Soda
- 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 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.

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 on event day. 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.

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 12th inside the Canmore Nordic Centre Day Lodge 2nd floor banquet room from 12 noon until 5 p.m. Team race numbers will be filed under team captain last name.

Race Morning Package Pickup

Race Morning Package Pick Up is also available but not recommended. Packages will be available from 7 a.m. inside the Canmore Nordic Centre Day Lodge upper level Banquet Room. 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.

Timing Chips

Must be picked up by all racers at the main start / finish area on event morning 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.

Online Waivers

Online waivers will be available for download on the 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

07:00 – 08:00 - Race Package Pick Up will open at 7 a.m. inside the Canmore Nordic Centre Day Lodge Upstairs Banquet Room

07:00 – 08:00 - Timing Chips Must be picked up by all racers in our start / finish area.

08:15 – Costume Parade – best dressed solo and team runners win free entries for our 2019 Ultra Grizzly Ultra Marathon & Relay

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

11:00 – Buffet Served - Upstairs Banquet Room in The Day Lodge

12:00 – Kids Movie Theatre – Upstairs In The Day Lodge

15:00 – 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.

FREE Grizzly Kids Run / Walk

Grizzly Cubs Fun Run - will start at 11 a.m. 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 1.5km 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 in the stadium area from 10:00 a.m. Parents must also sign waivers for kids at this time.

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 Nordic Centre main day lodge.

Course Maps

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

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

We will have a dedicated transition / rest zone for **solo runners only** which can be accessed immediately after the completion of each Leg. Water, Heed Sports Drink and a wide selection of snacks will be available here.

Aid Stations will be provided at approximately the mid-way point on Legs 1, 2 and 3. There are no additional Aid Stations provided on the shorter Legs 4 and 5. Water and Heed Sports drink will be available at these stations.

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.** 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 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.**

Best Dressed Teams

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 with your team roster edits and bib transfer requests.

Your Grizzly Ultra entry fee is non-refundable under any circumstances and cannot be rolled over to next year.

You clicked and agreed to this policy when you registered. Please do not email us with requests for refunds or rollovers.