



# Grizzly Ultra Marathon & Relay

## October 09 & 10, 2021

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## **Your registration fee includes:**

- Awards For Top Age Group And Overall Winners
- Over \$30,000 Value In Prizing & Swag
- Grizzly Souvenir Item and Finisher Medals
- Long Sleeved Hoodie
- 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

## **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. **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.

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## Advance Race Bib and Hoodie Pick Up

Advance race bib and hoodie pick up is highly recommended and will be available at the Canmore Nordic Centre, xc stadium on Friday, October 08<sup>th</sup> from 12 p.m. until 7 p.m. and Saturday October 09<sup>th</sup> from 12 noon until 5 p.m. 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 dap packages will be available from 7 a.m. until 8 a.m. at the **Canmore Nordic Centre XC Stadium on Saturday, October 09 and Sunday, October 10.** 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 XC Stadium / Start / Finish area on event morning from 07:00 until 08:00. Please be very careful not to loose 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](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 Saturday Oct 09 & Sunday Oct 10**

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

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

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

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

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

**09:00 – Race Start**

**10:00 – Grizzly Cubs Run Registration – Finish line area**

**11:00 – Grizzly Cubs Fun Run Start – Free for kids 12 and under**

**12:00 – Buffet Served – XC Stadium**

**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. Registration and race numbers will be available in the stadium area from 10:00 a.m.

## **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 <http://www.grizzlyevents.ca/ultra-course-info.html> 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 tasty snacks will be available here. 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

## 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

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.**

## 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.

**80% of your Grizzly Ultra entry fee will be refunded or rolled over to our 2022 race if the event is cancelled for ANY reason. Refunds and/or rollovers are not permitted for any other reason.**