



Grizzly Ultra Marathon & Relay

October 09 & 10, 2021

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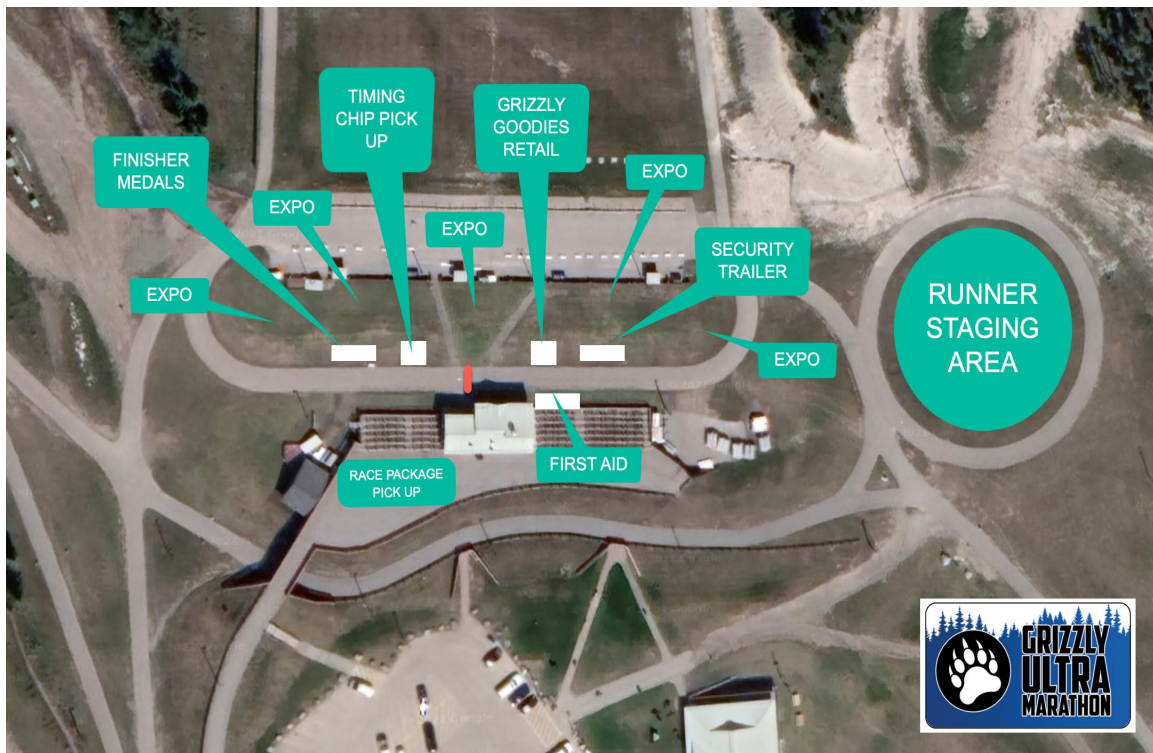
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Your registration fee includes:

- Awards For Top Age Group And Overall Winners
- Over \$80,000 Value In Prizing & Swag
- Grizzly Souvenir Item and Finisher Medals
- Long Sleeved Hoodie
- Sports Drink / Water Stations
- Grizzly Ultra Goes Cup-less for 2021
- 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

Start / Finish Stadium Map

Our start / finish area has been relocated to the Biathlon Stadium. This will allow a much greater area for participants to set up shelter for the day and will help ensure we can maintain social distancing.

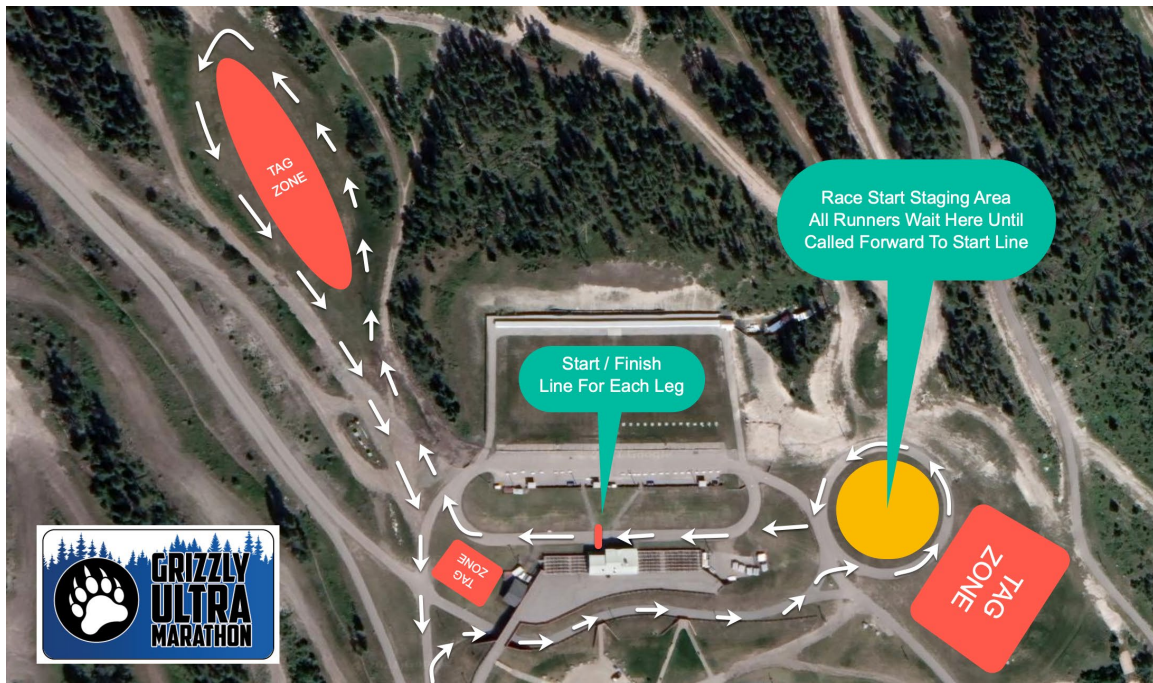


Base Camp & Relay Tag Zones

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 easily accessible porta potties in these areas.

Tents can be set up in any of the **RED TAG ZONES** indicated on the following map. Relay teams can exchange the timing chip anywhere before or after the start / finish line in any of the Tag Zones. The only important requirement is that the chip must travel across our timing line at the start / finish arch.

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 anywhere in the Tag Zones and maintain minimum 2 metre distancing as per Government mandates.



Wave Starts

To further reduce crowding at race start we will have a dedicated runner staging area which will provide a very large area for social distancing. Runner 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 15 minutes to get everyone across the start line. Solo runners who are concerned about making our cut off time (must finish Leg 4 by 5 pm) may start in the first wave at 09:00

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. Please visit this link <https://zone4.ca/reg.asp?id=27048> to complete the waiver. 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.

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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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 08th** from 12 p.m. until 7 p.m. and **Saturday October 09th** 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 day packages will be available from 7 a.m. until 8 a.m. at the **Canmore Nordic Centre Biathlon 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 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 09 & Sunday Oct 10

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

12:00 – Buffet Cancelled Due Covid 19 Safety Plan

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.

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 Ultra Goes Cup-less for 2021

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.**

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 08:15 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 September 30. Email 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.