

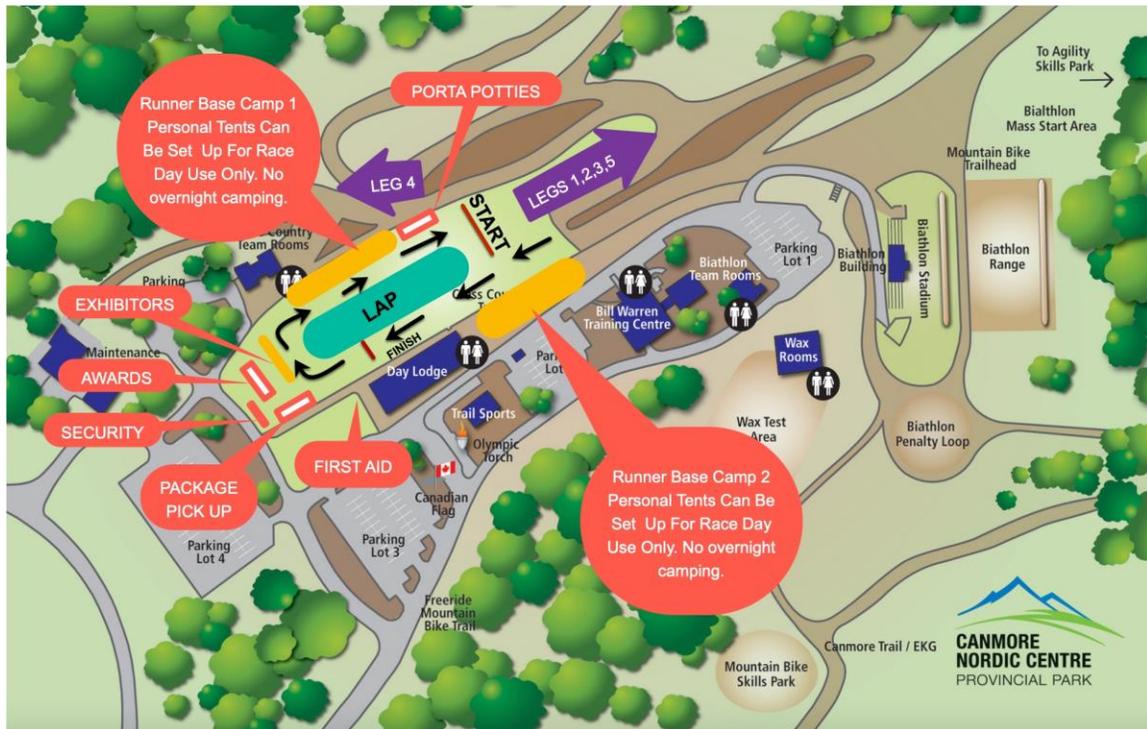


Grizzly Ultra Marathon & Relay

October 12 & 13, 2024

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Your registration fee includes:

- Awards For Top 3 Age Group and Team Category Winners
- Custom Ceramic Finisher Mug For All Solo And Team Runners
- Finisher Medal For All Solo And Team Runners
- Heavy Blend Hoodie
- Drawstring Bag
- Heed Sports Drink, Hammer Gels & Water At Aid Stations
- Finish Line Grizzly Paw Soda
- Grizzly Kids Race - 12 Years And Under
- 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

Online Waivers

Our electronic waiver **must completed by all runners** in advance of race day. Online waiver link will be posted to the event website 1 week prior to event day. 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 carpool, 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.

Free Grizzly Kids Race - 12 Years And Under

Our free Grizzly Kids run will start at 10 a.m. Registration will take place in the main start / finish area stadium beginning at 9:15 a.m. We will have 3 wave starts. The racecourse will be a simple and safe out and back route within the stadium area.

10:00 am - Wave Start # 1 = 7 Years and Under. 300m Total Distance.

10:10 am - Wave Start # 2 = 8 & 9 Years Old. 600m Total Distance.

10:20 am – Wave Start # 3 = 10, 11 and 12 years Old. 1200m Total Distance.

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 Package Pick Up

Team captains (only) are responsible for picking up all items for the entire team. Team captains please bring unisex 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 recommended and will be available at the Canmore Nordic Centre, biathlon stadium on **Friday, October 11th** from 1 p.m. until 6 p.m. and **Saturday October 12th** from 1 pm until 5 p.m. Team race packages will be filed under **Team Captain Last Name.**

All team captains and solo runners will be required to show photo id at race package pick up. Team captains must pick up race package. The transfer of race entries to other people is strictly prohibited. No exceptions can be made.

Race Morning Package Pickup

Race Morning Package Pick Up is also available. Race day packages will be available from 7 a.m. until 8 a.m. at the **Canmore Nordic Centre Stadium on Saturday, October 12 and Sunday, October 13.** 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.**

All team captains and solo runners will be required to show photo id at race package pick up. The transfer of race entries to other people is strictly prohibited.

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. The chip can be exchanged anywhere before or after our lap chute in Basecamp areas 1 or 2.

Chips must be picked up on your race morning from 07:00 – 08:00. Please be very careful not to lose your timing chip. They are a \$75 value !! **Chips must be returned at the finish line.**

Race Day Timeline Saturday Oct 12 & Sunday Oct 13

07:00 – 08:00 - Race Package Pick Up – Main Stadium

07:00 – 08:00 - Timing Chip Pick Up – Main Stadium

08:15 – Costume Parade – Main Stadium

08:30 – Pre-Race Briefing & Bear Spray Check – Main Stadium

08:50 – Singing Of Our National Anthem

09:00 – Mass Race Start

10:00 – Free Grizzly Kids Race - 12 Years and Under

16:30 – Awards presented to top 3 age group and top 3 gender team finishers. You must be present to accept your awards. We are unable to mail out post event. Our 16:30 projected timing is subject to the majority of podium winners having finished their race. 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. We cannot allow anyone to start Leg 5 after 5 pm for important safety and other considerations.

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 start / finish stadium and will be easily accessible after each leg. Additional Aid Stations will be provided at the following locations. Aid stations out on course will have a variety of additional snacks on hand including water melon, bananas and small ez peel oranges.

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 Events Are Cup-less

Out of respect for our environment we will not be providing cups. **Please be sure to 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.**

We do provide recycling and garbage containers in the start / finish stadium area but are often overwhelmed with massive volumes. We would very much appreciate if you might consider taking your own recycling and garbage home with you 😊

Basecamps 1 and 2

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 many easily accessible porta potties in this area.

We have two Basecamp areas available on a first come, first served basis. Refer to the site map on the first page of this guide. Tents and / or any other items may not be left anywhere on-site overnight on Friday or Saturday.

Propane fires are permitted. Wood fires are strictly prohibited.

Prizing & Awards

Will take place at the start / finish area in the stadium at approximately 4:30 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 after the event weekend. 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 can be made until midnight on September 30. Email tony@grizzlyevents.ca with your team roster updates.

Bib transfers are not permitted. Your entry cannot be sold or given to another person. 60% of your Grizzly Ultra entry fee will be refunded or 100% rolled over to our 2025 race if the event is cancelled for ANY reason. Refunds and/or rollovers are not permitted for any other reason. Bib Transfers are not permitted. No exceptions can be made to these strict policies. Please do not contact us asking for refunds, bib transfers or rollovers.