



THE LEWISTON ULTRA MOOSE MOUNTAIN - RACER INFORMATION/RACE RULES

(UPDATED JANUARY 22, 2020)

Mega love for supporting Lewiston Ultra events. Lewiston Ultra events are owned and directed by one devoted trail runner that is working hard to ensure participants have the greatest experience, get the biggest bang for their buck, create lasting memories while donating to The Lewiston Foundation and community.

WHEN: Saturday, August 22, 2020 @ 8:30am (29KM & 42KM) & 11am (16KM)

WHERE: Start & Finish in West Bragg Creek Recreational area parking lot in the Kananaskis Country park system

RACER CHECK IN: 7:30am until approx. 8:20am & 10am until approx. 10:50am

PRE RACE MEETING: 8:15am & 10:45am at the START LINE (course conditions & cautions/reminders, etc)

We encourage crew, family and relay members to CARPOOL & participate in the start line & finish line festivities!

The Lewiston Ultra course is open to the public on race day. Please be mindful, courteous and aware of other users.

RACE PACKAGE PICK UP:

FRIDAY, AUGUST 21, 2020

Noon - 6pm

GORDS RUNNING STORE

919 Centre Street North

Calgary, Alberta

(403) 270-8606

THERE IS NO RACE DAY PACKAGE PICK UP.

Government issued identification is required to pick up race package.

It is acceptable to pick up for another registered runner with written confirmation and/or copy of photo ID.

NOTE: BIBS ARE FOR ASSIGNED RUNNER ONLY. BIBS SHOULD NOT BE PASSED ALONG TO ANOTHER RUNNER. ROGUE RUNNERS ARE NOT COVERED UNDER OUR INSURANCE POLICY & IF IDENTIFIED, THE ROGUE RUNNER & REGISTERED RUNNER WILL BE BANNED FROM ALL FUTURE LEWISTON ULTRA EVENTS.

RACER CHECK IN (RACE MORNING):

All runners are required to Check In race day morning. Runners that have not checked in will be marked **DNS (Did Not Start)**.



We will attempt to contact runners that have NOT checked in & have picked up their Race Package. We will call contact #'s provided in registration, including emergency contact.

Racer Check In will be open from 7:30am until approx. 8:20am (29KM & 42KM) & 10am until approx. 10:50am (16KM)

REGISTRATION:

REGISTRATION OPENS VIA ULTRASIGNUP ON FEBRUARY 12, 2020 @ 8am MST (Mountain Standard Time)

LINK TO REGISTRATION:

<https://ultrasignup.com/register.aspx?did=63116>

Participants must be 18 years of age or older on race day.

All distances will be \$110 CDN (+GST & UltraSignup fee).

*AMEX (AMERICAN EXPRESS & DISCOVERY cards are not accepted methods of payment.

Registration is transferable until 8am on **August 4, 2020** for a \$20 administration fee. There are no transfers after 8am on August 4, 2020 – no exceptions. Please understand this and don't ask for a favor after as there are liability issues, impacts with medical volunteer support and race integrity.

Registration will close August 4, 2020 @ 8am or when the race fills; whichever comes first.

REGISTRATION PACKAGE INCLUDES:

- Arc'teryx Women's A-Squared T-Shirt (cobranded w/ The Lewiston Ultra) <https://www.arcteryx.com/ca/en/shop/womens/a-squared-t-shirt> Arc'teryx Men's Emblem T-Shirt (cobranded w/ The Lewiston Ultra) <https://www.arcteryx.com/ca/en/shop/mens/emblem-t-shirt>
- Racer bib & pins (bib # must be worn on the front of your body & clearly visible at all times)
- Drawstring bag
- Complimentary race photos
- Medical & Safety support
- Numerous goodies from sponsors of The Lewiston Ultra
- Donation towards The Lewiston Foundation & the Kananaskis Country Park community

Participants who successfully finish their race will also receive a custom made Lewiston Ultra Moose Mountain medal/keychain made by Rider's Rustic Woodworking (<https://www.etsy.com/ca/shop/RidersRusticWoodwork>).

Top three female & male 16KM, 29KM & 42KM finishers will receive TBD.



Top three female & male 42KM finishers will also receive a 2021 Lewiston Ultra Moose Mountain race entry for themselves & a plus one (1)!

Participants registered in both The Lewiston Ultra Moose Mountain & The Lewiston Ultra Shuswap that successfully complete the distance registered for, will receive the LIMITED EDITION Lewiston Ultra hand painted trucker hat, designed by Folk & Wild.

All participants will complete an online waiver in the registration process.

Lewiston Ultra events has print and social media rights to use all photographs, videos, etc taken of participants, volunteers, crews, community, etc during the course of events listed in the Schedule of Events without compensation to the person/person(s).

RACE DAY TEMPERATURE:

*High of 22° & low of 4° (on average)

SUNRISE & SUNSET:

*6:40am/8:40pm

RACE COURSE:

The Lewiston Ultra Moose Mountain (start & finish) is hosted in the West Bragg Creek Recreational area parking lot (coordinates for navigation system/Google Map: 50.948329, -114.691772). West Bragg Creek ascends from rolling prairie, through the foothills and is home to 152km of gorgeous community built trails. This spectacular terrain will journey runners through an adventure of forested single & double track with an 8000 foot backdrop of the stunning Moose Mountain.

There are no drop bags at Lewiston Ultra Moose Mountain; Lewiston Ultra events is not responsible for damaged or lost items.

16KM (11AM START)

Elevation gain: 460 meters

Elevation loss: 460 meters

Estimated completion time: 1 hrs – 2.5 hrs

Trail Type: 75% Single Track with some Double Track

Aid Available @ 8KM

(FINISH LINE CUT OFF – ALL RUNNERS MUST CROSS THE FINISH LINE BY 3:30PM TO RECEIVE OFFICIAL FINISH TIME & FINISHERS MEDAL)

29KM (8:30AM START)

Elevation gain: 1220 meters

Elevation loss: 1220 meters

Estimated completion time: 2.5 hrs – 4.5 hrs

Trail Type: 50% Single Track & 50% Double Track



Aid Available @ 9KM, 13KM, 16KM & 20KM

(CUT OFF – ALL RUNNERS MUST PASS THRU THE SWITCHBACK OR T-JUNCTION AID [16KM OR 20KM] BY 1PM.
ALL RUNNERS AFTER THE 1PM CUT OFF WILL BE ASSISTED OFF THE MTN & BROUGHT TO THE FINISH LINE)

42KM (8:30AM START)

Elevation gain: 1620 meters

Elevation loss: 1620 meters

Estimated completion time: 3.5 hrs – 6 hrs

Trail Type: 50% Single Track & 50% Double Track

Aid Available @ 9KM, 13KM, 16KM, 20KM, 27KM & 33KM

(CUT OFF – ALL RUNNERS MUST PASS THRU THE SWITCHBACK OR T-JUNCTION AID [16KM OR 20KM] BY 1PM.
ALL RUNNERS AFTER THE 1PM CUT OFF WILL BE ASSISTED OFF THE MTN & BROUGHT TO THE FINISH LINE.
RUNNERS MUST ALSO ARRIVE AT THE MOOSE CONNECTOR AID [27KM] BY 1PM OR THEY WILL BE REDIRECTED TO THE FINISH LINE & RECEIVE PLACEMENT IN THE 29KM DISTANCE)

COURSE MARKINGS:

The course will be flagged with Lewiston Ultra branded flagging tape and arrows. Once you pass a flag, the next one should be visible. Runners are required to stay on course and cross any roadways/transitions at designated locations ONLY.

PACERS:

There is no pacing. Non-participants (human & animal) are not permitted to accompany solo or relay runners along the course. Relay runners are permitted to continue running other legs of the course once their chosen leg has been completed **AS LONG AS** it is declared at race package pick up.

THE BIBS:

Medical & Emergency Information is on the back of the racer bibs (medical conditions, medications, emergency contact).

16KM: #100-199

29KM: #200-299

42KM: #300-399

AID STATIONS:

Check in/aid stations will be stacked with friendly & helpful volunteers, groovy tunes, hugs & high fives and is a fun & encouraging stop along your race journey.

Basic first aid items and medical volunteers will also be at the aid stations.



The predictable ultra tasty treats will be available as well as GLUTEN FREE & VEGAN options. You can pick your fluid of choice from water, electrolyte or pop. If you prefer something special, we recommend you carry the item(s) with you.

THERE WILL BE NO WATER FILL STATION AT THE START LINE.

Lewiston Ultra events are cupless. Disposable cups will not be available at the start, check in/aid stations or finish. Please bring your water bottle(s) or bladder for fluids on race day.

You are required to check in at each aid station. Bib # must be worn on the front of your body and visible at all times. Runners will be checked through each check in/aid station by the aid station captain. Your bib # and time will be recorded when you enter and leave aid.

CUT OFF TIME(S):

16KM – ALL RUNNERS MUST CROSS THE FINISH LINE BY 3:30PM TO RECEIVE OFFICIAL FINISH TIME & FINISHERS MEDAL

29KM – ALL RUNNERS MUST PASS THRU THE SWITCHBACK OR T-JUNCTION AID [16KM OR 20KM] BY 1PM. ALL RUNNERS AFTER THE 1PM CUT OFF WILL BE ASSISTED OFF THE MTN & BROUGHT TO THE FINISH LINE

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DROPPING FROM THE RACE:

If you decide to drop from the race, YOU MUST DO SO AT THE CHECK IN/AID. You will notify the aid station captain (to avoid Search & Rescue) and turn in your bib #. If you cannot make it to the check in/aid station, STAY ON THE COURSE and the sweep will assist you. DO NOT GO OFF COURSE. If we cannot account for you, an expensive search & rescue operation will be initiated, and you may be billed.

MANDATORY DROP OUT: Check in/aid station captains and medical staff have the absolute authority to withdrawal a runner from the race should they feel it unsafe for the runner to continue (dehydration, hypothermia, debilitating injury, unprepared for the conditions, etc). The runner MUST comply with this decision.

REQUIRED GEAR:

All runners (16KM, 29KM & 42KM) are required to carry a **wind/waterproof jacket**. You will journey through alpine terrain & the required gear is for your safety. You will be asked at the pre race meeting to show your wind/waterproof jacket. No jacket = no race.



RECOMMENDED GEAR:

You will be journeying through mountain terrain and the following recommendations are for your safety. Weather is variable & can change dramatically. Runners need to be prepared for all types of weather conditions: hot, cold, wind, rain etc.

If you were to injure yourself with a rolled or sprained ankle between Check In/Aid, it would be a slow slog and additional time spent out in the elements before you get assistance. Hypothermia is extremely dangerous and warm clothing, fluids, etc can be a game changer.

Seriously consider carrying the following items:

- Hydration pack (bladder) and/or handheld bottles with a minimum of 2 litres.
- 1000mg of salt
- 400-600 calories MINIMUM
- Whistle
- Space blanket/Emergency Bivvy
- Windproof/water resistant light weight jacket
- Race course map
- Bear Spray (if you know how to use it)
- Gloves/mittens, buff/touque/hat, additional warm layer (long sleeve light weight), space blanket
- Cellular phone (percentage of the course does have cell coverage)
- Sunscreen, lip balm/protection, sunglasses
- High energy fuel/drink
- Headlamp in your Drop Bag

The 'OTHER' RACE RULES:

- Participants must be 18 years of age or older on race day
- Poles are allowed
- NO LITTERING. You will be disqualified from the race and banned future entry
- Follow the course as marked/flagged in the direction of the race
- DO NOT GO OFF THE COURSE
- Check in/aid station captains and medical staff have the absolute authority to withdrawal a runner from the race should they feel it unsafe for the runner to continue (the runner must comply with this decision)
- If you encounter an injured runner, please consider staying with them until medical attention or sweep arrives or if safe to do so, continue to the next Aid Station and report first name & bib # and approx. coordinates
- Please use washroom facilities if available or common sense when relieving yourself
- No storing food or supplies along the trail/course
- Runners are expected to be mindful of other runners and perform in a sportsmanlike manner
- Runners/participants are responsible for all forms of medical coverage (costs of rescue services, treatment, hospitalization, emergency evacuation (air lifting) and helicopter/ground search)



CELLULAR RECEPTION:

Cellular reception is intermittent through out the race course. Greater Bragg Creek Trail Association (GBCTA) hosts a cellular hot spot for free public use in the West Bragg Creek parking lot (start/finish area):

<https://www.braggcreektrails.org/wbc-parking-lot-cellular-hotspot-is-now-available/>

WILDLIFE ENCOUNTERS:

Runners aren't the only ones that enjoy the trails and back country. The trails used on The Lewiston Ultra Moose Mountain course are home to black bear, grizzly bear, cougar, bobcat, moose, deer, squirrel, etc. It is highly unlikely for a potential meeting with our furry friends but in the off chance of an encounter, they want as much to do with you as you want with them.

If wildlife activity has been reported on the course or near the course prior to, or on race day, the course may be modified.

To learn more about wildlife encounters in Alberta and the DOs & DO NOTs visit:

<https://www.alberta.ca/wildlife.aspx>

<https://albertaparks.ca/parks/central/william-a-switzer-pp/advisories/wildlife-safety-tips/>

To learn more about bear spray and the DOs & DO NOTs, Banff National Park has this complete YouTube video:

<https://www.youtube.com/watch?v=alvpLzHiCrg>

COURSE EMERGENCIES:

If you encounter an injured runner, please consider staying with them until medical attention or sweep arrives or if safe to do so, continue to the next Aid Station and report first name & bib # and approx. coordinates

Do not go off course. If you have become disorientated, please back track or retrace your steps to the last flag you seen. The course will be marked with TBD flagging, marker flags & arrows.

BEST WAYS TO DNF (Do Not Finish):

- Wear new trail shoes on race day
- Fail to plan for the elements (wind, rain, cold, heat)
- Waste time & energy getting mad at little things (Don't sweat the small stuff; forward is forward)
- Your hydration plan includes drinking at aid stations only
- Who needs salt & electrolytes, especially in the heat



THINGS TO BRING TO CREW, SUPPORT & JOIN FINISH LINE FESTIVITIES:

- MORE COWBELL, HIGHFIVES & HUGS
- Folding/lawn chair
- Sunscreen/bugspray