



## RACER INFORMATION/RACE RULES

(LIVING DOCUMENT WILL CONTINUALLY BE EDITED/UPDATED TILL RACE DAY WITH TONS OF GOOD STUFF – UPDATED MARCH 6, 2018)

Mega love for supporting The Lewiston Ultra. The Lewiston Ultra is 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, September 29, 2018 @ 8am**

**WHERE: Start @ Hyde Mountain Golf Course in Sicamous, BC & Finish @ Klahani Park in Salmon Arm, BC**

**MANDATORY PRE RACE MEETING: 7:45am at the START LINE (All Racers should be in attendance to confirm course conditions, any possible changes/updates, cautions/reminders and weather)**

**TRANSPORTATION NOTE:** Bussing is included in the registration fee for all participants and is mandatory for Leg 2 & 3 relay runners as there is NO PUBLIC/CREW ACCESS ON THE TRAVERSE. Bussing is also mandatory for Leg 4 runners but there is public/crew access at The Larch Hills Nordic Centre check in/aid station. You are more than welcome to come cheer on your runner at The Larch Hills Nordic Centre before they make the descent down the mountain.

Soloists & Leg 1 runners will have the option of bussing and are required to confirm at Race Package Pick Up. We understand and encourage crew, family and relay members to drive their soloist or Leg 1 runner to the start & participate in the Start line festivities! The busses will be picking up & dropping off runners through out the day at Klahani Park (see BUSSING SCHEDULE).

No vehicles can be left at Hyde Mountain Golf Course for the day. NO EXCEPTIONS. We have secured ample parking adjacent to Klahani Park.

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, SEPTEMBER 28, 2018**

**Noon - 8pm**

Hyde Mountain Golf Resort  
9851 Old Spallumcheen Road  
Sicamous, British Columbia  
(250) 836-4653

**THERE IS NO RACE DAY PACKAGE PICK UP.**

**Relay runners are required to declare who will be running which leg at race package pick up.** 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.

Additional BBQ and festivities tickets can be purchased for \$5 (all monies collected will be donated to community & The Lewiston Foundation). Tickets will be available at Race Package Pick Up & the Finish Line.



Drink tickets can be purchased at the finish Line (Shuswap Coffee Company \$2 per ticket & Larch Hills Winery & Barley Station Brewpub \$5 per ticket).

#### REGISTRATION:

**REGISTRATION OPENS VIA ULTRASIGNUP ON JANUARY 12, 2018 @ 8am PST (Pacific Standard Time)**

#### LINK TO REGISTRATION:

<https://ultrasignup.com/register.aspx?eid=8540>

Participants must be 19 years of age or older on race day.

All distances will be \$125 CDN (+ GST & UltraSignup fee).

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

Prices subject to change without notice. Registrants that have already registered will not have their entry fee increased from a price change.

Relay runners will register individually and include their team name in the registration process (Legs are not required to be confirmed until race package pick up). The first person to register, will register the team name. Once the team name is selected, the system will automatically place hold a spot for remaining team members. The remaining team members will select their team name from the available drop down.

All members of the relay team should be registered within a reasonable timeframe.

Registration is accepted for 2, 3 & 4 person relay teams with the understanding 2 & 3 person relay teams will not be privy to Top 3 Relay Team prizing and legs must be completed consecutively by same relay member.

**Relay runners are required to declare who will be running which leg at race package pick up.** 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.

#### REGISTRATION PACKAGE INCLUDES:

- Women - Lululemon Swiftly Tech Short Sleeve Crew, branded The Lewiston Ultra
  - sizing guide: [https://shop.lululemon.com/p/tops-short-sleeve/Run-Swiftly-Tech-Short-Sleeve-Crew/\\_/prod4650006?color=17471](https://shop.lululemon.com/p/tops-short-sleeve/Run-Swiftly-Tech-Short-Sleeve-Crew/_/prod4650006?color=17471)



- Men – Lululemon Metal Vent Tech Short Sleeve, branded The Lewiston Ultra
  - sizing guide: [https://shop.lululemon.com/p/mens-ss-tops/Metal-Vent-Tech-Short-Sleeve-2/\\_/prod140006?color=30545](https://shop.lululemon.com/p/mens-ss-tops/Metal-Vent-Tech-Short-Sleeve-2/_/prod140006?color=30545)
- Racer bib & pins to attach your bib (bib # must be worn on the front of your body & clearly visible at all times)
- Round trip bussing from Klahani Park to the Start line/Start of your Leg
- Complimentary race photos
- Medical & Safety support
- Numerous goodies from sponsors of The Lewiston Ultra
- Discounted rates with our hotel/accommodation partner(s)
- Finish line BBQ & festivities ticket (this is also your ticket for draws to be held at the finish line)
- Donation towards The Lewiston Foundation & the Shuswap community

Participants who successfully finish their race will also receive a custom made wooden Lewiston Ultra medal/keychain made by Rider's Rustic Woodworking.

Top three male soloists, top three female soloists and top three 4 person relay teams will each receive one (1) pair of Saucony shoes and one (1) bottle of wine from Larch Hills winery! Mega love to Saucony Canada & Larch Hills Winery for providing prize for top finishers.

All participants will complete an online waiver in the registration process. If a waiver is not completed, one must be signed at race package pick up – no waiver, no race, no exceptions. Copies of the waiver will be available at Race Package Pick Up.

The Lewiston Ultra does not offer refunds and there is no waitlist.

Registration is not deferrable or transferable – no exceptions.

Lululemon Swiftly Tech Short sleeve t-shirt sizing is not guaranteed after August 10, 2018 registration.

Registration will close on September 6, 2018 @ 12am or when the race fills; whichever comes first.

The Lewiston Ultra will make every effort to offer a refund if the race is cancelled due to act of nature, area closure and/or circumstance beyond our control up to sixty (60) days prior to race date. No refund will be offered in the sixty (days) leading up to the race or once the race has started.

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

#### **ACCOMMODATIONS/DISCOUNTED RATES:**

Space is limited & The Lewiston Ultra has block booked as many options/rooms possible with discounted rate for race weekend.

For full list of Shuswap Accommodations (hotel/motel/camping) visit <http://shuswaptourism.ca/plan/accommodation>



## SICAMOUS, BRITISH COLUMBIA

- **BEST WESTERN SICAMOUS INN**

806 Trans Canada Hwy E  
Sicamous, B.C. V0E 2V0  
(250) 836-4117

<http://bestwesternbc.com/hotels/best-western-sicamous-inn>

*\*Block booking with discounted rate held for 'The Lewiston Ultra' until March 1, 2018*

- **SUPER 8 SICAMOUS**

1120 Riverside Ave  
Sicamous, B.C. V0E 2V0  
(250) 836-4988

<https://www.wyndhamhotels.com/super-8/sicamous-british-columbia/super-8-sicamous/overview?CID=LC:SE::GGL:RIO:National:11201&iata=00065402>

*\*Block booking with discounted rate held for 'The Lewiston Ultra' until March 1, 2018*

## SALMON ARM, BRITISH COLUMBIA

- **COMFORT INN & SUITES SALMON ARM**

1090-22<sup>nd</sup> St. NE  
Salmon Arm, B.C. V1E 2V5  
(250) 833-0340

<http://www.comfortinnsalmonarm.com/>

- *\*Block booking with discounted rate held for 'The Lewiston Ultra' until March 1, 2018*

- **PODOLLAN INNS**

1460 Trans Canada Hwy NE  
Salmon Arm, B.C. V1E 4N1  
(250) 832-6025

<http://www.podollanhotels.com/salmon-arm-inn/index.html>

*\*Block booking with discounted rate held for 'The Lewiston Ultra' until March 1, 2018*

- **SUPER 8 SALMON ARM**

2901-10<sup>th</sup> Ave NE  
Salmon Arm, B.C. V1E 2S3  
(250) 832-8812

<https://www.wyndhamhotels.com/super-8/salmon-arm-british-columbia/super-8-salmon-arm/overview?CID=LC:SE::GGL:RIO:National:03404&iata=00065402>

*\*Block booking with discounted rate held for 'The Lewiston Ultra' until March 1, 2018*

## CAMPING (TENT & RV):

- **HIDDEN VALLEY CAMPGROUND & RV PARK**

6670 Trans Canada Hwy NE  
Canoe, B.C. V0E 1K0  
(250) 832-6159

<http://hiddenvalleycampground.ca/>



- **FAMILY TREE RIVERSIDE RV & CAMPGROUND**  
2055 Arnold Frontage Road  
Sicamous, B.C. V0E 2V1  
(250) 836-2583  
<http://www.familytreeriversidervcampground.com/>
- **ANCHOR RIVERFRONT MOTEL & CAMPGROUND**  
1321 Trans Canada Frontage Road  
Sicamous, B.C. V0E 2V0  
(250) 836-2546  
<http://anchormotel.ca/>
- **SALMON ARM CAMPING RESORT**  
381 Hwy 97B NE  
Salmon Arm, B.C. V1E 1X5  
(250) 832-6489  
<http://salmonarmcamping.com/>
- **JOE SCHMUCKS ROADHOUSE MOTEL & CAMPGROUND**  
734 Trans Canada Hwy  
Sicamous, B.C. V0E 2V0  
(250) 836-2290  
<http://joeschmucks.ca/>

#### **SCHEDULE OF EVENTS:**

\*DETAILS COMING SOON

#### **BUSSING SCHEDULE:**

\*DETAILS COMING SOON

#### **RACE COURSE:**

The Lewiston Ultra was designed by trail runners and is a point to point 50km Ultramarathon trail event connecting the communities of Sicamous and Salmon Arm in the gorgeous Shuswap, British Columbia. The Lewiston Ultra is inspired by Lewiston James Olstad and is open to solo runners and four-person relay teams. With approximately 2200 meters elevation gain, The Lewiston Ultra is challenging and rewarding for those attempting their first mountain ultra as well as the seasoned trail runner.

The race will start at the Hyde Mountain Golf Course and will bring participants into unique private trails on Splatsin land before flowing into the switchbacks of the impressive Larch Hills Traverse. Runners will experience seven distinct sections through out the traverse, pristine single track and remarkable viewpoints overlooking Shuswap and Mara Lake(s). The final kilometres will bring you down the mountain from Larch Hills Nordic Centre and into the inviting South



Canoe trails located in Salmon Arm. Once you pop out of the woods, the Finish line is straight ahead and located in Klahani park.

- **LEG 1 – HYDE MOUNTAIN GOLF COURSE (THERE WILL BE NO WATER FILL STATION AT THE START LINE)**  
9.5km  
Elevation gain: 780 meters  
Elevation loss: 300 meters  
Estimated completion time: 1.5 hrs – 2.5 hrs  
Trail Type: 75% Single Track, Paved Road, Double Track
- **LEG 2 – THE WOODS**  
18.5km  
Elevation gain: 1000 meters  
Elevation loss: 670 meters  
Estimated completion time: 3 hrs – 4.5 hrs  
Trail Type: Mostly Single Track (75%) with some Double Track
- **LEG 3 – CEC'S CABIN (CUT OFF-MUST START LEG 3 BY 3PM)**  
11.5km  
Elevation gain: 180 meters  
Elevation loss: 400 meters  
Estimated completion time: 1 hr – 2 hrs  
Trail Type: Mostly Single Track (75%) with some Double Track
- **LEG 4 – LARCH HILLS NORDIC CENTER**  
13km  
Elevation gain: 265 meters  
Elevation loss: 750 meters  
Estimated completion time: 1 hr – 2 hrs  
Trail Type: Mostly Single Track (75%) with some Double Track

**\*Printable PDF Map link & GPS/GPX format link will be provided in Spring 2018**

#### **COURSE MARKINGS:**

The course will be flagged with (color TBD) flagging tape. Once you run past a flag, the next one should be visible. Runners are required to stay on route and cross highways & roadways at designated, marshaled locations ONLY. Vehicles will have the right away.

#### **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.



## DROP BAGS:

Participants are responsible for providing their own drop bags. Drop bags must be labelled with full name, bib # and properly sealed/protected. Drop bags are to be no bigger than a drawstring bag (see foto). NO EXCEPTIONS.

The Lewiston Ultra is not responsible for damaged, wet or lost items.

\*FURTHER DETAILS COMING SOON (when to bring drop bag, where drop bag will be available, if drop bags will be sheltered & where to pick up drop bag)



## 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, blankets 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.

The Lewiston Ultra is 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.

Spectators & crew can access the START, CHECK IN/AID STATION #3 (The Larch Hills Nordic Centre) & FINISH LINE.

Spectators & crew ARE NOT PERMITTED at Check In/Aid Station #1 & #2 under any circumstance. Runners will be disqualified for receiving outside assistance at Check In/Aid Station #1 & #2 and will be denied future entry.

## CUT OFF TIME(S):

The Lewiston Ultra has one cut off time for all runners (soloist & relay). **All runners must leave Cec's Cabin (Check in/Aid 2) by 3pm.** This allows approximately 7 hours to complete 28km & 1800 meters elevation gain. If a runner does not leave Cec's Cabin (Check In/Aid 2) by 3pm, they will be Disqualified/DNF'd (did not finish) and bused to the Finish line at Klahani Park. If a runner arrives at Cec's Cabin (Check In/Aid 2) after 3pm, they will be Disqualified/DNF'd (did not finish) and bused to the Finish line at Klahani Park



## **DROPPING FROM THE RACE:**

If you decide to drop from the race, YOU MUST DO SO AT THE CHECK IN/AID STATION. 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 THE 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 withdraw 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.

## **RECOMMENDED GEAR:**

The Lewiston Ultra does not have a mandatory gear list. You will be journeying through remote 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 Stations, 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. It is recommended to carry a two - three litre bladder and/or handhelds as you will be without Check In/Aid Station for 18.5km, 1000 meters elevation (possibly 3hrs – 4.5hrs) during what could be the hottest time of day
- 1000mg of salt as you will be without Check In/Aid Station for 18.5km, 1000 meters elevation (possibly 3hrs – 4.5hrs) during what could be the hottest time of day
- 400-600 calories MINIMUM
- Whistle
- Space blanket/Emergency Bivvy
- Windproof/water resistant light weight jacket
- Race course map (Printable PDF Map link & GPS/GPX format link will be provided in Spring 2018)
- Bear Spray (if you know how to use it)
- Gloves/mittens, beanie/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 Leg 4 Drop Bag





## PROHIBITED ITEMS:

HEADPHONES: You are in the wilderness and must be aware of your surroundings AT ALL TIMES. Small clip on external speakers/media players are acceptable but you must be able to hear other runners, aid station volunteers/race marshals, mountain bikers and potential wildlife.

## RACE RULES:

- Participants must be 19 years of age or older on race day
- All runners must sign a waiver. No waiver, no race, no exceptions
- Bib # must be worn on the front of your body and visible at all times
- Poles are allowed
- NO HEADPHONES (small clip on external speakers are acceptable)
- NO LITTERING. You will be disqualified from the race and will be banned from future entry
- Follow the course as marked/flagged in the direction of the race
- Runners are required to stay on route and cross highways & roadways at designated, marshaled locations ONLY (vehicles will have the right of way)
- Bussing is mandatory for Leg 2, 3 & 4 relay runners
- No public/crew access of the traverse. Public/crew are welcome to assist and cheer on runners at the Start, The Larch Hills Nordic Centre (Check In/Aid Station 3) & the Finish Line
- No pacing (non-participants (human & animal) are not permitted to accompany solo or relay runners along the course)
- Relay runners are required to declare who will be running which leg at race package pick up
- 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
- All runners must leave Cec's Cabin (Check in/Aid 2) by 3pm
- If it is necessary to drop from the race, YOU MUST DO SO AT THE CHECK IN/AID STATION (failure to do so may result in ban from future races)
- 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 stay with them until medical attention or sweep arrives. If you have cellular reception, please call the Emergency number on the back of your bib.
- Please use washroom facilities if available or common sense when relieving yourself
- No caching or 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 incurred from rescue services, treatment, hospitalization, emergency evacuation (air lifting) and helicopter/ground search if required)
- You are required to check in at each aid station



- Use of and/or suppling of performance enhancing drugs will result in disqualification and banned from future entry
- No vehicles can be left at Hyde Mountain Golf Course for the day. NO EXCEPTIONS

#### **CELLULAR RECEPTION:**

Cellular reception is intermittent through out the race course. The Larch Hills Nordic Society has a Cell Coverage Map on their website (<https://skilarchhills.ca/maps/>) however, this map only references the trails around the Larch Hills Nordic Centre and does not include the entire course.

#### **WILDLIFE ENCOUNTERS:**

Runners aren't the only ones that enjoy the trails and back country. The trails used on The Lewiston Ultra 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 British Columbia and the DOs & DO NOTs visit:

<http://www.env.gov.bc.ca/bcparks/explore/misc/bears/bearsaf.html>

<http://www.env.gov.bc.ca/bcparks/conserv/bearsandcougars.pdf>

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 stay with them until medical attention or sweep arrives. If you have cellular reception, please call the Emergency number on the back of your bib.

#### **MEDICAL/HEALTH CONCERNS:**

The Medical Form is optional & confidential and would be utilized by medical assistance in case of emergency. If you take medications and/or have a medical condition that may affect your race day, please complete the Medical Form at race package pick up.

#### **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
- Coins for the Finish Line festivities
- Folding/lawn chair
- Sunscreen
- Bugspray