



THE LEWISTON ULTRA & EXTREME ENVIRONMENTAL CONDITIONS

(UPDATED MAY 11, 2018)

The Lewiston Ultra is a 50km solo & relay back country mountain trail event connecting the communities of Sicamous and Salmon Arm in the Shuswap, British Columbia. Recent wildfire smoke has brought forward questions about our event.

Note: The Lewiston Ultra Race Director & volunteers are not professionals in this subject and are interpreting available resources to mitigate these situations.

We will address this unique situation with the following:

Immediate dangers will result in the suspension of the race for a predetermined period of time (review situation hourly). This may result in shortening, rerouting or termination of the race.

- Start of the race may be postponed for a few hours
- After the start, participants may be held at aid stations and not allowed to continue during suspension
- Before or during the race, the course may be modified (lightening, tornado, fire, animals, police closure, etc)

Extreme environmental conditions must be monitored by each participant. **Participants will be responsible to understand their tolerance levels for any situation** (heat, cold, air quality, hail, insects, plant allergens, pollen, etc).

We recommend that all participants discuss this with their health care professional(s). The race will only be suspended due to immediate dangers. The nature of an ultra trail race and logistics will limit the ability of Race Director & volunteers to inform participants of environmental conditions and each racer will be responsible to monitor the situation.

- Racers with cardio and/or vascular conditions need to be familiar with common and extreme environmental conditions for Shuswap British Columbia and discuss these situations with their health care professional(s)
- Aid station volunteers do not have the ability to ascertain a racer's medical condition – participants can request emergency services for assistance

Long term exposure issues – we do not know the impact of extended exposure to heat, airborne pollutants, allergens, sun radiation, pollen, wasp stings, etc. it is the responsibility of every participant to know their personal medical situation ability to continue this race.

Sharknado & zombie apocalypse is classified as an environmental condition & we expect participants to run faster 🏃

Resources for participants:

BC Air Quality: <http://www.env.gov.bc.ca/epd/bcairquality/readings/find-stations-map.html>

BC Wildfire Monitor: <https://www2.gov.bc.ca/gov/content/safety/wildfire-status>

If any participant is concerned about environmental conditions, please email info@thelewistonultra.com