



RACER INFORMATION/RACE RULES

(LIVING DOCUMENT WILL CONTINUALLY BE EDITED/UPDATED TILL RACE WEEKEND WITH GOOD STUFF – UPDATED SEPTEMBER 11, 2019)

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 28, 2019 @ 8am

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

PRE RACE MEETING: 7:45am at the START LINE (welcome, updates on course conditions & cautions/reminders)

TRANSPORTATION NOTE:

RETURN busing from Klahani Park to the start of each Leg is included in the registration fee for all participants.

Busing is **MANDATORY** for the **LEG 3A/3B RUNNER**.

LEG 2 RUNNERS do have the option to bus to the start of their leg or ride with family, crew/support transport.

There is **NO PUBLIC/CREW ACCESS ON THE TRAVERSE**.

There is public/crew access at The Larch Hills Nordic Chalet (Check In/Aid #2) **ONLY**.

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

A bus will be going back and forth from the finish line at Hyde Mountain Golf Resort to the start line at Klahani Park through out the afternoon and early evening on race day to return runners to their vehicles.

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 27, 2019

Noon - 8pm

KINTEC SALMON ARM

117 Hudson Ave NE

Salmon Arm, British Columbia

(250) 517-7337

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 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):

Soloist & Leg 1 Relay 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 7am until approx. 7:50am & is for **Soloists & Leg 1 Relay runners only**.

REGISTRATION:

REGISTRATION OPENS VIA ULTRASIGNUP ON JANUARY 12, 2019 @ 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 \$145 CDN (+ GST & UltraSignup fee).

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

RELAY TEAMS: The Team Captain will register and pay for the two or three person relay team. Once the Captain registers the team, each member will need to complete waiver and registration. **All members must be registered by September 4, 2019.**

Relay legs must be completed consecutively by same relay member.

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

Registration is transferable until **September 4, 2019** for a \$20 administration fee. There are no transfers after September 4, 2019 - no exceptions. Please understand this and don't ask for a favor after September 4, 2019 as there are liability issues, impacts with medical volunteer support and race integrity. Transfer requests can be sent to kara@thelewisultra.com



Registration will close on September 4, 2019 @ 8am or when the race fills; whichever comes first.

REGISTRATION PACKAGE INCLUDES:

- GOODr Running Sunglasses (co-branded Lewiston Ultra & limited edition)
- Lewiston Ultra branded tubular (buff)
- Racer bib & pins to attach your bib (bib # must be worn on the front of your body & clearly visible at all times)
- **ROUND TRIP** busing from Klahani Park (start line) **SOLOISTS & RELAY RUNNERS**
- Drawstring bag to be used as drop bag
- Complimentary race photos
- Medical & Safety support
- Numerous goodies from sponsors of The Lewiston Ultra
- Discounted rates with our hotel/accommodation partner(s)
- Finish line food ticket
- 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 two and three 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 prizing for top finishers!

Top two person female, top two person male, top three person female & top three person male teams will each receive prizing from Arc'teryx Calgary. Mega love to Arc'teryx Calgary for providing prizing!

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 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).

ACCOMODATIONS/DISCOUNTED RATES:

Space is limited & The Lewiston Ultra has block booked at discounted rate with our hotel partners.

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***

SALMON ARM, BRITISH COLUMBIA

- **HILLTOP INN**

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***

- **PRESTIGE HARBOURFRONT RESORT SALMON ARM**

251 Harbour Front Dr NE
Salmon Arm, B.C. V1E 2W7
(250) 833-5800

<https://www.prestigehotelsandresorts.com/locations/salmon-arm/overview/>

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

TEMPERATURE TO EXPECT:

*High of 17° & low of 5° (on average)

SUNRISE & SUNSET:

*6:50am/6:35pm (please consider carrying headlamp after Leg 2 as precaution)

RACE COURSE:

The Lewiston Ultra is a point to point 60km Ultramarathon trail event connecting the communities of Salmon Arm and Sicamous in the gorgeous Shuswap, British Columbia. The Lewiston Ultra is inspired by Lewiston James Olstad and is open to solo runners and relay teams (2 & 3 person). With approximately 1800 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 starts at Klahani Park in Salmon Arm and will bring participants into the inviting South Canoe trail system. Runners will journey to the Larch Hills Nordic Chalet & into the gorgeous Larch Hills Traverse to experience seven distinct sections, pristine single track and remarkable viewpoints overlooking Shuswap and Mara Lake(s). The final kilometers will bring you down flowing switchbacks and into unique private trails on Splatsin First Nation land. Once you pop out of the woods, the finish line is a short jaunt on Old Spallumcheen road and into the impressive lake front Hyde Mountain Golf Resort.

LEG 1 – KLAHANI PARK TO LARCH HILLS NORDIC CHALET (CHECK IN/AID #1)

(THERE WILL BE NO WATER FILL STATION AT THE START LINE)

14km

Elevation gain: 550 meters

Elevation loss: 185 meters

Estimated completion time: 1.5 hrs – 2.5 hrs

Trail Type: 75% Single Track with some Double Track

Route: 10th Ave SE parallel trail, South Canoe Trailhead, Lower Hobby Horse, Upper Hobby Horse,



Horsin' Around, X-Cut, Stubby's, P2, Triangle, Bear Den, Mo Budda, Coffee Time, Metford Road, Raven's Ridge, Metford Road to Larch Hills Nordic Chalet

LEG 2 – LARCH HILLS NORDIC CHALET TO CEC'S CABIN (CHECK IN/AID STATION #2)

16km

Elevation gain: 540 meters

Elevation loss: 320 meters

Estimated completion time: 1.5 hrs – 2.5 hrs

Trail Type: Mostly Single Track (75%) with some Double Track

Route: Moose Snowshoe Trail, Larch Hills Road, Ermine Frolic, Ridge Run, Upper Lost In The Woods Snowshoe Trail, South Hub (Penti's Shelter), Reino's Run, Ermin Frolic Loop, Bruin's Ramble, Cottonwood Cutoff, Treebeard's Trail, The Greenway, Around-The-Hill Greenway Loop, Larch Hills Road, Hemlock Glide, White Pine Walk, Larch Hills Road to Cec's Cabin

LEG 3A – CEC'S CABIN TO THE WOODS (CHECK IN/AID STATION #3A)

(CUT OFF – ALL RUNNERS MUST LEAVE CEC'S CABIN, CHECK IN/AID #3A BY 2:00 PM)

(WATER STATION – MANNED WATER STATION APPROXIMATELY 10KM INTO LEG 3A)

20km

Elevation gain: 650 meters

Elevation loss: 850 meters

Estimated completion time: 2 hrs – 4 hrs

Trail Type: Mostly Single Track (75%) with some Double Track

Route: Larch Lake Loop, Moonwalk, Clearcut Connection to The Woods

LEG 3B (NO TRANSITION) - THE WOODS TO HYDE MOUNTAIN GOLF RESORT (CHECK IN/AID STATION #3B)

10km

Elevation gain: 150 meters

Elevation loss: 600 meters

Estimated completion time: 50 min – 2 hrs

Trail Type: Mostly Single Track (75%), Double Track, Paved Road

Route: Clearcut Connection, Sicamous Switchbacks, Private Land, Splatsin First Nation Private Land, Old Spallumcheen Road to Hyde Mountain Golf Resort

* The Lewiston Ultra 2019 Race Course GPX Link:

https://drive.google.com/open?id=1F3VJ7_5JFveOfAWHagedH48NjXCMIyr3

*The Lewiston Ultra 2019 Race Course KML Link:

<https://drive.google.com/open?id=1SPYS8SPACpLB7IVjEzNrgLmQfT6bt5KK>

COURSE MARKINGS:

The course will be flagged with PINK/BLACK tiger striped 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).

SOLOISTS:

- #100-199

RELAY TEAMS:

- Two Person: #200-299
- Three Person: #300-399

Bibs will be color marked for relay runners and will be marked at Race Package Pick Up:

- **LEG 1 - RED DOT ON BIB**
- **LEG 2 – GREEN DOT ON BIB**
- **LEG 3A & 3B - YELLOW DOT ON BIB**

The colored dot indicates the runner is permitted to be on that corresponding Leg of the course. Relay runners are permitted to continue running other legs of the course once their leg is complete, **HOWEVER**, it must be declared at race package pick up and they must have the corresponding dot color on their bib.

DROP BAGS:

DROP BAGS ARE ONLY ACCESSIBLE AT CEC'S CABIN (CHECK IN/AID #3A).

Drop bags **MUST** be dropped off at Race Package Pick Up (Friday, Sept 27 @ Kintec Salmon Arm 12pm-8pm).

Drop bags will not be accepted on Race Day. **NO EXCEPTIONS.**

Participants will receive a drawstring bag at race package pick up to use as a drop bag. Drop bags are to be no bigger than a drawstring bag. **NO EXCEPTIONS.**

Drop bag tags are a tear off on the bottom portion of the racer bib.

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

DROP BAGS WILL BE BROUGHT TO THE FINISH LINE (HYDE MOUNTAIN GOLF RESORT) FOR PICK UP @ 2PM.



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.

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 @ Klahani Park (*CHECK IN/AID STATION #1*), Larch Hills Nordic Chalet (*CHECK IN/AID #2*) & the Finish Line @ Hyde Mountain Golf Resort.

Spectators & crew ARE NOT PERMITTED at Check In/Aid Station #3A & #3B under any circumstance. Runners will be disqualified for receiving outside assistance at Check In/Aid Station #3A & #3B 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 #3A) by 2pm. If a runner does not leave Cec's Cabin (Check In/Aid #3A) by 2pm, they will be Disqualified/DNF'd (did not finish) and bused to Klahani Park. If a runner arrives at Cec's Cabin (Check In/Aid #3A) after 2pm, they will be Disqualified/DNF'd (did not finish) and bused to Klahani Park.

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.



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, it would be a slow slog and additional time spent 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

BANNED ITEMS:

HEADPHONES (external speakers/media players are acceptable but please be aware of your surroundings AT ALL TIMES (other runners, aid station volunteers/course 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 (external speaker is acceptable)
- 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
- No public/crew access of the traverse. Public/crew are welcome to assist and cheer on runners at the Start, The Larch Hills Nordic Chalet (Check In/Aid Station #2) & the Finish Line
- No pacing non-participants are not permitted to accompany solo or relay runners along the course



- Relay runners are required to declare who will be running which leg prior to race day
- 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
- All runners must leave Cec's Cabin (Check in/Aid #3A) by 1pm
- 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 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)
- You are required to check in at each aid station
- 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 & record injured runners BIB #, FIRST NAME/TEAM NAME & provide location information as best as possible (GPS coordinates, etc).

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
- Coins for the Finish Line festivities/vendors
- Folding/lawn chair
- Sunscreen/bugspray