



2018 ELK VALLEY ULTRA RACER HANDBOOK

JULY 28, 2018 – FERNIE, BC

PRESENTED BY STAG LEAP RUNNING CO.



TABLE OF CONTENTS

WELCOME	PAGE 3
GETTING RACE READY	PAGES 3 – 4
○ Accommodation Discounts	
○ Can't Race?	
○ Change to Team Members	
○ Volunteers	
RACE WEEKEND INFO & SCHEDULE	PAGE 5 – 6
○ Race Package Pick Up	
○ Waivers	
○ Directions to Annex Park	
○ Race Start & Finish	
○ Post-Race Dinner & Awards	
○ Full Race Weekend Schedule	
RACE DETAILS	PAGES 7 - 13
○ Overview	
○ Leg 1 & TA1	
○ Leg 2 & TA2	
○ Leg 3a/3b	
○ Leg Stats	
○ Aid Stations	
○ Finish Line	
○ Checking in at TA's	
○ Team Info	
○ Drop Bags	
○ Course Marking	
○ Race Cutoff Times	
○ First Aid	
RACE RULES	PAGE 14
○ General Rules	
○ Recommended Gear	
CONTACT DETAILS	PAGE 14

WELCOME

Welcome to the 2nd Annual Elk Valley Ultra! Organized by Stag Leap Running Co., a trail running resource, with the aim of building trail running, one step at a time, in the amazing mountain town of Fernie, BC.

With a huge trail network, the Elk Valley Ultra takes place on some of the most beautiful and un-raced trails in the valley. Expect steep climbs, exposed and rugged sections, true backcountry, flowy single track, old growth forest and beautiful views. In fact, if you're not sure whether to believe us, check out the below truth revealing links...

2017 Strava Course Flyby: <https://www.youtube.com/watch?v=9UlxgB3Fsik&feature=youtu.be>

2017 Racer's Vlog: <https://www.youtube.com/watch?v=RSRXtu6fIEs&feature=youtu.be>

If local, thanks for choosing to race in your hometown! If visiting, we hope you enjoy exploring the Fernie trails. Here's to a great race weekend!

GETTING RACE READY

ACCOMMODATION DISCOUNTS

Thanks to a few amazing local accommodations, we have some great deals for you. And even better, they're all within stumbling distance of the finish line! Reminder: Race is during peak season, so don't wait too long to book!

Camping? You have two options: [Mount Fernie Provincial Park Campground](#), which is adjacent to TA2. Or [Fernie RV Resort](#), located by the Elk River closer to town. Both require driving to the Start/Finish.

SNOW VALLEY MOTEL

Book online. 20% off best available rate, use code:

FERNIEULTRA

Website: www.snowvalleymotel.com

Facebook: [Snow Valley Motel & RV Park](#)

RED TREE LODGE

Offering 20% off. Just call Red Tree at 250.423.4622 quoting Stag Leap Running Co., and they'll book you in over the phone.

Website: www.redtreelodge.com

Facebook: [Red Tree Lodge](#)

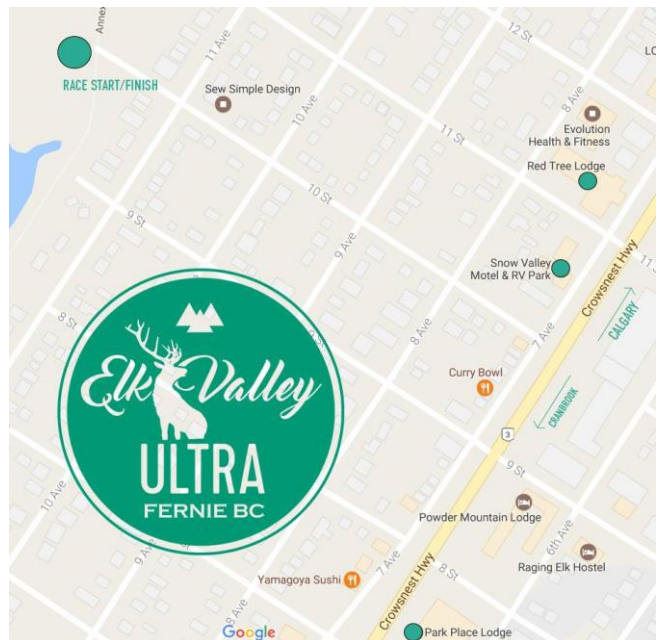
PARK PLACE LODGE

Deals direct, over the phone 1.888. 381.7275.

The Elk Valley Ultra: \$30 discount off of any room type (peak season rates) – GROUP CODE FU2018. Racers must call the hotel and quote the group code to receive discounted rate. Discount available on limited rooms.

Website: www.parkplacelodge.com

Facebook: [Park Place Lodge](#)



CAN'T RACE?

We know accidents and things happen, and as such, we can offer the below discounts, as long as someone is keen to fill your spot. Please note, Teams can switch in team members, however you can't sell Team or Solo entries.

- Current – March 31: 80% refund
- April 1 – May 31: 50% refund
- June 1 on: No refunds after this date, sorry!

CHANGE TO TEAM MEMBERS

If you're a team, and you need to change team members, Team Captains can make this change through their [ultrasignup](#) account. After July 1, shirts will be ordered, and so there'll be no changes to shirt sizes.

VOLUNTEERS

Anyone who volunteers at the race this year, will be given early entry and 25% off our 2019 races.

Please email abimoore2011@outlook.com for any of the above.



Welcome to the 2018 start line!

2017 RESULTS

Wondering what to expect? What time you might be looking at? Check out our 2017 Results below. Please note, we had a lot of strong runners, many of whom were surprised at their time being a lot slower than expected. Without scaring you, be prepared for a tough, but gorgeous and fun day on the trails!

Solo Results: https://ultrasignup.com/results_event.aspx?did=41763

Team Results: <https://www.webscorer.com/racedetails?raceid=108252&did=118277>

RACE WEEKEND INFO & SCHEDULE

COMPULSORY RACE PACKAGE PICK UP

When: Friday July 27: 4 – 7PM

Where: New location this year! Elevation Showcase: 596 2nd Ave, Downtown Fernie

WAIVERS

You may pick up on behalf of other racers, however all racers need to sign a waiver and hand it in, before racing. These will be available for download in advance of the race. Copies will also be available at Package Pick Up.

If you are unable to make these times, there will be a chance for pick up the morning of the race. However, this is only for those unable to get into town before 7PM. If you are unable to make Friday, you may pick up Saturday July 28: 5AM, Start line. All Waivers need to be dropped off by 5.30AM.

DROP BAGS

Drop bags also need to be dropped off in the respective TA1 and TA2 drop off locations, by 5.30AM – *more drop bag details in the RACE DETAILS section below.*

DIRECTIONS TO ANNEX PARK – START/FINISH

The Annex Park is the location for the Start & Finish of the race. The park is adjacent to the Elk River, and across the highway from Downtown Fernie. The entrance to the park is off 11th street and 12th ave. There is a good amount of parking once you enter the park, alternatively, you can park down 12th ave.

Please follow signage from the park entrance to Parking and the Start/Finish Line.

RACE START & FINISH

Start: Both the 50km and Relay starts at 6AM.

Course Closes: At 7PM, a 13hr cut off. This seems like a generous cut off time, as we want everyone to finish. However, with technical trails and lots of vertical, we expect some racers to be chasing this time! In 2017 we had a few racers predicting 6hrs, yet came in around 9hrs. A few were chasing cut offs all day, and some were pushed to finish. *Please see individual TA cut off below.*

POST-RACE DINNER & AWARDS

Dinner: Everyone loves a good post-race meal and finish line atmosphere. As such, the delicious post-race meal catered by Good Grub Catering will be served from 5-8pm at the Finish Line, ensuring a great atmosphere for our final racers. Expect pulled pork on a bun, coleslaw, Newfie baked beans, green salad and pasta salad.

Awards: Awards will take place at 7PM, midst dinner. We will have awards for 1st – 3rd Solo Male and Female, Male Team, Female Team and Mixed Team. We will also have lots of Draw Prizes up for grabs. These will be drawn straight after the Awards.

And of course, last but not least, your well-deserved Fernie Brewing Co. beer will be able to be claimed from 12PM onwards, or when the first racer crosses the line..

FULL RACE WEEKEND SCHEDULE

All the times you need to know, all in one place...

Friday July 27 – Downtown Fernie

- 4-7PM: Compulsory Racer Check-in, Elevation Showcase, 596 2nd Ave, Downtown Fernie.

Saturday July 28 – Annex Park (Start/Finish)

- 5AM: Couldn't make it Friday? You must pick up bib and sign waiver IN PERSON, by 5.30AM.
- 5-5.30AM: Place Drop Bags in respective TA1 and TA2 vehicles.
- 6AM: Race Start!
- 12PM: Fernie Brewing Co. beer available to purchase and claim (1 beer per racer), and Good Grub Food Truck open for business.
- 12PM: Leg 1 (TA1) cutoff (6hrs).
- 4PM: Leg 2 (TA2) cutoff (10hrs).
- 5-8PM: Post-Race Dinner served by Good Grub – racers and volunteers only.
- 7PM: Course Closes. Leg 3 (Finish Line) cutoff (13hrs).
- 7PM: Awards and Draw Prizes at the Finish Line – cheering in the final racers of the day!



Finish Line Cheers and Beers!

RACE DETAILS

OVERVIEW

The race takes place on 95% single track – some rugged, some high alpine, some fast and flowy. With gorgeous views, don't forget to look up at times, although remember to watch your footing! The course is broken into three Legs, with two Transition Areas (TA 1 & 2), located at the end of Leg 1 and 2. Racers will be able to utilize TA2 for a second time, as they finish Leg 3a, before heading up the final climb of the day, on Leg 3b.

Each TA will have a fully stocked Aid Station and Soloists will have the option to have drop bags at both.



Sweet views and exposed trails, at the top of Mt. Fernie!

LEG 1 – Annex Park to Old Growth Trail Head

Leg 1 is the longest and has the most vertical, going from the Annex Park, up and over Mt. Fernie, down to Island Lake Lodge, continuing down to the bottom of the Old Growth Trail. It's the most rugged Leg with exposed rocky sections at the top of Mt Fernie., along with the chance to explore Fernie's backcountry, with amazing vistas to town and as you drop down into Island Lake Lodge.

- Route: Annex Park – Fernie Mountain Trail – Heiko's Rocky Road - Windy Pass – Heiko's Mountain Lakes Trail - Tamarack Trail – Island Lake Lodge – Old Growth Trail.
- Distance: 20.5km
- Vertical Climb: 1,480m



Running down through the Rock Garden, from Windy Pass down to Island Lake Lodge...

TA 1 – Base of Old Growth Trail

Located at the entrance to the Old Growth Trail on the ILL Road. This TA is located just off the Island Lake Lodge road. There is a parking lot, however, due to space, we ask no spectators or solo support teams come to this TA, only relay team members are allowed at this station. (unless of course you travel on foot or bicycle.) Racers will be crossing the Island Lake Lodge road here, so we ask drivers to be cautious and follow our marshal's directions.

- Soloists: TA 1 drop bags will be delivered here – no support allowed here, due to space
- Teams: Leg 1 runners finish, Leg 2 runners start. Please only one vehicle per team/crew to this location. There is limited space and this access road gets both busy and dusty.
- Fully stocked Aid Station (see Page 11 for full details) and First Aid
- Washroom



TA1



2nd big climb of the day, up Kill Phil to Stupid Traverse...

LEG 2 – Old Growth Trail Head to Elk Valley Nordic Centre (EVNC)

Leg 2 has some challenging climbing, more great views and some fast, flowy single track. Head down the Rail Trail down, then up the infamous P9 climb, on up Kill Phil and across Stupid Trail. From there expect amazing flowy, berm-filled single track down to the Elk Valley Nordic Centre.

- Route: Rail Trail – Lazy Lizard - P9 – Kill Phil – Stupid Traverse – S*Bomb – Brokeback – Lazy Lizard extension – Elk Valley Nordic Centre
- Distance 16.5km
- Vertical Climb: 720m

TA 2 – Elk Valley Nordic Centre

Located at the Elk Valley Nordic Centre. This TA is open to all, however you can't park in the Provincial Park, so please park on the side of the road before the Park sign! Again, racers will be crossing the Provincial Park road moving from Leg 2 to 3, and also back again from Leg 3a/3b, so please drive with caution.

- Soloists: TA 2 drop bags will be delivered here. Support team allowed!
- Teams: Leg 2 runners finish, Leg 3 runners start. Again, we ask for one vehicle per team/crew to this location.
- Fully stocked Aid Station (see Page 11 for full details) and First Aid (First Aid HQ)
- Washroom.
- There is also a washroom located at the base of the Rail Trail, before you enter Lazy Lizard!

LEG 3 – Elk Valley Nordic Centre (EVNC) to Annex Park

Leg 3 is the glory leg, and is the shortest leg of the day, with the least amount of elevation. However, due to the time of day that many racers will hit this Leg, and bearing in mind what's come before, it's deceptively challenging, and once out of the shade of the Provincial park trails, is a lengthy and hot final climb of the day!

New this year, this Leg is split into 3a and 3b, and will be signed as such. However, Leg 3a/b is treated as one Leg, and must be run by one team member.

3a starts by giving you a taste of the gorgeous Fernie Provincial Park Trails. 3a ends back at TA2, where racers can then access the Aid Station if required. 3b, takes racers out of the campground and back up the final climb of the day. Once at the top you're all downhill from here. The final few kms follow the Elk River along the Annex Park trail, back to the Annex Park.

- 3a Route: EVNC – Bridge View Connector – Woody – Happy Gilmar – Old Goat – Gorby – Provincial Park Connector – Campsite Road – EVNC (hit aid station)
- 3a Distance: 6km
- 3a Vertical Climb: 175m

- 3b Route: EVNC – Stove – Mushroom Head – Red Sonja – Burma Road (to connecting trail by helipad) – Annex Park
- 3b Distance: 7.75km
- 3b Vertical Climb: 425m

- Leg 3 Total Distance: 13.75km
- Leg 3 Total Vertical Climb: 600m

LEG STATS

- Leg 1: 20.5km // 1,480m
- Leg 2: 16.5km // 720m
- Leg 3a: 6km // 175m. Leg 3b: 7.75km // 425m. Leg 3 Total: 13.75km // 600m



Our 2017 Male Winner, breathing a sigh of relief...

AID STATIONS

There are 3 Aid Stations on course (TA2's Aid Station accessed twice), and 1 at the Finish Line. The Start/Finish, both TA's and at the base of the Rail Trail near the start of Leg 2 will have washroom(s).

- TA 1: End of Leg 1. Bottom of Old Growth, 20.5km
- TA 2: End of Leg 2. Elk Valley Nordic Centre, 37km
- End of Leg 3a: 6km into Leg 3, you pass back through TA2 at the Elk Valley Nordic Centre, 43km
- Finish Line: ~51km

The following will be available at our Aid Stations...

- Fruit: Watermelon, Oranges and Bananas
- Chips: Plain, Salt and Vinegar
- Sweet Treats: Gummies and Twizzlers
- Gels: Variety of Gels
- *New 2018!* Boiled & Salted Potatoes – at TA2 only
- Water
- Gatorade
- *New 2018!* Coke
- Ice
- Cups – we will have cups at on-course Aid Stations as we know you'll be wanting to grab and gulp, however in the effort to be as cup-free as we can, we will NOT have cups at the finish line!

****PLEASE NOTE!****: We cannot emphasize enough our recommendation to carry 2+ litres of water + electrolytes on all 3 Legs. This is a very challenging race, with big, exposed climbs! It will more than likely be HOT. You will drain your water faster than you expected. And even though the Legs get shorter, they don't get much easier or faster.

FINISH LINE

Our Finish Line Aid Station will be stocked with the above, however, as your post-race dinner isn't served until 5-8PM, you may want to have your support team at the Finish with something substantial! Good Grub Catering will have their Food Truck there too, with food available to purchase, to tide you over!

Fernie Physiotherapy will also be offering massages! And, being a stone's throw from the Elk River, take advantage of this and go soak those legs!

The Finish Line had a great atmosphere last year, so it's great to stick around and cheer! With a beer 😊

We will also have a water hook-up at the Finish Line, so there's endless water to drink.

CHECKING IN AT TA's

Soloists and teams are required to check in when arriving at TA1 and TA2, to ensure your time is recorded. There will be two metal gates with bunting on them, which racers need to pass through and stop at the timing team, located under the timing tent. Please ensure your number is visible at all times, and pinned to your front.

We ask spectators to stay clear of the timing tent, to ensure no one is missed and the timing team has clear visibility of racers approaching.

Please note: Soloists and Leg 3 runners, DO NOT pass back through the timing area at the end of Leg 3a. This is purely a chance to access TA2's Aid Station, before the final (and hot!) climb of the day...

TEAM INFO

Teams are in charge of getting their respective racer to the start of each leg, on time! Marshals will do their best to help alert teams, however never underestimate your teammates ability to drop the hammer and blow their expected time out the water! Don't leave them waiting for you!! If unsure, carry your phone – there is good cell reception ~5km out from TA1 and TA2.

DROP BAGS

Soloists can have drop bags at TA1 and TA2. Please ensure they are well marked with your NAME, RACE # and either TA1 or TA2.

Please ensure your Drop Bags are dropped off by 5.30AM at the start line, to the respective vehicle. And make sure you drop the right bag, into the right vehicle! Drop bags will be returned to the start line after each TA has closed.

You will also be able to leave bags in the Start/Finish Area, however this will not be secured, so we advise no valuables.



The Goat knows. Follow the pink flagging!

COURSE MARKINGS

The course will be well marked with the following, however please ensure you stay aware and be responsible for your own decisions, don't follow feet!

- Pink Flagging Tape and Pink Flags
- Arrows – Right, Left and Straight, Wrong Way Signs, Caution Signs and Road Crossing Signs
- Metal Gates and Pennant Flags at TA1 and TA2 – indicating the Timing Team
- *New 2018!* Leg 3 is split into 3a/3b, and will be marked as such. Along with better flow at TA2!

Thanks to everyone who gave feedback on last year's race. Overall comments were that our flagging was great, however we could do with a few more reassurance flags in places. As such, this year, expect a few more flags and tape out there to keep you all on course! We will also have TA2 – Leg 3a – 3b better set up and signed.

RACE CUTOFF TIMES

As well as an overall 13hr cutoff time, we have cutoffs at each TA, to keep racers on track for a successful and safe race.

- TA1: 12PM, 6hr cutoff. Leg 1 is the toughest most technical leg, so we have given extra time to this leg.
- TA2: 4PM, 10hr cutoff. Leg 2 is still challenging and if you're chasing the TA1 cutoff, expect to be cutting TA2 very close.
- FINISH: 7PM, 13hr cutoff. Leg 3 is generally fast and flowy, so 3hrs should give you plenty of time to bring it home!

Please note: These are not set in stone however decisions will be made based on individual cases and factors. Our medical team will also play a key role in the decision-making process. Unsure how you'll fair? Check out last year's Leg times, here: <https://www.webscorer.com/race?raceid=108252>

FIRST AID

First Aid and medical services are located at TA1, TA2 and the Start/Finish Area. If at any point the medical team feels you are unable to continue, you will be pulled from the race.

We understand you might have high moments and “what the...?” moments throughout your race, however your safety is our #1 priority and our Medical Team and RD's word is final. Please respect this!



Delirious highs...



*What just happened?
(Actually, he killed it. 2nd place Male 2017!)*

RACE RULES

GENERAL RULES

We are all here to have fun, and want everyone to have a great race. So please remember the following, whether you're a Racer or Support Crew:

- No earbuds! Sorry, but with the backcountry elements of this race, as well as utilizing some busy bike trails and a few road crossings, no music is allowed. Please respect this!
- No littering, anywhere!
- No touching or tampering with signage
- Help fellow runners. If you see someone struggling, please stop and help them. If you sacrifice your race in the process, we'll give you a free entry for another year. Please look after each other.
- If you see someone going off course, shout and get them back on course. We don't want anyone getting lost!
- No cutting corners, stay on the flagged trail and follow signage.
- Please be courteous to fellow runners, organizers and volunteers at all times! We are all here to help you have a fantastic race day and experience!
- And...have fun!

RECOMMENDED GEAR

Whilst there is no compulsory gear, we recommend the following, whether a Soloist or on a Team:

- **Soloists and Team Runners:** Carry a minimum of 2L of water on all 3 Legs. We can't emphasize this enough – especially based off last year's race and racer feedback – and we hope you decide to adhere to this **VERY STRONG RECOMMENDATION!**
- Don't believe us? Check out last year's breakdown of Leg times, here: <https://www.webscorer.com/race?raceid=108252>. There is NO OTHER drinking water/aid on course other than our TA's.
- Fuel, electrolytes, space blanket and a lightweight jacket.
- Carry bear spray for the entire race. Leg 1 is particularly exposed and is in the backcountry, bear spray heavily advised. And make some noise if you find yourself running alone.
- If you like to run with poles, they would be most beneficial for Leg 1.

CONTACT DETAILS

If you need further information, or have any questions about the race, please don't hesitate to get in touch!

Abi – abimoore2011@outlook.com // 250.423.0997

Mike – moore.michael4@rocketmail.com // 250.423.0254

We both work our day jobs by day, but will get back to you in the evenings!

Happy training and see you in July!

Cheers, Abi & Mike Moore

[Stag Leap Running Co.](http://www.stagleaprunning.com)

2017 Photographs taken and kindly supplied by:

Raven Eye Photography, Jennifer Coulter, Ryan Schultz, Vince Mo and EVU volunteers.