



THE LONE WOLF RACER HANDBOOK

JUNE 16, 2018 – FERNIE, BC

PRESENTED BY STAG LEAP RUNNING CO.



TABLE OF CONTENTS

WELCOME	PAGE 3
GETTING RACE READY	PAGES 3 – 4
o Accommodation Discounts	
o Can't Race?	
o Change to Team Members	
o Volunteers	
RACE WEEKEND INFO & SCHEDULE	PAGE 5
o Full Race Weekend Schedule	
o Compulsory Race Package Pick Up	
o Waivers	
o Drop Bags	
o Directions to the Den...	
o Start & Finish	
o Awards	
RACE DETAILS	PAGES 6 - 7
o Overview	
o Aid Station	
o Support	
o Start & Finish	
o Staying in the Den?	
o The Route	
o Course Markings	
o Race Cutoff Times	
o First Aid	
RACE RULES	PAGE 8
o General Rules	
o Rules of the Pack	
o Recommended Gear	
CONTACT DETAILS	PAGE 8

WELCOME

Welcome to the 1st Annual The Lone Wolf! A new race 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.

The Lone Wolf “last one standing”, is a new trail running challenge. A simple, fun, looped race. But there’s a catch. Racers start together on the hour as a pack, needing to finish the loop within the hour. As, when the next hour strikes, the race starts again, in the opposite direction. The goal? To complete as many loops as you can.

Similar to The Lone Wolf’s big brother race, The Elk Valley Ultra, this new race will promise a great weekend of racing in Fernie, with a great atmosphere, vibe and Fernie charm, with racers requiring a strong mind and legs! However, where this race differs, is that you’ll see all but 7-8km of trail...as many times over as you can!

If local, thanks for choosing to run around in circles in your hometown! If visiting, we hope you enjoy this “last one standing” race format, and all that Fernie has to offer. 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. While this race is pre-busy season in Fernie, we don’t recommend you leave it too late, as our deals are first come, first served.

SNOW VALLEY MOTEL

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

LONE WOLF

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 The Lone Wolf, and they’ll book you in over the phone.

Website: www.redtreelodge.com

Facebook: [Red Tree Lodge](#)

PARK PLACE LODGE

Friday’s Registration takes place here

Deals direct, over the phone 1.888. 381.7275.

The Lone Wolf: \$40 discount off of any room type (off season rates) - GROUP CODE LW2018. 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](#)

CAMPING

[Mount Fernie Provincial Park Campground](#) – Located in the Mount Fernie Provincial Park, west of Fernie.

[Fernie RV Resort](#) – Located alongside the Elk River, just east of Fernie.

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 – April 30: 50% refund
- May 1: 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 May 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 (secret) start line!
The Lone Wolf route and start location, will be released the week before race day...*

RACE WEEKEND INFO & SCHEDULE

FULL RACE WEEKEND SCHEDULE

All the times you need, in one place...

Friday June 15 – Park Place Lodge, 742 Hwy 3

- 6-8PM: Compulsory Racer Check-in

Saturday June 16 – The Den (start/finish area)

- 8-9AM: Couldn't make it Friday? You must pick up bib and sign waiver IN PERSON, by 9AM.
- 8-9AM: Pick and set up your drop bag spot in the Den
- 9.45AM: Compulsory Racer Briefing
- 10AM: Race Start!
- 11AM: Lap 2 Starts. Fernie Brewing Co. beer available to purchase and claim (1 free beer per racer)

COMPULSORY RACE PACKAGE PICK UP

When: Friday June 15: 6-8 PM

Where: Fireside Room, Park Place Lodge, 742 Hwy 3, 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 8PM. If you are unable to make Friday, you may pick up Saturday June 15 8-9AM at the start line. All Waivers need to be dropped off by 9AM.

DROP BAGS

As this is a looped course, drop bags are easily accessible after each of your laps. We will have a designated drop bag area, with shelter. You are however welcome to bring a tent, and are advised to bring a camping chair and cooler.

DIRECTIONS TO THE DEN....

Wouldn't you like to know! The race route and start/finish location will be announced the week prior!

START & FINISH

The Race starts at 10AM. As for the race ending, well your guess is as good as ours! Be sure to read the full Lone Wolf Rules in the next section, for more info on what to expect...

AWARDS

Awards will be presented once placings within a category are revealed! We will have awards for 1st – 3rd Alpha Male and Female Lone Wolves (Solos); Male, Female and Mixed Coyotes (Teams); Male, Female and Mixed Cougars (>80 Teams); and Male, Female and Mixed Pups (Youth Teams). We will also have draw prizes up for grabs, which will be drawn once the race starts, and be available to claim throughout the day.

RACE DETAILS

OVERVIEW

This is a new race format for us, and perhaps you! Be sure to read the full RACE RULES in the next section, to make sure you know what's in store.

This "Last One Standing" race format will be on a beautiful, manageable, single track loop, with moderate elevation gain. Around the 7-8km mark, it will be easy enough to complete within the cutoff time for most, however pacing and tactics will come into play as the day goes on. To ensure a level playing field between local and out of town Wolves, precise race location and route will not be disclosed until the week prior..

The loop will be washing-machine style – heading clockwise, then counterclockwise, then clockwise and so on. Racers need to make it back to base before the hour cutoff, and be ready to start the loop again, on the hour. If you miss the cutoff, you're out and you remain in the den. Simple, right?

AID STATION

There is one Aid Station, located in the den. The following will be available:

- Fruit: Watermelon, Oranges and Bananas
- Chips: Plain, Salt and Vinegar
- Sweet Treats: Gummies and Twizzlers
- Gels: Variety of Gels
- Boiled & Salted Potatoes (PM)
- Water
- Gatorade
- Coke
- Ice

There will also be porta-potties in the Den.

Please note:

- Cup Free: As there's just one Aid Station, and you have your drop bag at hand, in the effort to be cup-free, we will NOT have cups at the Aid Station.
- Personal Fueling: As with any longer race, we advise and expect you to bring your own fuel – anything which you know you require, are used to, or is specific to your racing needs. Our Aid Station will be well-stocked, however be sure you bring items which you know you'll want, to get you through the entirety of your race.
- Don't go hungry! There is no other food located at the den. If you are planning on running for a lengthy time, or you have no support, then be sure to bring enough substantial food to tide you over. Other than the Aid Station offerings, there are no other food options in the Den.

SUPPORT

Spectators and supporters are more than welcome! We just ask a couple of things. No additional support is allowed on-course, to keep things fair. And please be sure to stay clear of the Timing and Start/Finish line, to help ease congestion.

START & FINISH

Lap 1 starts at 10AM. Lap 2 and 11AM, and so on.....

For soloists, to stay in the race, you must be ready to start on the hour, every hour. Miss the hourly start line and you'll be staying in the den! Race over.

For teams, this is a relay. You do not run together, rather just one of you needs to be at the start line to run every hour, on the hour. It's up to you how you and when you tag in/out – you can alternate laps, or runner #1 could run X number of laps, then switch out to runner #2. Up to you, but just remember, as with the solos, if you miss the hourly start line, you'll be staying in the den and your teams' entire race is over.

TIMING

We will have our Timing Tent positioned as you come in off each lap. It is your responsibility to ensure you stop and take a moment to have your number registered, before heading to your drop bag area/Aid Station.

Please note: Timing will be recording your number of laps, as well as time on each lap. In case of a tie. You might want to bear this in mind, as placing could come down to aggregate lap time!

STAYING IN THE DEN?

10 minutes out from the start of each lap, we'll give a heads up! 5 minutes out from the start of each lap, we will rally runners. If you aren't continuing, you'll be asked to let Timing know, before the start of each lap or just after the lap has started. Otherwise we'll presume you started, and will be concerned when you don't come in off the next lap!

THE ROUTE

The exact route will be disclosed the week prior to Race Day. One thing is for sure, we will alternate between clockwise and counter-clockwise. ODD numbered laps will be clockwise
EVEN, counter-clockwise.

COURSE MARKINGS

The loop will be well marked with the following, and you'll be running the same route all day, 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
- ODD and EVEN Signs



The Goat knows. Follow the pink flagging!

RACE CUTOFF TIMES

If you're not ready to toe the line, on the hour, you're out and staying in the den! You can run straight in off one lap and straight out on the next, however we advise you to not cut it that fine, for longevity!

FIRST AID

First Aid and medical services will be located in the den. If at any point the medical team feels you are unable to continue, you will be pulled from the race.

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:

- Please be aware of fellow trail users – hikers, bikers and fellow runners. We aren't disallowing ear buds, however, to stay safe and be respectful of other trail users, we are asking for one ear bud only.
- No touching or tampering with signage
- No on-course additional support
- 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.
- No cutting corners, stay on the flagged trail and follow signage.

RULES OF THE PACK

- Soloists and at least 1 team member must be ready to toe the line on the hour, every hour. If you ain't ready, then you're out and staying in the den
- In case of a tie on the number of laps, the quickest aggregate lap time wins – for both solos and teams.
- When down to final wolf (male or female), the race is done.
- Alpha Male and Female Wolves will be crowned.
- Runner up Wolves and Teams will be rewarded once respective placing is decided (3rd to 1st)
- Wolves, we'll stay up as long as you want to battle it out...but organizers need to go to work on Monday morning. And if you're showing no signs of slowing, we'll be upping the ante...be prepared for a route change or speed loop...
- Coyotes, Cougars and Cubs categories are designed for those who aren't quite ready for toeing the line as a Wolf. As such, teams will stop once the final Lone Wolf is decided. Again, aggregate times will come into play if tied on loops.
- Route will be disclosed the week prior to the event...no local wolves getting a home advantage!
- Our Aid Station will have the standard goodies – specialty fueling items and substantial food needs to be brought in your drop bags.
- The pack must...
 - Be kind to other Wolves, Coyotes, Cougars and Pups, and extra-kind to volunteers
 - Leave no trace
 - Respect other (human) trail users
 - Hooowwwwwwwl.....

RECOMMENDED GEAR

While there is no compulsory gear, we recommend runners carrying at least 600ml (one handheld) for each lap. Advising more during the heat of the day.

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

Happy training and see you in June!

Cheers, Abi & Mike Moore

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