

K-100 TEAM CAPTAINS MEETING 2018



LONGVIEW

- Camping is available at the Tails and Trails campground. RV spots are \$30 and tent spots are \$15. You can reserve RV spots in advance by calling the town office at 403-558-3922
- We host a BBQ dinner in Longview on Friday evening. Teams who have paid guarantee fees of \$450+ receive free tickets. All other tickets are \$10. If you are planning on attending, you must RSVP to the K100 office before June 16. If you are not on the list, you will NOT be admitted.

START TIMES

Three different start times from Longview, determined by your predicted finish time.

6:00 am start time:

Longer than 13 hours

Please Note: Only 6:00 am teams will be able to check-in before 6:00 am.

7:00 am start time:

Between 11:45 and 13 hours

8:00 am start time:

Faster than 11:45 hours

When you complete your team roster on the website, a start time will be calculated for you.

LEG ONE

Leg one is very congested on the road, particularly for the 6:00 am start.

- Do not drive alongside your runner
- Please be patient, traffic moves slowly and there is no need to pass each other

Keep it Cattle Friendly

- Due to problems with cattle there is a no parking stretch for about 800 m on leg one about 13 km into the leg. Please travel through this zone without stopping and refrain from honking or cheering on your runners.

PORTA-POTTIES

There are port-a-potties at the start of the race and at every station.

- In consideration of your fellow runners, do not use the potties before 6 a.m. if you are not running at 6 a.m.
- Please pee in the potties and not on the vegetation.

Be Bear Aware – Don't Pee in the Bushes

RACE RULES

SAFETY FIRST

The rules are in place for the safety of the volunteers, runners, and spectators. They are also meant to protect the environment and the wildlife. Please follow them.

- **HEADPHONES:** No headphones while running. Running with headphones makes it difficult to hear the instructions of race officials, conservation officers or police.
- Breaking any of the rules will result in a 20 minute time penalty for your team.
- RCMP will be issuing tickets for traffic act infractions.
- Be conscious of conservation officers and respect any requests they make.
- Please remember that the road is still open to the public so expect to see other motorists, motorcyclists and bicyclists.

NEW Bear Spray

- Parks is now requiring all runners to carry bear spray within Peter Lougheed Park.
- Park boundary begins halfway through leg 3.
- Your team can share one canister of bear spray and pass it like a baton.

OFTEN BROKEN BUT EASY TO FOLLOW

No u-turns under any circumstances. You must proceed to the next turn around point.

- Safety vests must be worn when crossing the highway. You can purchase vests from the K100 office for \$20. They are available from local stores such as Canadian Tire but are more expensive.
- When stopped on the shoulder, your hazard lights must be on EVERY TIME!
- Vehicles are to be parked parallel to, and within, the shoulder. No double parking.
- No motor homes. If the vehicle is too big to fit within the shoulder, it is too big for the race.
- Each team may only have two vehicles on course – one for drop-off and one for support. They must display the proper permits (found in your race bags).

CAPTAIN'S RESPONSIBILITIES

- Make sure there are only 2 vehicles on course from your team.
- Have team members at their leg on time.
- Relay all of the information and rules to your team members and spectators.
- Enter all information online for your team roster.
- Do your best to make sure everyone is having fun and makes it to the finish line safely.

TEAM ROSTER

- Please go to www.bethereraces.com to enter your team roster information.
- All changes made before Thursday, June 21 at noon will be reflected on race day.
- Changes made after the deadline, will not be made until after the race.
- If you are having troubles, please contact the K100 office.

WHERE ARE MY RACE BIBS?

Leg Check In

- You must present your signed & witnessed check in card. Your race bib will be given to you at that time. The number on the left is your team number, and the number on the right is your leg number. Please make sure the Race Bib is worn on the front of the runners, so it can be visible for the timers.
- Safety pins are available when you check in.
- Keep your race bib! It is your meal ticket at post race.

Please Note:

- Don't check in for a leg if you're not going to run. If you do check a runner in but nobody runs the leg, please let the station marshall know.

MEDICAL INFORMATION

- At Leg check in fill out the back of the Bibs with emergency contact information and any medical conditions that are pertinent.
- Examples of medical conditions that should be included are: allergies to anything environmental like bee stings, diabetes, epilepsy or any other condition that will be more easily treated if the medical crew knows about

RUNNER SUBSTITUTIONS

If a runner needs to be substituted part way through a leg, you have three options.

Option #1: You can replace them with a runner who has not run a leg and who will not be running another leg on your team. This will result in a 20-minute time penalty.

Option #2: You can sucker one of your teammates into running their own leg and a portion of the leg needing a substitution. Each team will be allowed a one time 5-minute penalty for this type of substitution. Additional substitutions will incur a 20-minute penalty.

Option #3: Your team completes the race with less than 10 runners either by having one poor sod run two full legs or by convincing two people to each run a leg and a half. No penalty will occur.

You must immediately report ALL substitutions to the station marshall or timing crew at the next station. When a substitution occurs, the new runner must take the bib and wear it on the front of their shirt for timing purposes.

LEGS 9 & 10

These backcountry legs are the most beautiful and the most challenging. They require trail running and may be muddy or wet, depending on the runoff situation. The course is marked and volunteers are present at every questionable intersection.

One of the trails that we have used for leg 9 was completely washed away during the flood. The trail still hasn't been restored so we will be using the same route as in 2014. Google maps are on the website.

Team support is strictly prohibited on legs 9 and 10. Aid stations are provided on each leg with water. Members of the Canadian Ski Patrol System will be riding the route on bicycles.

Please be aware that the paths are open to the public.

After you have dropped your leg 9 runner off, please take your leg 10 runner directly to Nakiska. Do not stop anywhere between legs 9 and 10.

FORCED STARTS

LEG 8 @ 4:15

LEG 10 @ 6:00

Two forced starts take place in order to ensure all runners are finished running before 7:30 pm.

Leg 8

All leg 8 runners who have not started running leg 8 by 4:15 will start, regardless of where their leg 7 runner is. There will be 30 – 40 teams involved in this forced start. Runners must be checked in by 3:45 if you anticipate your team will be caught in this forced start.

Leg 10

Leg 10 runners who have not started by 6:00 will start leg 10 regardless of where their leg 9 runner is. More teams will be involved in this forced start than the leg 8 one. Runners must be checked in by 5:15 at Nakiska.

Overall times are cumulative.

Each leg will have a “final leave time” which are listed in your race program. Teams who have not left a station by this time will be force started. This is for the sake of the volunteers at the stations and so the timing crew can stay on track. We anticipate very few teams being affected by these leave times.

CONTINGENCY PLANS

- Closing or shortening a leg is a last resort but has happened in the past due to extreme conditions.
- Examples of emergencies that may lead to closing or shortening a leg include: a severe automobile accident, dangerous weather conditions, natural disasters, potentially dangerous wildlife encounters, or search and rescue operations.
- If it is necessary to close a leg, the race will be stopped and be restarted at the beginning of the next leg. Runners will begin in waves until all teams have resumed the race. Any team who has completed the whole leg or part of a leg prior to closure will have that time removed from their final time.
- If leg nine has wildlife issues, we will detour around the location and it may result in shortening leg 9
- If it is necessary to shorten leg 10, runners will continue along Stony Trail as far as possible before turning around. This may result in a shortening of leg 10.

TIPS AND TRICKS

Be aware and plan ahead

The key to success is a well planned time schedule that your entire team is aware of:

- Plan on runner drop offs taking half an hour.
- If you are behind the race, it will take at least an extra hour to get to the leg you are traveling to.
- Calculate your leg times ahead of time, so everyone has a general idea of when they are supposed to be at the beginning of their leg .
- Cell phones don't work between station 2 and station 8!

If you are in one or both of the forced starts, you may need your support vehicle to shuttle runners.

Do not trust the forecast!

The weather in Calgary or Edmonton can be drastically different than the weather in Kananaskis. The weather can also change from one leg to another. Please see your race program for suggestions of what to bring.

BBQ AND BEER!

POST RACE

Takes place at Nakiska – the end of leg 9 and the beginning/end of leg 10. A few things about post race:

- Your race bib is your meal ticket.
- Rotary Club of Calgary is BBQing .We'll have veggie burgers, salads, chips and deserts.. Additional tickets may be purchased for \$10 (adults). They are \$5 for ages 7-12 and free for children under 6. The child must be present with you when you pick the ticket up. You MUST have a ticket to enter the food tent.
- Beer is supplied by Village Brewery for \$5/beer or \$40/ten beer.
- T-shirts are available for purchase. Depending on quantity, they may have to be ordered and shipped to you.

We will accept Mastercard, Visa, or cash. The cash machine at Nakiska is not filled during the summer months. There is a cash machine at Kananaskis Village if you need it.

Do not bring your own liquor!