K-100 TEAM CAPTAINS MEETING 2025

Welcome to K-100, G7 Style!



LONGVIEW

- Race start is at the park along Longview Drive
- Check in will open at 5:30 for leg one runners.
- We will have coffee courtesy of VanHoutte and baked treats courtesy of the Pomeroy at the start.



START TIMES

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

6:00 am start time:

Longer than 11 hours

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

6:45 am start time:

Between 9:45 and 11 hours

7:45 am start time:

Faster than 9:45 hours

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

LEG ONE

There is always some congestion on the highway during leg one.

- 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 800m 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 6:00 a.m. if you are not running at 6:00 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.
- You must follow the usual rules of the road at all times. That means: no u-turns, travel at a normal speed, no phones while driving (ie: picture taking), no stopping in the middle of the road. If you wouldn't do it when you're out travelling normally, don't do it on K-100 day!
- RCMP will be present all day and will issue 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.

OFTEN BROKEN BUT EASY TO FOLLOW

- Safety vests must be worn when crossing the highway. They are available from local stores such as Canadian Tire.
- 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. Only vehicles with K-100 permits are allowed to park on the shoulder.
- U-turns. Don't do them. If you need to retrace your driving "steps" please go forward to the nearest pullout to turn around.
- No motor homes. If the vehicle is too big to fit within the shoulder, it is too big for the race.

Race day vehicles

- Each team receives two K-100 vehicle permits.
- Only vehicles with permits are allowed to stop on the side of the highway, between stations or at a station. It is otherwise illegal to stop on a provincial road in the absence of an emergency.
- We know that it is sometimes necessary to utilize more than two vehicles on race day and that's okay, you just can't stop or park a vehicle without a K-100 permit.
- You can park or stop with extra vehicles in day use areas. Even if you're just quickly switching over a permit from one vehicle to another you must utilize a day use area to do so.
- If you have a team member who is heading out to just run one leg then going back to the city, meaning an extra vehicle needs to be left, be sure that you choose a leg with a day use area. Good choices are: leg 1 , leg 3, leg 4, leg 5 and leg 8.

You will receive two of these in your team bag.

K100-RELAY

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TEAM NUMBER

VEHICLE
PERMIT

Drop off zones

- Each station has a designated vehicle drop of zone marked with signage.
- These zones are where you can stop for no more than 5 minutes to drop off a runner who needs to check in for their leg.
- The vehicle then pulls ahead to find a spot to park.

Kananaskis Park Permit

- A Kananaskis Conservation Pass is required for all vehicles stopping within the park.

- Park passes can be purchased by visiting https://www.alberta.ca/kananaskis-conservation-pass.aspx

Bear Spray Requirements

- Parks requires all runners to carry bear spray from the beginning of leg 3 to the end of the race whilst running, although we're recommending you just start with it at leg 1. Not every person needs to purchase bear spray – you can pass it from runner to runner at each relay station. However, if you will be utilizing the forced start at leg 8, you'll need to be sure that those runners have their own bear spray as they won't be "tagged" by the previous leg runner. For example, start your leg 1 runner with the bear spray which can then be passed all the way through to leg 7. Then make sure your leg 8 runner has spray. Teams that know they won't be in the forced starts will only need one can of spray.
- Please also be aware of the forced starts on earlier legs that some teams will get caught in. If you will be caught in the forced starts before leg 8 then you'll need two cans of bear spray for your team to pass forward.

CAPTAIN'S RESPONSIBILITIES

- Create a good race day plan. There are samples on our website.
- 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 19 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.

TIMING

- We are not using chips this year so you don't have to pass anything from one runner to the next.
- Please be sure race bibs are clearly visible to the station crew at all legs.

WHERE ARE MY RACE BIBS?

Leg Check In

- When you arrive at your leg you will check in with the volunteers. 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.
- At the start of leg two you will pick up bibs 2A and 2B. Likewise, at the start of leg five, you will pick up bibs 5A and 5B
- Safety pins are available when you check in.
- Race bibs have a tear off tag which acts as your post race meal ticket.

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 marshal 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

Race bib front



RUNNER SUBSTITUTIONS
Other than leg 2 or 5

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 marshal 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.

FORCED STARTS

LEG 8 @ 4:45

The only "big" forced start time this year will be at leg 8 at 4:45. Each leg also has a forced start or "last leave time".

Leg 8

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

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Overall times are cumulative.

CONTINGENCY PLANS

- Closing or shortening a leg is a last resort but it does happen.

- 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.

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:

- Allow extra time to travel between legs as you make your way through race traffic. .
- 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 3 and station 8!
- Review the forced start times and be sure to have runners at legs on time to participate in the forced starts.
- Be prepared for any weather!
- Be sure your vehicles are fueled up in advance. The Esso station in Longview doesn't open until 6:30 am so too late for most teams. There is a gas station/convenience store at Highwood House (between leg 3 & 4) that opens at 10:00 am. The next opportunity for fuel or supplies is at Fortress Junction (the start of leg 8).
- Carry all of the supplies you'll need for your team … Nutrition, hydration, change of clothes.
- The race program is available online and has all of the rules and additional "tips". Please share it with your teammates. Each team will receive two printed copies of the race program with their team bag.

2025 RACE MODIFICATIONS DUE TO THE G7 SUMMIT

- We are having to shorten the race and finish running at Galatea day use area.
- That leaves 8 legs in total
- Leg 2 and 5 are available to split so you can still run with 10.
- The post race BBQ is still at the Pomeroy hotel in Kananaskis Village
- All leg stations, start through 8 remain unchanged.

LEG 2 & 5 EXCHANGE POINTS

- The exchange points will not be full stations.
- Points will be marked with pylons and a leg exchange sign.
- Two volunteers will be available at each exchange point.
- You may stop to drop off your ”B” runner and pick up your ”A” runner then carry on to the next station.

LEG 2 DETAILS

- Leg 2 exchange point will be at River Retreat Kananaskis which is well marked on the highway and identifiable on google maps.
- 2A is approximately 7KM and 2B is approximately 9KM
- Pick up bibs for both runners at the start of leg 2

LEG 5 DETAILS

- Leg 5 exchange point is at Mount Lipsett Day Use area.
- 5A is approximately 11KM and 5B is approximately 6.5KM (uphill)
- Please utilize the day use area for parking as available when stopping at the exchange area.

FINISH AT GALATEA

- Leg 8 and our finish is located at the Galatea Day Use area making leg 8 approximately 9.5 km.
- We will have finish volunteers and a finish arch set up in the day use area.
- You may park in the day use area if space is available. You can also park on the highway as you do at other stations for your runner to finish.
- Once your team is finished, please head up to Kananaskis Village and the post race party at the Pomeroy.

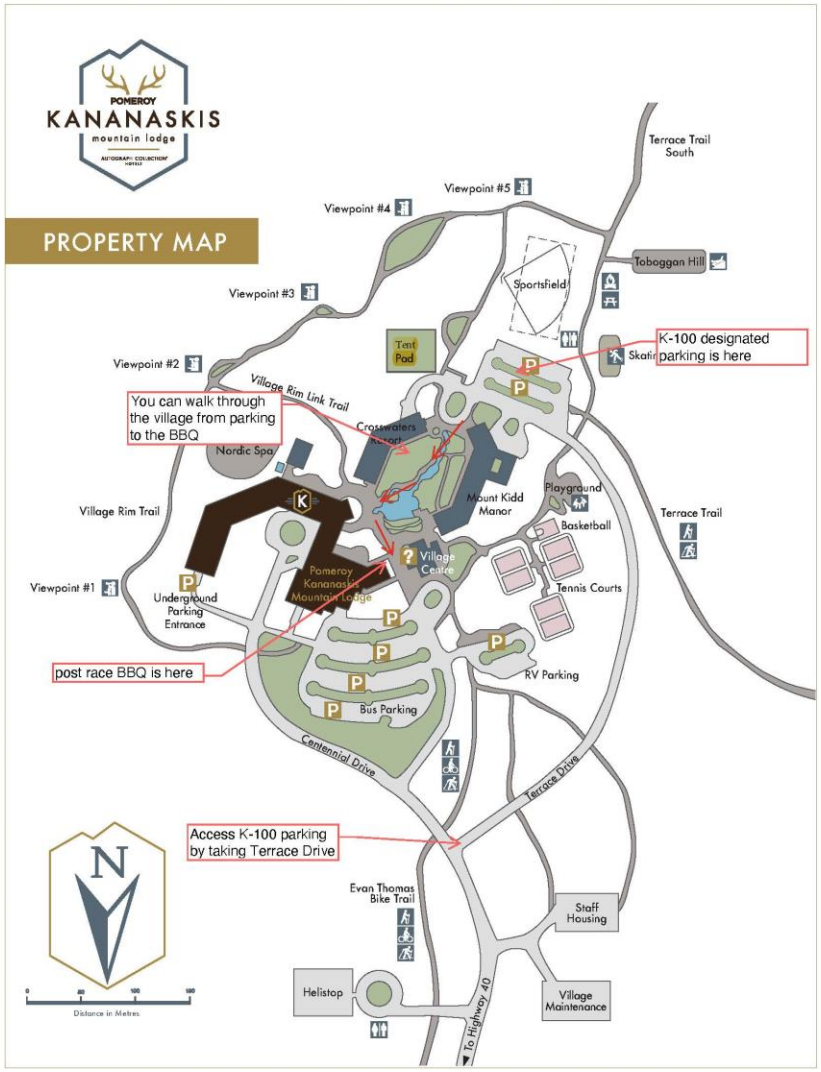
OTHER OPTIONS THAN LEG SPLITTING

- Splitting leg 2 and/or 5 is completely optional
- You can run your team with 8 or 9 runners and only split one of the legs or don't split at all. You'd be running leg 2 and/or 5 as normal full legs
- You can have two people run the same leg at the same time. For timing, only one time will be taken. We prefer that you do this only on leg 2 or 5 and have each runner wear one of the bibs. As we aren't using chips, timing will be instructed to only record the time of the first team runner to finish the leg.

Parking at Kananaskis Village

- Kananaskis Village will still look different than you're used to as there will still be a ton of G7 infrastructure and equipment that has not yet been decommissioned.
- The G7 operations team is making the parking lot by Woody's Pub and the ball diamond available for K-100.
- It is imperative that you not bring more than two vehicles up to the village as this will be the only parking available.

Parking map post G7



BBQ AND BEER!

POST RACE

At the Pomeroy Kananaskis Mountain Lodge where we have indoor space as well as an outdoor patio. A few things about post race:

- Your race bib has a tear off meal ticket. You will need that to enter the food line.
- The hotel staff will be serving burgers (vegetarian available) with all of the condiments, potato salad, green salad and dessert options buffet style.
- We will have Annex Ale Project beer and sodas available for $5. The hotel will also have a full cash bar available if you want something other than beer or soda.
- Alcohol can only be consumed within the patio or indoor space. Please do not leave that area and wander around the village with alcohol.

We will accept Mastercard, Visa, or cash. There is a cash machine at Kananaskis Village if you need it.

Do not bring your own liquor!