

## **Frequently Asked Questions**

### **Where exactly is Tumbler Ridge?**

Tumbler Ridge is located in northern British Columbia, 400 km north-east of Prince George, 100 km south-east of Chetwynd, and 120 km south-west of Dawson Creek.

### **Can I walk all or parts of the 20 km course?**

Participants are more than welcome to walk all or parts of the course, realizing that the cut-off for receiving an official finishing time is 5 hours. Most participants will find that it is easier to hike some of the uphill sections. The 5-hour time limit is the same cut-off time as when there was a separate walking category. The reason for eliminating the walking category was to make things easier for the volunteer organizers, and it was too difficult to confirm that the fastest walkers didn't actually do any running.

### **Do I have to pick up my race package on the Friday evening?**

You do not have to pick up your race package at the Friday evening event, but if you are in Tumbler Ridge on that day it is recommended to do so. This makes for less congestion for the participants and the organizers on race day morning at the race site.

### **Do I have to stick around at the race site after the race for the awards?**

Everyone who finishes in the 5 hour time limit will receive their finishers medal as they cross the finish line. The awards after the race will start at about 2:15 pm, and are to present the top overall male and female, and the top 3 finishers in each age category for the adult and kids races. You are encouraged to support the race by staying for the awards ceremony, as you will still make it to the swimming pool in Tumbler Ridge (open until 5pm on race day) to use the saunas and hot tub.

### **Can my 14-year-old son/daughter enter the 20 km race?**

Anyone under the age of 18 must have parental consent to enter the 20 km race, and ensure organizers that he or she is capable of completing the distance. That said, the youngest participant was 10 years old (her father ran with her), and there have been a dozen participants aged 14 and under in the 20 km race in the past two years alone. It is recommended that a parent or another responsible person run/walk with these younger participants, for safety's sake.

### **Are there port-o-potties on the race course?**

There are not, but there are lots of bushes to hide behind for much of the route, except for the middle third or so that is in the alpine.

### **Can I carry a young child in an infant carrier in the race?**

No, due to safety concerns about the terrain, the length of time you would be on the course, possible cold/wet/windy mountain weather, and the logistics of getting you and your child off of the mountain if something were to go wrong.