

17TH ANNUAL EMPEROR'S CHALLENGE MOUNTAIN RUN

August 8th, 2015



Race Package Information

Race start is 9 AM for the 20 km event, and 9:30 AM for the kids' events.

Total distance is 20 km, with the summit at 11 km. Total elevation gain is 2050 feet (610 m). Kids' distance is 2 or 4 km with some elevation gain (80 ft and 340 ft).

The race start is at the Core Lodge site, a 45 minute drive from Tumbler Ridge on an industrial road (see map for directions). The elevation of the race start is over 4000 feet, with the summit at over 6100 feet, so bring appropriate clothing for mountain weather. No dogs are allowed on the course, and no smoking on the course due to forest fire hazard. Please pack out your garbage or put it in the garbage cans provided at the water stations.

Chip timing will be used, attached to your race bib. Maximum time for the 20 km event is 4.5 hrs. Anyone caught taking shortcuts will be disqualified. Participants must reach the 8.5 km water station by 11:15 AM. Any participant arriving here after this time will not be allowed to complete the top loop, and must head back down the continuation of the bottom loop. Those arriving at the 14 km water station after 1:00 PM will be required to withdraw from the race and be given a ride off the mountain. Any items dropped off at aid stations during the race will be brought to the finish line after 1:30 pm, or dropped at the TR Community Centre front desk within 2 days. **It is not recommended to leave any clothing items before reaching the summit, as this is always the coldest and windiest part of the course. Do not leave any valuable items on the race course.**

There are five water stations on the course, at 2 km, 8.5 km, 10.5 km, 14 km and 18 km. The entire course is well marked, and each kilometer is marked in Roman Numerals. **Your number must be well displayed as you cross the finish line.** You may only cross the finish line once – do not cross again with your friends or family as this will mess up the chip timing system. There are complimentary hot dogs, hamburgers, veggie dogs, veggie burgers, cookies and juice available, as well as coffee and hot chocolate at the start/finish area. This is for racers and volunteers only – spectators must bring their own food. This food will be available after you have finished your race.

The Tumbler Ridge swimming pool (with hot tub, steam room and sauna) will remain open until 5 PM on race day.

All adults who finish within the time limit will receive a finisher's medal as they cross the finish line. Gold finisher's medal is for less than 2 hrs, silver is for 2 hrs to 2:59:59, and bronze is for 3 hrs to 4:30.

Medals for the top three male and female finishers in each age category will be handed out at the end of the race (approximately 1:35 PM). The first place male and female racers will receive a special goblet. A special campaign award will be given to athletes who have completed five Emperor's Challenge campaigns, and a special memento to those who have completed 10 events.

In the event of extremely poor weather conditions on race day, organizers reserve the right to alter the race course.

You must leave the bottom portion of your bib on for race day. If you withdraw during the race, you must still check in at the finish line.

For lost & found items after the race, please contact the TR Community Centre at (250) 242-4246.