

11TH ANNUAL EMPEROR'S CHALLENGE MOUNTAIN RUN

August 8th, 2009 Race Package Information

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

Total distance is 20.2 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).

Race start is at the Core Lodge site, a 40 minute drive from Tumbler Ridge (see enclosed 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.

Maximum time for the 20 km event is 5 hours. Anyone caught taking shortcuts will be disqualified. Participants must reach the 8.5 km water station by 11:30 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 15 km water station after 1:30 PM will be required to withdraw from the race and given a ride off the mountain.

There are five water stations on the course, at 2 km, 8.5 km, 11 km, 15 km and 18 km. The entire course is well marked, and each kilometer is marked in Roman Numerals. Your number must also 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 is very confusing for the timers.

There are complementary hot dogs, hamburgers, veggie dogs, veggie burgers, cookies and juice available, as well as coffee and hot chocolate at the start/finish area.

Massages are available (20 minutes each) for a minimum \$15 donation; sign up after you cross the finish line.

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

Placement medals will be handed out at the end of the race (approximately 2:15 PM). All adults who finish within the time limit will receive a finisher's medal as they cross the finish line. Gold Finishers Medal is for less than 2 hrs, Silver Finishers Medal is for 2 hrs to 2:59:59, and Bronze Finishers Medal is for 3 hrs to 5 hrs. The first place male and female racers will be crowned Roman Emperor for the day, and these first place finishers receive a special goblet. There are 1st, 2nd and 3rd place age group medals. 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 in order to eliminate the top alpine loop, which would shorten the course.

All participants must come to the "check in" station at the start/finish area on the morning of the race. This is a safety precaution so that organizers know exactly how many racers are on the mountain and therefore how many finishers there will be. **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 Birgit Sharman at 242-4860.