Trail Running Events Guide

FREAKY CREEKY

Dawna Jodoin
BUSH BABES & BRO'S TRAIL RUNNING, VERNON BC

SCHEDULE OF EVENTS

Entries and Waitlists..... 2
Mandatory and Suggested Gear / Trail Markers..... 3
Donations / Package Pick Up 4
Start and Finish line / Racer Check-in 5
100km Event..... 6
50km Event 9
27km Event 11
11km Event..... 13
Aid Station & Support Crew 15
Aid Station List of Food Item Choices 16
Awards, Prizes & Package Pick up Bags..... 17
First Aid & Emergency Assistance..... 18
Medical Assistance / Drop out during race 19
Adventure Racing 20
Cancellation Policy..... 21
Covid-19 Cancelation Policy..... 22
Terms & Conditions..... 23
Environmental Protection Rules..... 24

bushbabestrailrunning@gmail.com
www.bushbabestrailrunning.com

bushbabestrailrunning@gmail.com
www.bushbabestrailrunning.com

COVID-19

•Masks are mandatory where physical distancing is not possible
•Proof of vaccinations will be required if mandated by Local and Provincial Health
•Hand sanitizers and hand wash stations will be provided.
•Please be respectful of social distancing

ENTRIES and WAITLISTS

All entry fees must be paid in full to be considered entered into the event. If you are waitlisted, up to a minimum of 4 weeks prior to the event you will be contacted if a space becomes available. Once you are contacted you have 24hrs to decide if you would like to take the available spot and if so, your credit card will be charged at this time.

Once you have confirmed and have been entered into the race BB&Bro's Refund and Withdrawal policy comes into effect. Please read our policy carefully.

bushbabestrailrunning@gmail.com
www.bushbabestrailrunning.com

MANDATORY and SUGGESTED GEAR

MANDATORY

•For the 50km and 100km racers a Water Reservoir min 500ml (you must carry a minimum of 500ml of water at the start line and for refill in indicate aid station) MANDATORY

•If you are running 50km or 100km head lamp with replacement batteries. Battery life will decline in cold temperatures MANDATORY

•Small first Aid kit, whistle, pain medication, and antihistamine RECOMMENDED

•If you are participating in a Mountain bike/Trail run event you must wear a helmet whilst on the bike, minimum 500ml of water on the run. MANDATORY

TRAIL MARKERS

•The racecourse will be marked using marking Orange flagging, reflective orange flagging for darkness, tape, powder, clothes pins with reflective tape, and signs. Race marshals will also be positioned along the course. We make every effort to clearly mark the course, it is the participants responsibility to watch for the markers and review the racecourse map

•For your safety, racers may be stopped at road intersections to make sure it is safe to cross. Please follow the directions given by the race staff at these intersections

•The above signs, flagging and markers will be set up 48hrs before the race and will be removed by sweepers after the last runner has gone through

bushbabestrailrunning@gmail.com
www.bushbabestrailrunning.com

DONATIONS

At BB&Bro's Trail Running we love our trails and the community that make those trails happen as well as the people that keep us safe while we are out there having fun.
A portion of each race entry fee will either go to local Search and Rescue, or to NOCS (North Okanagan Cycle Society) depending on the event.
There will also be a jar provided at package pick up for those who wish to donate separately.

PACKAGE PICK UP

Friday September 16th, 2022
1pm-7pm Kalamalka Lake Provincial Park-Juniper Start/Finish line
(Drop bags/bins to be dropped off friday Sept 16th-1pm-7pm)

Saturday September 17th, 2022, Kalamalka Lake Provincial Park-Juniper Start/Finish line

(Start finish line up to 45 minutes before your event starts/ no bins will be accepted on this day)

bushbabestrailrunning@gmail.com
www.bushbabestrailrunning.com

START LINE LOCATION

Juniper Bay walking path
Start/Finish line directions- At the end of the first parking lot, walk down the paved path to the lake, you will see the Start/Finish line, package pick up and food area.

RACER CHECK IN

Covid-19 Protocol

•If You feel ill at all, PLEASE for your health and safety and the health and safety of others DO NOT attend the event!!!!
•A table with hand sanitizer will be set up for your use
•1 person at a time to approach each table
•If you feel unsafe or you cannot personal distance effectively, please bring a mask and wear it
•Please be patient with the volunteers, we are here to provide you with a fun health safe event, due to the new procedure's things will take a bit longer
•(Covid numbers restrictions may not allow for crew members)
Please have your race crew members check in with us to receive their Crew Member access bracelet This bracelet is mandatory to be allowed at aid and transition station areas
•Crew members must wear their mask at aid and transition stations

Mandatory racer meeting 30 mins before race start time, please space yourselves out appropriately.

bushbabestrailrunning@gmail.com
www.bushbabestrailrunning.com

100KM EVENT

Saturday September 17th Kalamalka Lake Provincial Park- Juniper Bay Start/ Finish line.
Check-in- 4:45am-5:30am **Mandatory**
Pre-Race Briefing 100 km:5:30am Race Start:6am

Aid Station/Transition Stations (all distances are approx)

Aid Station #1- Junction of Pond loop and Soul Sister (9.5km)
Aid Station #2- Junctions of Upper Big Ed and CJ Express (18.4km)
Aid Station #3- Junction of Pond loop and Soul Sister (35.3km)
Aid Station #4- Cosens Bay Parking Lot (41.9km)
Aid Station #5- Transition at Start/Finish line (50.6km)
Aid Station #6- Cosens Bay Parking Lot (55.9)
Aid Station #7- Junction of Pond loop and Soul Sister (59.9km)
Aid Station #8- Junctions of Upper Big Ed and CJ Express (68.9km)
Aid Station #9- Junction of Pond loop and Soul Sister (85.3km)
Aid Station #10- Cosens Bay Parking (92km)

Cut Off Times

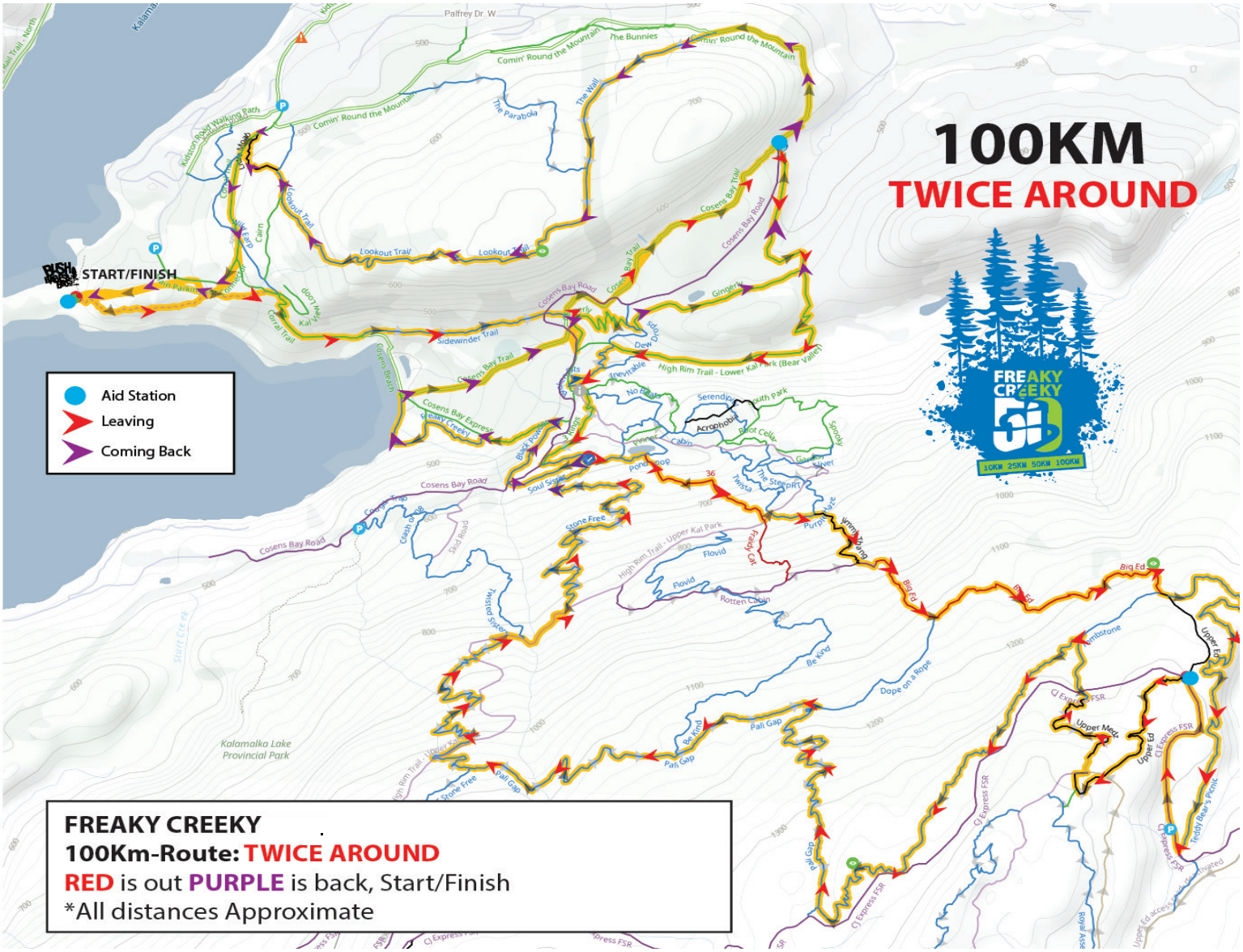
Aid Station #8 – Upper Big Ed, 9:30pm (69.5km)
Aid Station #9 – Junction of Pond Loop and Soul Sister, 1am (86.3km)
Finish line 4am

We will be there to cheer you in no matter what time you cross the finish line, but if it is after 4am you will be considered DNF.

The Freaky Creeky race Starts at 6am for the 100km runners and Finish is 4am. This gives you 22 hrs to complete your perspective event. You must leave the transition area by the cut off times or you will unfortunately not be able to continue on and be considered a DNF.

If you are unable to continue, you must wait at that transition area for pick up by race staff. Please for your safety and our peace of mind, do not try to carry on if you have missed the cut off.

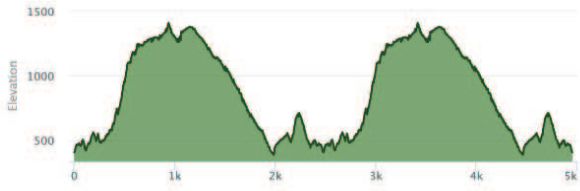
bushbabestrailrunning@gmail.com
www.bushbabestrailrunning.com



bushbabestrailrunning@gmail.com
www.bushbabestrailrunning.com

FREAKY CREEKY
100Km-Route: TWICE AROUND
RED is out **PURPLE** is back, Start/Finish
*All distances Approximate

ELEVATIONS



3,717 m	3,715 m	1,401 m	47 km	50 km	5 km
Climb	Descent	High Point	Dist Climb	Dist Descent	Dist Flat

100KM -TWICE AROUND

Corral Trail
Ogopogo
Corral Trial
Sidewinder
Cosens Bay trail
HRT
Bear Valley
Broken Bits
3 Rings
Aid/Check In Station - Soul Sister
Accessed off Cosens bay road (race check in)
Pond Loop
36
Purple Haze

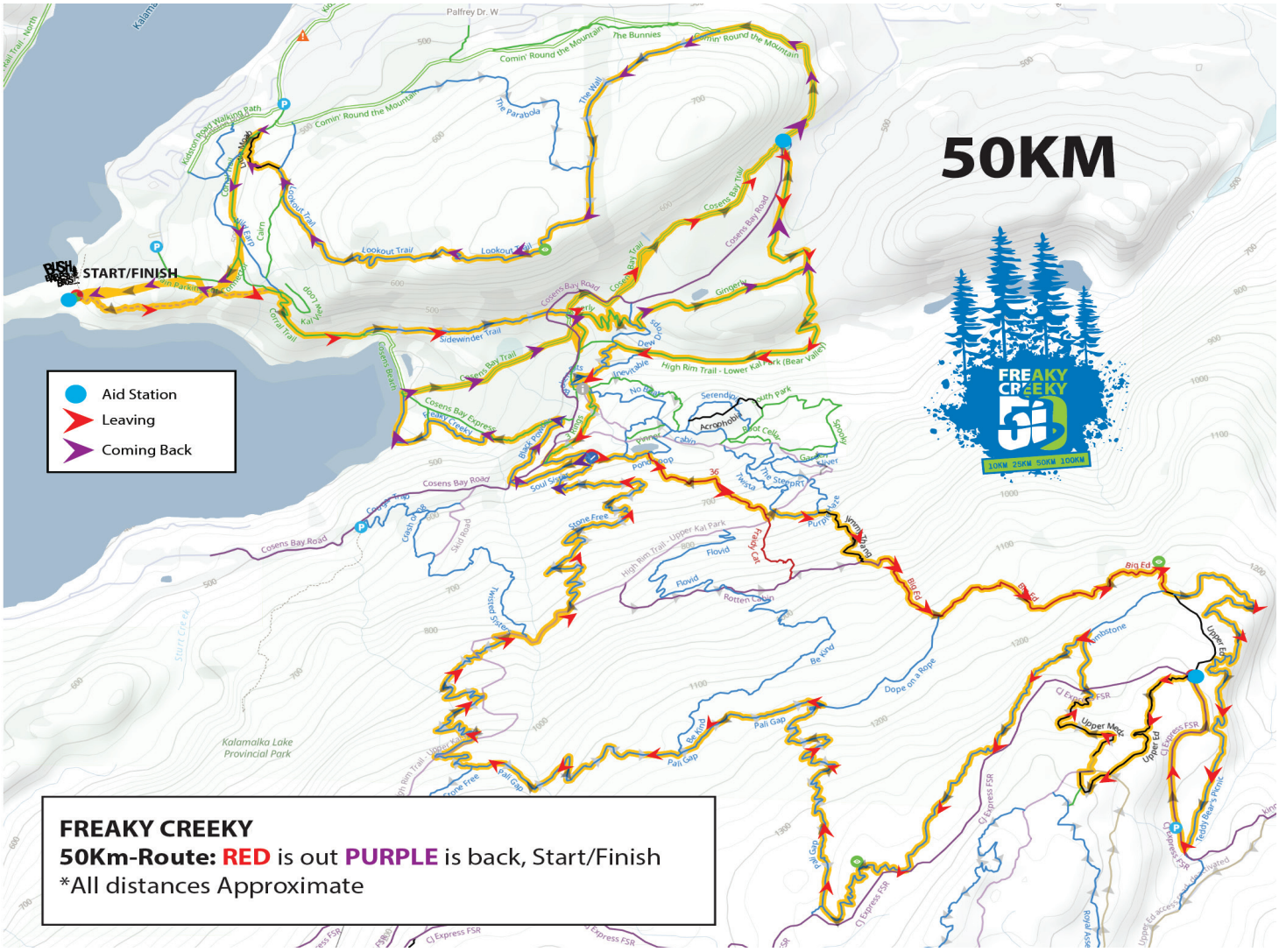
Jimmy Thang
Big Ed
Teddy Bears Picnic
CJ express to Upper Big Ed
Aid/Check In Station -CJ Express
Accessed by the forest service rd (race check in)
Upper Medz
Lower Medz
Tombstone
Pali Gap
Upper Stone Free
High Rim Trail
Self serve water station
Lower Stone Free
Aid/Check In Station - Soul Sister
Accessed from the FSR by trail (racer check in)
Soul Sister

Black Powder
Cosens Bay Express
Freaky Creeky
Cosens Bay Trail
Gingerly
High Rim To Cosens Bay Parking Lot
Aid/Check In Station - Cosens Bay
Parking Lot Area
Comin Around The Mountain
The Wall
Lookout Trail
Little Moab
Corral Trail
Back To Start Finish
Start of second lap

bushbabestrailrunning@gmail.com
www.bushbabestrailrunning.com

50KM & 2 PERSON TEAM ROUTE EVENT

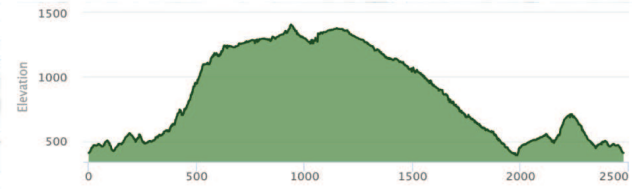
Aid Station/Transition Stations-(all distances are approx)
Aid Station #1- Junction of Pond loop and Soul Sister (9.5km)
Aid Station #2- Junctions of Upper Big Ed and CJ Express (18.4km)
Aid Station #3- Junction of Pond loop and Soul Sister (35.3km)
Aid Station #4- Cosens Bay Parking Lot (41.9km)



bushbabestrailrunning@gmail.com
www.bushbabestrailrunning.com

FREAKY CREEKY
50Km-Route: RED is out **PURPLE** is back, Start/Finish
*All distances Approximate

ELEVATIONS



1,860 m	1,858 m	1,401 m	23 km	25 km	2,569 m
Climb	Descent	High Point	Dist Climb	Dist Descent	Dist Flat

50KM

Corral Trail
Ogopogo
Corral Trial
Sidewinder
Cosens Bay trail
HRT
Bear Valley
Broken Bits
3 Rings
Aid/Check In Station - Soul Sister
Accessed off Cosens bay road (race check in)
Pond Loop
36
Purple Haze

Jimmy Thang
Big Ed
Teddy Bears Picnic
CJ express to Upper Big Ed
Aid/Check In Station -CJ Express
Accessed by the forest service rd (race check in)
Upper Medz
Lower Medz
Tombstone
Pali Gap
Upper Stone Free
High Rim Trail
Self serve water station
Lower Stone Free
Aid/Check In Station - Soul Sister
Accessed from the FSR by trail (racer check in)
Soul Sister

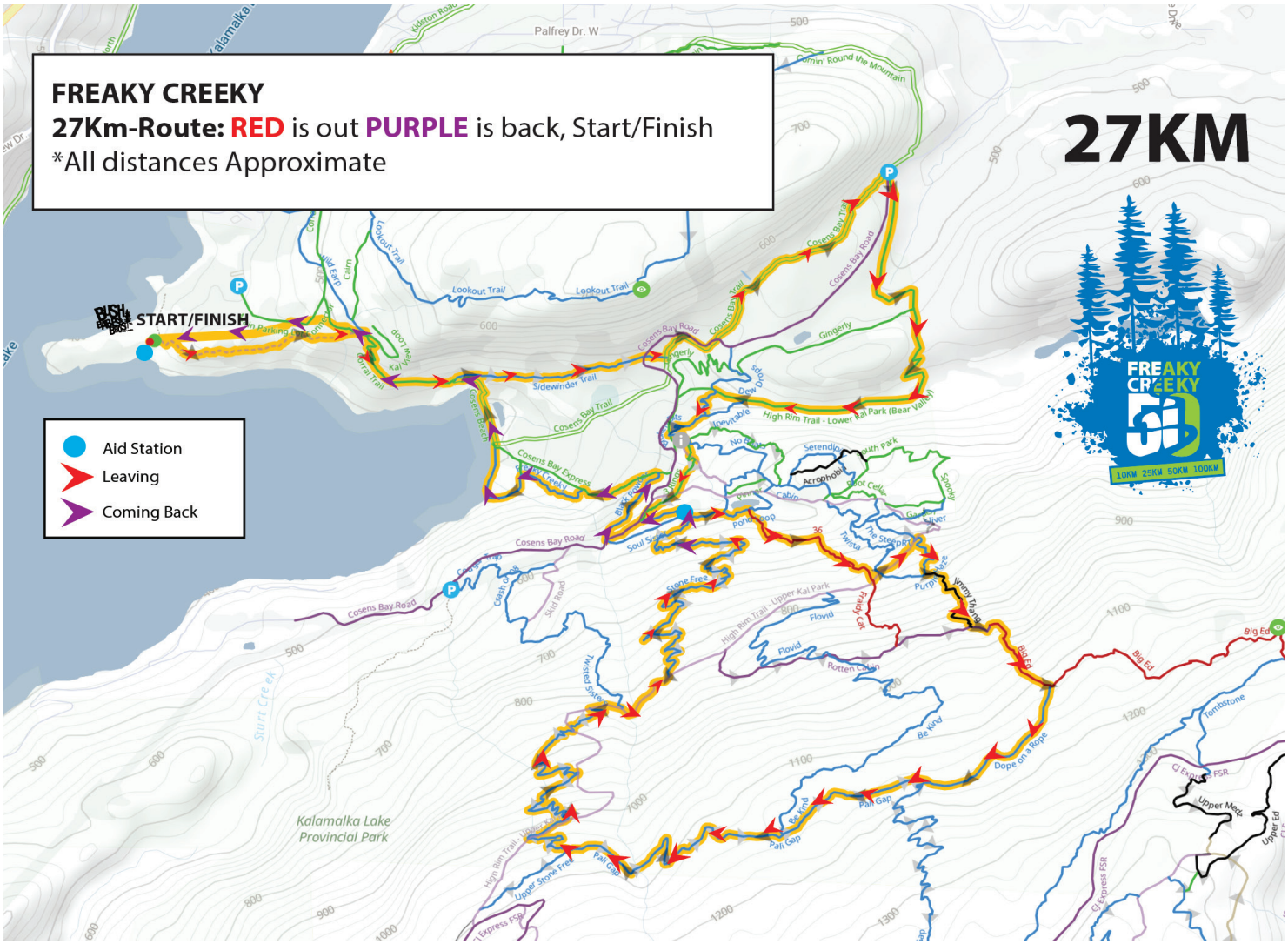
Black Powder
Cosens Bay Express
Freaky Creeky
Cosens Bay Trail
Gingerly
High Rim To Cosens Bay Parking Lot
Aid/Check In Station - Cosens Bay
Parking Lot Area
Comin Around The Mountain
The Wall
Lookout Trail
Little Moab
Corral Trail
Back To Start Finish

bushbabestrailrunning@gmail.com
www.bushbabestrailrunning.com

27KM ROUTE EVENT

Aid Station/Transition Stations-(all distances are approx)

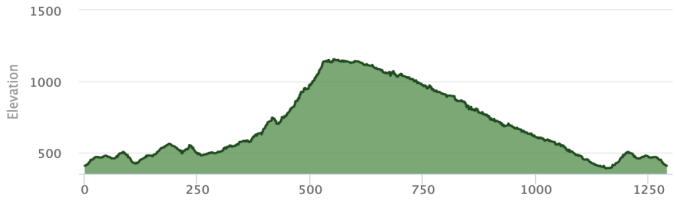
Aid Station #1- Junction of Pond loop and Soul Sister (9.5km)
Aid Station #2- Junction of Pond loop and Soul Sister (22.4km)
Finish Line- km 27



bushbabestrailrunning@gmail.com
www.bushbabestrailrunning.com

FREAKY CREEKY
27Km-Route: RED is out **PURPLE** is back, Start/Finish
*All distances Approximate

ELEVATIONS



1,124 m	1,122 m	1,152 m	11 km	15 km	1,149 m
Climb	Descent	High Point	Dist Climb	Dist Descent	Dist Flat

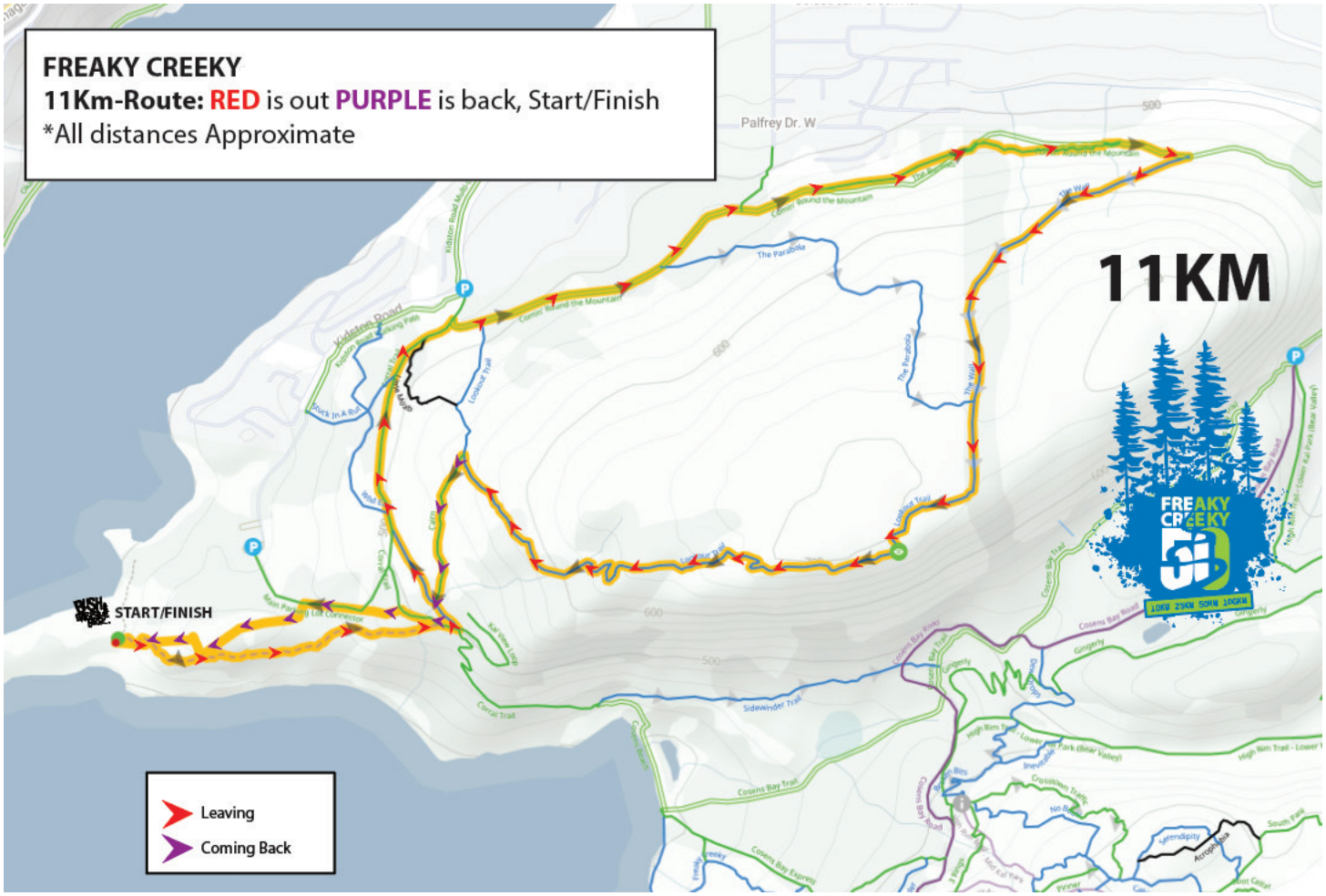
27KM

Main Parking lot
Corral Trail
Ogopogo
Corral Trail
Sidewinder
Cosens Bay Trail
Hrt
Bear Valley
Broken Bits
3 Rings
Pond Loop
Aid/Check In Station
36
High Rim Trail
Purple Haze
Jimmy Thang
Big Ed
Dope On A Rope
Pali Gap
High Rim Trail

Upper Stone Free
High Rim Trail
Self serve water station
Lower Stone Free
Aid/Check In Station
Soul Sister
Black Powder
Freaky Creeky
Cosens Bay Beach
Corral Trail
To Start Finish Area

bushbabestrailrunning@gmail.com
www.bushbabestrailrunning.com

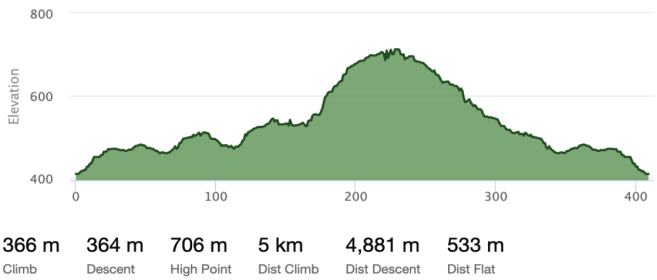
11 KM ROUTE EVENT



bushbabestrailrunning@gmail.com
www.bushbabestrailrunning.com

FREAKY CREEKY-
11Km-Route: RED is out **PURPLE** is back, Start/Finish
*All distances Approximate

11KM



366 m	364 m	706 m	5 km	4,881 m	533 m
Climb	Descent	High Point	Dist Climb	Dist Descent	Dist Flat

11KM

Corral Trail
Ogopogo
Corral Trail
Coming Around The Mountain
The Bunnies 1&2
The Wall
Lookout Trail
Cairn Trail
Corral Trail
Start/Finish

bushbabestrailrunning@gmail.com
www.bushbabestrailrunning.com

AID STATION & SUPPORT

•It is the racers responsibility to ensure the check point captain has written your number down to show you made it through the check point. This is not only for race recording but for your safety.
•The food and drinks at the aid stations are only for the racers.
• Sorry no pacers
• Bring your own cup- **MANDATORY**

SUPPORT CREW

•Hand sanitizer will be provided for your use at aid or transition station area
•Please give your support crew maps to the areas they are allowed to be in with a copy of our Covid-19 policies
•Any support crew members will then be given a wrist band to be able to enter the aid station areas
•No persons will be allowed to enter the aid areas or transition stations without a wrist band
•You are responsible to ensure your support crew read and abide by our policies. Unfortunately, if they do not comply, they will be asked to leave the area.
• If numbers are restricted, support crew will unfortunately not be allowed at staging areas

PLEASE BE PATIENT WITH US AT THE AID STATIONS, DUE TO COVID IT MAY TAKE A MINUTE OR 2 LONGER TO GET THROUGH. WE ARE HERE TO PROVIDE YOU WITH A FUN EVENT DURING THE PANDEMIC AND TO FACILITATE THAT THINGS WILL TAKE LONGER.

bushbabestrailrunning@gmail.com
www.bushbabestrailrunning.com

AID STATION

Our aid stations : Pond Loop, Upper Ed and Start/Finish

•Drinks such as water, coke, coffee, hot chocolate, electrolytes and broth will be provided in disposable, but compostable cups at Aid Stations, if you have special dietary needs please ensure they are placed in your bin
•You will be responsible to hold your own water bladder or bottles as a volunteer pours from a jug.
•Please do not reach for the water jug. A volunteer will be pleased help you
•You must pick up your own disposable cup and indicate what you would like to enjoy from the table, one of our fabulous volunteers will be pleased to assist you.

LIST OF FOOD ITEMS TO CHOOSE FROM

- GU gels
- Pickles
- Nuts
- GU electrolytes
- Chips
- Cookies
- Nutella or peanut butter sandwiches
- Gummy candies
- Banana
- Oranges
- Watermelon
- Peanut M&M's
- Mike and Ike
- Rice cakes with nutella/peanut butter
- Cooked noodle to have broth added to
- Mini cooked potatoes with sea salt
- Some gluten-less free items
- Sliced meats
- Cheese
- and more

CHECK POINT

Self-Serve Water Station:
Between HRT & Lower Stone Free

Cosens Bay will carry the following

- Water
- Electrolytes
- Chips
- Gummies

bushbabestrailrunning@gmail.com
www.bushbabestrailrunning.com

DROP BAGS

Must be dropped off at package pick up Friday Sept 16th (1pm-7pm)
Drop bags for stations, Pond Loop and Upper Ed

Aid Station #1-Pond Loop
100km- You hit this station 4X's
50km- You hit this station 2X's
27km- You hit this station 2X's

Aid Station #2-Upper Ed
100km- You hit this station 2X's
50km- You hit this station 1X's

AWARDS

Within 30 minutes of the male and female top 3 crossing the finish line for each race distance, we will hand out awards. All racers will be given a finisher medal by a volunteer as they cross the finish line.

PRIZES

•Racer prizes will be drawn by race number and available for pick up at the info table
•Prizes and items for racers package pick up bags are sponsored or donated and may change without notice due to availability
•If some prizes change depending on availability, BB&Bro's will do our utmost to replace the items with a similar or same value item.

bushbabestrailrunning@gmail.com
www.bushbabestrailrunning.com

FIRST AID & EMERGENCY ASSISTANCE

•If during the race a participant encounters another runner or staff member who is injured or sick and unable to move on their own, please give priority to assisting that person by telling race staff for assistance

•First aid attendant will be located at the start finish area. All aid stations will have some first aid supplies and communication to race aid stations. Please note that, depending on the remoteness of the area, it may take a long period of time for help to reach participant

•If participant receives first aid from aid attendant, please make sure that you seek medical attention as soon as possible. As your health and safety is important to us, please contact the race director after you have seen a medical professional to update us on your condition

•First aid attendants, course marshals and aid station captains have the authority to stop a racer from continuing the race, for injury, breaking the rules or if they have missed the cut off time. This will be done by keeping you at the cut-off point and calling for removal. Please remember these are volunteers and our rules and regulations are in place for your safety

•If participant wishes to drop out of the race, you must do so at the nearest aid station. Please DO NOT cut the course to get to that station. Please stay on the marked course for your safety. Depending on your condition, an emergency evacuation may be required. This evacuation will be at the expense of the individual being rescued

•In the case of an emergency, if you are unable to reach the nearest aid station, or finish line, you will be provided with an emergency number to contact our staff for assistance

bushbabestrailrunning@gmail.com
www.bushbabestrailrunning.com

MEDICAL ASSISTANCE & DROPPING OUT DURING THE RACE

•In order to ensure race safety, race organizer will prepare and arrange for rescue and medical assistance during the race. However, each participant must recognize and understand that there are risks that may result in injuries and/or accidents associated with adventure racing. You are responsible for yourself and will be participating in this event at your own risk

•First aid tent staffed by a first aid attendant will be located at the start finish area. All aid stations will have minimal first aid supplies

•Please note that, depending on the area, it may take a long period of time for aid to reach you. We will do our utmost to reach you in a timely fashion

•If you receive emergency medical assistance from a First aid crew, please make sure that you get examined by a medical professional ASAP

•Dropping out at an aid station: Tell an aid station volunteer that you have decided to drop out of the race, please remain at that aid station for pick up

•Dropping out along the course: If you can move on your own, please make your way to the closest aid station (either return to the aid station you just left or go the next aid station). If you are unable to make it without assistance, call first aid station at start/finish line (number will be provided) and follow their instructions.

•Once you have dropped out of the race you will be considered DNF. Remember to keep your race number with you as you will need it to retrieve your drop bags

bushbabestrailrunning@gmail.com
www.bushbabestrailrunning.com

TRAIL & ADVENTURE RACING

•Participating in Trail & Adventure Racing is a potentially hazardous activity

•Registrants agree to participate only if they are physically able, have signed all waivers and agree to follow the rules for their own safety, the safety of the other racers and Volunteers

•The Race directors of Bush Babes & Bro's Trail Running have the right to refuse the participation of any registrant if they feel there is a concern for the registrant's health or safety

•As we at BB&Bro's Trail Running promote a positive event atmosphere, we hope all participants will conduct themselves with positive trail etiquette and assist fellow racers if injured or in distress. Course cutting and any behavior that puts yourself or any other persons at risk will result in being removed and disqualified from the event

•The registrant agrees to assume the risk associated with such an event, such as but not limited to falls, poor weather condition, possibility of poor course condition, wild animals, contact with other racers, volunteers and park users

•BB&Bro's Trail Running, event directors, course marshals and trail leaders reserve the right to disqualify and remove and participants or volunteers that do not comply with the above terms and conditions, with NO recompense

•These Terms and Conditions are for the participant's safety and the safety of the other participants, volunteers, clinic members and park users on or off the course

bushbabestrailrunning@gmail.com
www.bushbabestrailrunning.com

CANCELATION POLICY

If the race is canceled for any circumstances out of BB&Bro's control the Refund & Withdrawal Policy will come into effect. Previous years deferrals will not be refunded or deferred under any circumstance.

REFUNDS & WITHDRAWAL POLICY

BB&Bro's understands that life happens and committing to an event months in advance may prove to be challenging. With that said please read our refund policy carefully below.

FROM SIGNUP TO 90 DAYS FROM EVENT

•90% deferral or refund of fee
•Redeemable within one calendar year from deferral date.
•May only defer once

FROM SIGNUP TO 89-60 DAYS FROM EVENT

•50% deferral or refund of fee towards another single event
•Redeemable within one calendar year from deferral date
•May only defer once

FROM SIGNUP TO 59-46 DAYS FROM EVENT

•30% deferral or refund of fee towards another single
•Redeemable within one calendar year from deferral date
•May only defer once

45 days prior to race day as we have ordered and paid for all items needed to make your event spectacular, there will be no refunds, no deferrals, unfortunately no exceptions.

USE OF IMAGES

BB&Bro's may have photographers and videographers capturing the images prior to and during the event. We reserve the right to use any images or video recordings taken of participants, spectators, volunteers, and clinic members during the course of the event without recompense to the individual.

PAYMENT

You are not considered registered until full payment is received.

REGISTRATION & REGISTRATION NUMBERS

BB&Bro's reserves the right to change the registration limit for the race without notice, rules and or terms and conditions without notice

•Bibs are non-transferable to another runner, rider or paddler under any circumstance
•You must register 50 days prior to event to be guaranteed an event T-Shirt
•You may change distance up to 7 days prior to the event, no refunds for distance change will be provided

bushbabestrailrunning@gmail.com
www.bushbabestrailrunning.com

*Covid-19 REFUND POLICY

As all events are a moving target due to Covid-19, the BB&Bro's event team want to do all we can to help alleviate the stress of pre-registering for our events.

If any of our events are CANCELED DUE TO COVID-19 no sooner than 8 weeks from the event start date, we will be offering full credit to next seasons event or refund minus bank processing fees.

bushbabestrailrunning@gmail.com
www.bushbabestrailrunning.com

Terms & Conditions/Rules and Regulations
*Please read this section very carefully.

Covid-19 Protocol

•If You, your family, friends, or crew feel ill at all, have been out of the country in the last 2 weeks, have been around someone diagnosed with Covid-19, PLEASE for your health and safety and the health and safety of others DO NOT attend the event!!!!

•It is your duty responsibly to remain 2 respect social distancing

•Tables with hand sanitizer will be set up at sanitizing and or handwash stations by the washrooms, hydration tables, and event areas

•If you feel unsafe or you cannot personal distance effectively, please bring a mask and wear it

•Sadly, no hugs, high 5's or hand shakes will be given at the finish line

•Bring your drop bins or water proof bags to package pick up on Friday Sept 17th

•Bins must labeled with your race # and aid station name, they will be placed in a holding area for transport. Bins can be picked up between 9am-12pm on Sun,Sept 19th at Start/Finish line.

•After race food station will be served by volunteers wearing masks and gloves, then placed on the table with your cutlery for you to pick up. Please distance yourself in the line

•Open garbage bins will be provided for you to place trash, compostable goods, and recycling

bushbabestrailrunning@gmail.com
www.bushbabestrailrunning.com

Race is open to anyone 19 years of age by event day, is in good health, has agreed to the terms and conditions, and is physically able to participate.

No E-bikes in any Bush Babes & Bro's Trail Running Events

ENVIRONMENTAL PROTECTION RULES

•The event course is on Provincial Parks Land with designated sensitive areas

•You must stay on the trail at all times

•Course cutting is strictly prohibited due to potential damage to vegetation, and potential wildlife along the course

•Absolutely no littering along the course

DISQUALIFICATION

•Race marshals present on the course, and those in charge of aid stations are authorized to uphold the rules and regulations. They have the right to remove a participant for non-respect of volunteers, other racers, Course cutting the route, Lacking mandatory safety equipment, Throwing garbage on the route, Not wearing bib number, Departure from a check point after the cut off time, Not passing through a check point, Using a pacer, receiving outside assistance (unless ill or injured), and Causing safety issues for themselves or others during the event

•The Race Director has ultimate authority in regard to all rules, their interpretation, and their enforcement

RACER RESPONSIBILITIES

•You understand the unique nature and requirements of competing in an adventure event. You may be competing all day and night through varying terrain, weather conditions and have undertaken the necessary training to compete in such a race

•You will be responsible for yourself and have the ability to deal with any race related problems that may be encountered during the race

bushbabestrailrunning@gmail.com
www.bushbabestrailrunning.com

Thank you to all our amazing sponsors !