

# Trail Running Events Guide

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



# SCHEDULE OF EVENTS

- 1. Entrees and Waitlists
- 2. Mandatory and Suggested Gear
- 3. Trail Markers
- 4. Donations
- 5. Package Pickup
- 6. Racer Check-in
- 7. Start Line Location
- 8. Bike Transition Location
- 9. Finish Line
- **10.Long Course Event**
- Aid stations
- Maps
- Awards
- Meal
- **11. Short Course Event**
- Aid stations
- Maps
- Awards
- Meal
- 12. Aide Station & Support
- 13. Support Crew
- 14. List of Food Item Choices
- 15. Prizes & Package Pick up Bags
- 16. First Aide & Emergency Assistance
- **17. Cancellation Policy**
- 18. Refunds & Withdrawal
- 19. Use of Images
- 20. Payments
- 21. Registration & Bib Numbers
- 22. Terms & Conditions
- 23. Rules & Regulations



#### **NEW COVID-19 POLICY**

Due to the Covid-19 pandemic to ensure the health and safety of our racers, spectators, volunteers and staff, BB&Bro's found the need to develop and implement a new safety and procedures parodical.

Each of the following schedule of events will indicate these procedures.

**Mandatory-** Please bring and wear a mask in ALL areas where social distancing is not possible.

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

WE truly appreciate your patience

## **ENTRIES and WAITLISTS**

All entry fees must be paid in full to 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.** 



# **MANDATORY and SUGGESTED GEAR**

## MANDITORY

- For the Long Course 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
- whistle, pain medication, and antihistamine. RECOMMENDED
- If participating in the water event you must have PDF, Leash, and Whistle on while on the water and Helmet while on the Mountain bike. ABSOLUTLEY NO EXEPTIONS, MANDATORY
- 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. MANDITORY

# TRAIL MARKERS

- The racecourse will be marked using flags and flagging tape with Blue for long course, Yellow for short course, powder, and directional 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 will 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.



## 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 and all of the massage donations will either go the out 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

## 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!!!!
- There will be a line up area outside the door with 2 meters spacing markers
- While you wait you will be given a Covid-19 health questionnaire to fill out
- A table with hand sanitizer will be set up at the front door that you will use before entering
- due to the space available 2 people will be let in by volunteers at a time
- You will be asked a series of Covid-19 health questions
- All volunteers will wear masks
- Hand sanitizer will be provided and must be used before you enter the building
- If you feel unsafe or you cannot personal distance effectively, please bring a mask and wear it
- All package pick-up bags will sprayed with sanitizer, be handled by staff or volunteers that have filled out the Covid-19 health and safety questionnaire, and will hand sanitized between handing out each package
- Bring your aid station drop to package pick up on Friday the 18th, bins must labeled with your race # and aid station #, they will be disinfected by staff and placed in a holding area for transport
- We will be sending each distance out in waves, at package pickup you will be given your start times



Friday September 18th, 2020 3-6pm Valhalla Pure Outfitters- 2814 48th Ave, Vernon, BC V1t 3R4

**Sunday September 20**th, Twin bays Parking Lot Kalamalka Lake Provincial Park between 6am-8am

**All** racers must check-in between 6am-8am on race day at check-in station located in Twin Bays Parking Lot

If you are having someone pick up your gear for your, they must be at race day check-in to fill in our Covid-19 questionnaire and receive a wrist band.

NOBODY will be allowed to take gear or enter the staging areas without a wrist band!!!!!

# RACER CHECKIN

## 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!!!!
- Line up area with 2 meters spacing markers
- A table with hand sanitizer will be set up for your use
- 1 person at a time to approach each table
- You will confirm you have filled in your Covid-19 health questionnaire and it still applies
- All volunteers will wear masks
- If you feel unsafe or you cannot personal distance effectively, please bring a mask and wear it
- At check-in you will be given instructions on how and where to line up for your wave start time
- 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
- 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
- Crew members must wear their mask at aid and transition stations.

#### Up to 30 minutes prior to event start time

Mandatory racer meeting 30 mins before race start time, please space yourselves out appropriately in your start timelines provided

Mandatory- Please bring and wear a mask to pre-race meeting



## **Start Line Location**

Start line for the Paddle course will be at Jade Bay Beach.

**Directions-** In the first parking lot walk past the porta potty and take the first **gravel** trail to your right down to the lake.

Team Members- You must be waiting in the paddle staging area for your team member to tag you. After being tagged run up the gravel path to the bike transition area. Follow the flags and directional signs

#### This is a looped course.

From the start area, heading left around Rattle Snake Point, past the White Swan towards Cosens Bay beach. Here you will circle right around the Pink Flamingo heading up the shoreline to the next Pink Flamingo.

Again, you will go right around the Pink Flamingo heading straight back towards Rattle Snake Point. Go around the point back to the start line for the next stage of your event.

## **Bike Transition Location**

Second Parking Lot at the far end.

Once your racers leave this area, they will do their course and come back to drop the bike and head out on the run. After runners leave for their run, head down to the finish line as they will not be back to this area.

Team members- Wait in the bike transition area to be tagged, Rider must place bike back in assigned location before the runner may leave.

# **Finish Line**

Juniper Bay Beach

**Mandatory**- Please bring and wear a mask in ALL areas where social distancing is not possible.

**Directions-** From the first parking lot, go past the porta potty, stay on the main **paved** trail all the way down to the beach and finish line



# LONG COURSE EVENT

Sunday September 20th Kalamalka Lake Provincial Park- Jade Bay Beach Bike Drop off: 6am-8am at far parking lot Board Drop Off: 6am-8am, Jade bay beach Pre-Race Briefing all distances: 8:30am at Paddle Start line Mandatory- Please bring and wear a mask to pre-race meeting Race Start: 9 am, Jade bay beach

#### Aid Station Location

There will be an aid station located at the junction of Pond Loop and Sole Sister. This will be accessed by the long course riders and runners. Your aid food bins will be placed here under a tent

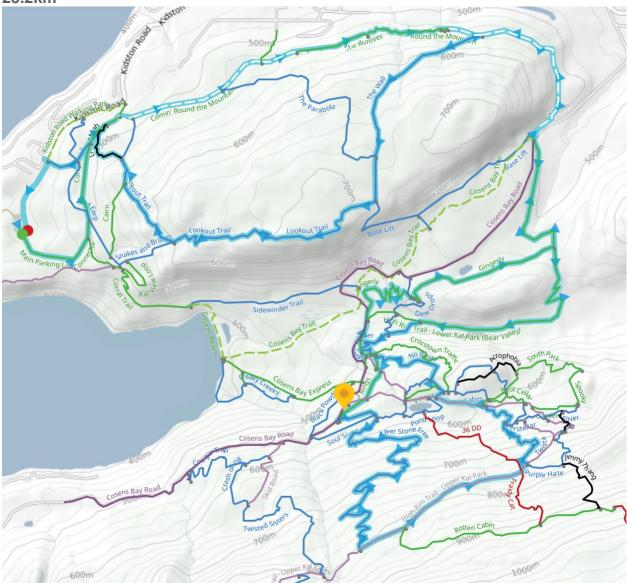
## **MAPS and Elevation**

Long Course Paddle Approximately 8.5km

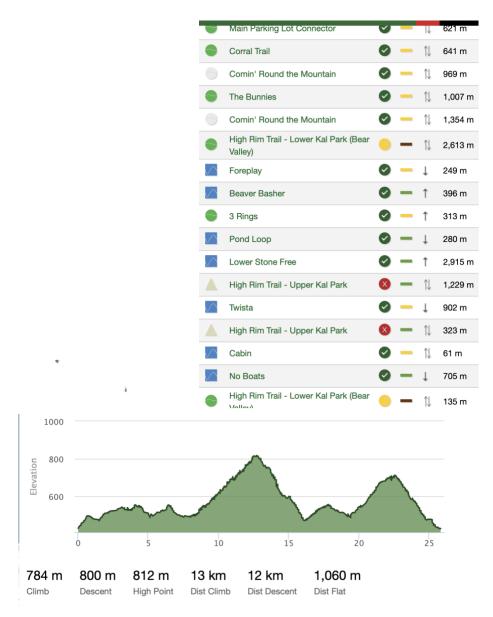
Location	٩		
LONG COL	JRSE 1	Pro Lake Q	
8.42 km Distance Other Course Type Elevation	8.0 kph Avg Speed	1:03:09 Goal Time	
0 m Elevation Gain	0 m Elevation Loss	500	
Gongle		300	



## Long Course Ride Approximately 25.2km









Long Course Run

## Approximately 13.3 km





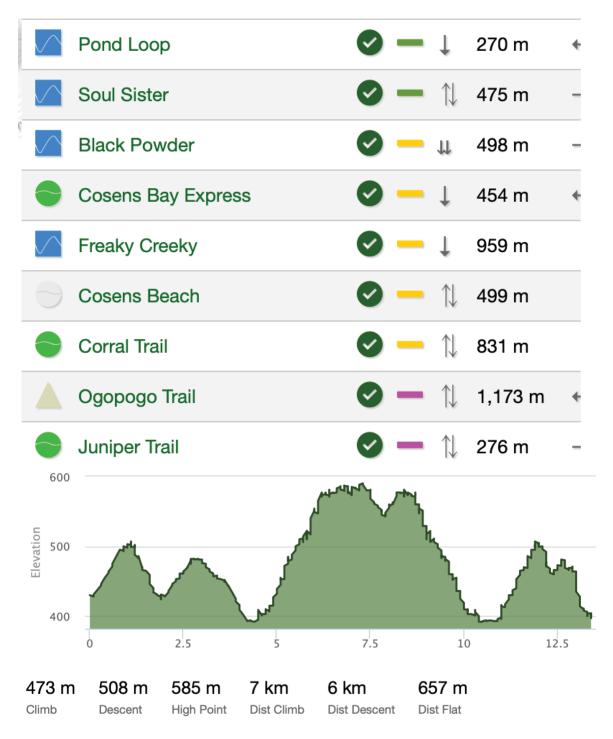
•

bushbabestrailrunning@gmail.com www.bushbabestrailrunning.com

1

Main Parking Lot Connector	⊘ — 1↓	621 m —
Corral Trail	⊘ — 1↓	359 m —
Sidewinder Trail	<b>O</b> – 1	1,164 m 🔸
Cosens Bay Trail	⊘ — 1↓	1,136 m —
Freaky Creeky	⊘ — ↓	959 m 🔶
Cosens Bay Express	⊘ — ↓	454 m
Black Powder	🛛 — μ	498 m —
Soul Sister	⊘ — 1↓	475 m ←
Pond Loop	⊘ — ↓	343 m
High Rim Trail - Upper Kal Park	🗙 — ↑↓	213 m
HRT Emergency Access Road	⊘ — 1↓	276 m 🔶
S Rings	<b>O</b> – ↑	250 m







# SHORT COURSE EVENT

Sunday September 20th, 2020 Kalamalka Lake Provincial Park- Jade Bay Beach Bike Drop off: 6am-8am Board Drop Off: 6am-8am Pre-Race Briefing all distances: 8:30 am Mandatory- Please bring and wear a mask to pre-race meeting Race Start: 9 am

#### This is an out and back course

Starting at jade bay beach, around Rattle Snake point to the White Swan Paddle right around the White Swan to rattle snake point, and back to the start line

## MAPS and Elevation Short Course Paddle



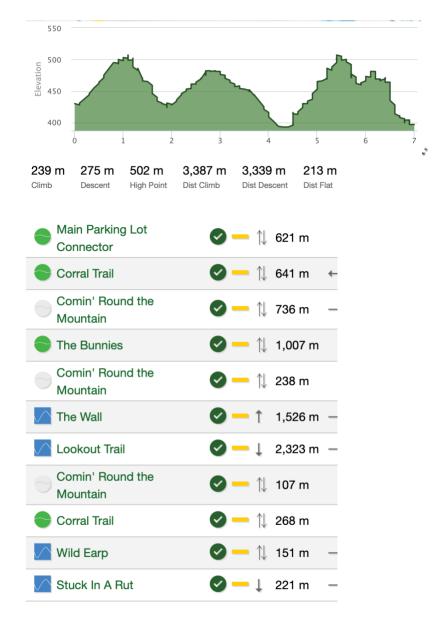


## Short Course Ride

Approximately 9.7km





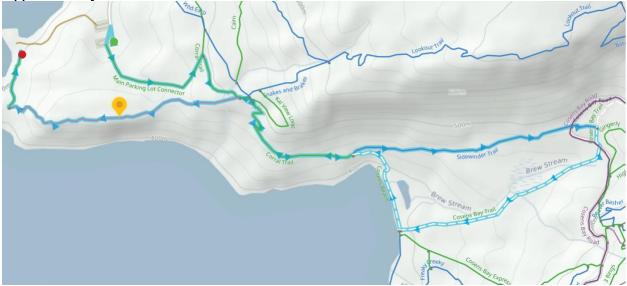


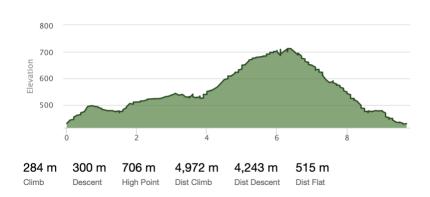


## Short Course Run

Approximately 6.8km

ł.







Main Parking Lot Connector	🕑 — 🏦 621 m 🛛 -
Corral Trail	🕑 — 🋝 359 m 🛛 -
Sidewinder Trail	🕑 — 🏌 1,164 m 🧃
Cosens Bay Trail	🕑 🗕 🋝 1,136 m -
Cosens Beach	🕑 — 🏦 499 m 🛛 -
Corral Trail	🕑 — 🏦 765 m
💧 Ogopogo Trail	🕑 — 🏦 1,173 m
Juniper Trail	🕑 — 🏌 276 m 🛛 -



#### AIDE 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.
- Your food will be in plastic bins under the food tent
- Sorry no pacers.
- There will be hand sanitizer available for you to use before you take any aid
  MANDITORY

#### SUPPORT CREW

- Please have your support crew supply and wear a mask in the areas they cannot social distance effectively
- Hand Sanitizer will be provided and to be used before entering the 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 going to the aid stations, must check in and fill out a Covid-19 questionnaire on event day. They will then be given a bracelet 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.
- Personal cup for hot/cold drinks at aid stations, with not be permitted due to **Covid-19**, cups will be provided at the aid stations.

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.



#### AIDE STATION

#### Our aid stations carry the following:

Due to **Covid-19** we will be providing a list of the following that you will choose from when you sign up for the event.

These items will be packaged, placed in a plastic bin with your race number and which aid station you would like them to be at. Any Items you would like taken to an aid station or check-in point must be placed in a **plastic bin** not a bag, with your race number and check point number. All bins will be sprayed with disinfected to ensure they are virus free.

Bins will be lined up numerically in groups of 10 under tents with a volunteer to hand you your bin. Please do not take the bins yourself as the volunteers will be wearing gloves and a mask for the health and safety of all involved. Once you are done with your bin it will be placed under a separate tent by a volunteer and be sprayed again with a disinfectant spray.

#### ANYTHING THAT IS TOUCHED BY A RACER, VOLENTEER OR STAFF, WILL BE DISINFECTED AND MOVED TO A HOLDING TENT FOR TRANSPORT BACK TO START FINISH LINE

- Drinks such as water, coke, coffee, hot chocolate, electrolytes and broth will be provided in unfortunately disposable but compostable cups at Aid Stations/Check points, 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, this jug will not be close enough to touch your bottles or bladder.
- Please do not reach for the jugs a volunteer will be pleased help you
- You must pick up your own disposable cup and indicate what you would like to enjoy in it from the table and one of our fabulous volunteers will be pleased to assist you.

#### LIST OF FOOD ITEMS TO CHOOSE FROM

- Gels
- Pickles
- Nuts
- Electrolytes
- Chips
- Cookies



- Nutella or Peanut butter sandwiches
- Epic bars
- Gummy bears
- Banana
- Oranges
- Watermelon
- Peanut M&M's
- Mike and Ikes
- Protein bar
- Rice cakes or bread with Nutella/peanut butter
- Cooked noodle to have broth added to
- Mini cooked potatoes with sea salt
- Some gluten free items
- SunRype bar

#### AWARDS

**Mandatory-** Please bring and wear a mask to areas that social distancing is not affective

Within 30 minutes of male and female top 3 finisher come across the finish line for each race distance, we will hand out awards

You will be given a finisher medal by a volunteer that has hand sanitized/wearing gloves and a mask.

#### PRIZES and PACKAGE PICK UP BAGS

**Mandatory-** Please bring and wear a mask in ALL areas where social distancing is not possible.

- Prizes will be pre-drawn by race number and added to your package pick up bag
- Prizes and items for racers package pick up bags are sponsored or donated and may change without notice due to availability.
- BB&Bro's reserve the right to change any sponsored gifts or prizes without notice and we will do our utmost to replace the items with similar or same value item.



#### FIRST AIDE and EMERGENCY ASSISTANCE

- If during the race, participant encounter 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 Aide attendant will be located at the Finish area. All aide stations will have some first aid supplies and communication to race aide 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 aide assistance from first aide attendants, 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 Aide attendants, course marshals and aide station captains have the authority to stop a racer from continuing the race, for injury, breaking the rules or 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 person 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.



#### 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 help 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.
- Race marshals, aid station captains and rescue staff have the authority to stop a racer from continuing the race if it is deemed dangerous, you are injured, not following the rules or have not made the cut off time.
- Depending on your condition, an emergency evacuation may be required. This evacuation will be at the expense of the person being evacuated.
- 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 are able to 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. It may take time to get help out to you if you are out on the racecourse so please ensure you have the mandatory gear to keep you warm.
- If you decide to drop out of the race, you must do so at the nearest aid station/check point so that racer check in can be notified. This is for your safety. 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



#### ADVENTURE RACING

Participating in an Adventure Race/Event, Trail Running Race, Or Race Training Clinic 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.

As we are an adventure event company this event may not be limited to trails, trail running, and may include mountain biking, and Stand-up Paddle boarding. 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.



#### **CANCELATION POLICY**

If the race is canceled for any circumstances out of BB&Bro's control the **Refund & Withdrawal Policy** will come into effect

#### **Refunds & Withdrawal Policy**

BB&Bro's that life happens and committing to an event 6 months in advance may prove to be challenging. With that said please read our refund policy carefully below.

#### 90 Days from Event:

- 90% deferral or refund of fee towards another single event in BB&Bro's Series
- Redeemable within one calendar year from deferral date.
- May only defer once

#### 60 Days Prior Event:

- 50% deferral or refund of fee towards another single event in the BB&Bro's Series
- 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 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.

- Bids are non-transferable to another runner, rider or paddler under any circumstance.

- You must register 50 days prior to event to be guarantee an event T-Shirt and goody bag

- You may drop down in distance up to 7 days prior to the event, no refunds for distance change will be provided.



#### **Terms & Conditions/Rules and Regulations**

Please read this section very carefully

#### Covid-19 Protocol

**Mandatory-** Please bring and wear a mask to areas that social distancing is not affective

- 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 and responsibly to remain 2 meters from other people during the event
- Before race start you will be given a staggered start time
- Tables with hand sanitizer will be set up at sanitizing and or handwash stations by the washrooms, hydration tables, and event areas
- You will be asked a series of Covid-19 health questions
- All volunteers will wear masks and use hand sanitizer
- 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
- Please do not farmer blow, or spit, bring tissue and use it
- All package pick-up bags will sprayed with sanitizer, be handled by staff or volunteers that have filled out the Covid-19 health and safety questionnaire, and will be required to wear a mask
- Bring your aid station plastic drop bins to package pick up on Friday the 18th,
- Bins must labeled with your race # and aid station #, they will be disinfected by staff and placed in a holding area for transport
- 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 on our 2-meter markers.
- After receiving your food please set yourselves only with those in your Covid safe group.
- Open garbage bins will be provided for you to place trash, compostable goods, and recycling



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.
- Short 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 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, Short-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.
- You, your family, friends or crew will be asked to leave if there is a failure to follow our **Covid-19 Policy**

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



#### **RACER RESPONSIBILITIES:**

**Mandatory-** Please bring and wear a mask in ALL areas where social distancing is not possible.

- You understand the unique nature and requirements of competing in an adventure event. You may be competing all day and night through varying terrain 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 problems that may be encountered during the race.
- You are able to deal with, on your own without assistance, deteriorating weather conditions such as low temperatures, strong winds, ruff water, and rain.
- You are able to deal with extreme fatigue, digestive problems, muscle pain or cramping, and mild physical injuries on your own.
- You are fully aware that when participating in an outdoor activity such as this event, we do our utmost to ensure your safety, but your ultimate safety is your personal responsibility and depends on your own skills and abilities.

#### RACE ORGANIZATION RESPONSIBILITIES

- Non-deliberate damage to property by race participants (e.g. plants and animals, objects, trails, etc.)
- Marking and location of signs identifying the racecourse.
- Enforcement of Race Health and Safety Management plan.
- Enforcement of Covid-19 policies

#### **RACE CANCELLATION**



The race organization reserves the right to cancel or cut-short the race for the following reasons with no refund or deferrals.

- The inability to ensure event safety due to risks such as landslides, extreme weather, extreme water conditions, or Pandemic
- In such a case of natural disasters, or the racecourse cannot be changed to continue the race, the race will not be postponed to a later date.
- The decision as to whether or not the race will be canceled due to the above conditions may be made on the day before the race or on the day of the race. This will be communicated via email and social media channels.
- In the event of fire, flood, or dangerous weather conditions the race organization reserves the right to make judgments and decisions regarding the shortening/canceling of the race.
- Permits placed on hold or revoked suddenly