

IMPORTANT RACE INFORMATION

PRE-RACE MEETING

There is a mandatory pre-race meeting at 7 am in the Barkerville Parking Lot. The race will start promptly at 7:30.

POKER RUN on 5 PEAKS

There is a deck of cards split into individual envelopes in a cookie tin on each summit. Each Summit has a unique deck so don't take more than one card from any one summit. On Bald Mountain the Deck is in a cookie tin at the **brown sign post** as you reach the Bald Mountain meadow. On all other peaks there is a **rock cairn** and inside, or at the cairn is a cookie tin with a ziplock bag containing the envelopes with the cards. On some mountains there are also beads from our 7 Summits in 7 days hiking program...You don't need these beads for this race. There is a **6th wildcard** available at the Wells General Store, if you need it.

FUEL/WEATHER

Bring lots of snacks and fuel! Expect cool. It can be zero degrees in Barkerville at 7 am and the first hour is in shade. Bring lots of layers, gloves, a spare pair of socks, and a hat. You can leave some food supplies at The Frog on the Bog in Wells, and pick them up on the completion of the first leg. In addition, we supply one power drink and one hot drink (in your new thermos-swig!). We also will supply you with one Cliff Bar and one Granola Bar for the second leg! Don't short yourself...you will use all your fuel! Don't forget, it will be cool again at the end of the day too.

POLES AND FOOTWEAR

Some people are bringing shoes to change in and out of. I ride with light hikers only(I don't think runners are enough). There are wet sections to the hike, and there are some steep ascents and descents. Good ankle support, especially when you're tired is important. We also HIGHLY RECOMMEND hiking poles, especially on the Murray/Slide section. These are not just for wimps and old people. Collapsible ones can be carried on the whole trip. Non-collapsible can be left with us at the Frog and picked up at the Base of the Yellowhawk trail. Then you can drop them off again at the base of Slide Mountain so you don't have to ride with them, if you don't want to.

CUT-OFF TIMES

For your safety there are cut-off times at 3 locations. If you arrive at these checkpoints after the cutoff time, your likelihood of finishing on time, and in day-light is low. You should withdraw from the event at this point.

1. **Frog On The Bog after the Agnes Loop – 1:30 pm**
2. **Base of Yellowhawk Trail – 2:15 pm**
3. **Top of Mount Murray – 4:15 pm** (Please return back the way you came)

You will be asked to sign a sheet if you arrive at these locations after the cutoff time acknowledging you understand the risks of proceeding, and deregistering with us.

Below is a chart showing reasonable goals for various locations on the trail. The times on the chart are not definitive, and you can travel slower than this and still finish the race on time. **They are meant as a guide** to help you to keep a relaxed pace over the route. The **Cutoff times LISTED ABOVE are the definitive numbers** for you to keep in mind. **FINALLY - CHECK IN WITH US AT THE FINISH SO WE DON'T THINK WE HAVE TO RESCUE YOU!!**

Reasonably Good Total Times	Reasonably Good Loop times	Reasonably Good	Reasonably Good	Reasonably Good	Reasonably Good metres	Distance (km)
		Place	Latitude	Longitude		
0	0	Barkerville	N53 04.17	W121 30.92		
		Summit Rock	N53 02.040	W121 31.761	1556	1.4
1hr 25 min	1hr 25 min	Groundhog Cabin1	N53 00.442	W121 32.906	1786	5
2hrs 15 min	2hrs 15 min	Mt.Agnes Summit	N53 00.133	W121 32.133	1986	6.1
		Bald Mtn Summit Sign	N53 00.189	W121 .31.327	1895	
		Pwdrhs/groundhog trail junction	N53 00.90	W121 31.30	1854	7.9
3 hrs 40 min	3 hrs 40 min	Groundhog Cabin 2	N53 00.442	W121 32.906	1786	5
5 hrs	5 hrs	Cow Mountain Summit	N53 05.191	W121 34.180		
5hrs 30 min	5hrs 30 min	Wells – Frog on the Bog	N53 06.147	W121 33.991		26
6 hrs	0 hours	Yellowhawk Trailhead	N53 06.380	W121 29.245	1296	
7 hours	1 hour	Old Cabin on YellowhwkT	N53 06.368	W121 29.334		
8 hours 45 min	1 hr 45 min	Murray Summit	N53 07.862	W121 27.339	1989	
9 hours 20 min	2 hr 20 min	Slide Summit	N53 09.984	W121 28.868	1926	42
10 hours	4 hrs	Slide Trailhead	N53 08.999	W121 30.654	1140	45.3