

Race Update #2



As you are likely aware, the Bald Range wildfire has caused terrible damage to the communities of Faulder and Summerland. Many people have suffered considerable loss, and our thoughts are with them as they rebuild their lives going forward. Currently, we plan on proceeding with our trail race as planned. The wildfire has given more meaning to our cause, as Penticton Search and Rescue was critical in the evacuation of the area.

Air Quality Plan

We will be monitoring the air quality as the race approaches. Our plan is based on the Air Quality Health Index (AQHI):

6 or below

≈ U.S. AQI 100 or below

The race will proceed as normal.

7 or 8

≈ U.S. AQI 100–200

The race will continue with increased safety measures in place. Registrants who opt not to run due to health concerns will be offered a discount on next year's race.

9 or above

≈ U.S. AQI 200+

The race will be cancelled and all registrants will be offered a discount on next year's race.

Canada's AQHI and the U.S. AQI are calculated differently, so the U.S. AQI equivalents shown here are approximate — meant only as a rough guide for our American runners.

Optional Race Package Pickup

There will be an option to pick up your race package on Friday from 4:00–7:00 PM at Larsens' Trail Tire Auto Centre at 555 Okanagan Avenue East. Race packages will be available on Saturday morning as well.

Parking and Race Day Check-in

On the day of the race, race package pick-up and check-in will be at 1194 Poplar Grove Road. This is the start/finish area. All runners will need to check in, including those who picked up their race package on Friday.

We have secured a great location for parking. All runners will be parking at D'Angelo Winery, which is located ~1 km from the start/finish (979 Lochore Road). From the parking area, runners can walk along the KVR trail to get to the start/finish. As a note, runners will not be permitted to park at the start/finish or along Riddle Road.

If you did not pick up your race package on Friday, you may want to go to the start/finish area first to pick up your race package and check in before parking your car.

Course Maps

Our website has been updated to reflect the minor changes that we have made to the course.

- ♦ 50K: Start → Turnbull Creek → Rusty Muffler → Pearly Gates → Johnson Springs → Turnbull Creek → Rusty Muffler → Pearly Gates → Finish
- ♦ 25K: Start → Turnbull Creek → Rusty Muffler → Pearly Gates → Finish

Start Times and Cut-offs

The 50K will start at 8:00 AM and the cut-off at the finish line is 7:00 PM (11 hours). Runners can start at 7:00 AM if they think they will need a little extra time.

The 25K will start at 9:00 AM and the cut-off at the finish line is 4:00 PM (7 hours).

Race Directors may choose to pull a runner off the course if it is felt that they will not finish on time. Please be respectful of this decision.

Aid Stations

The Rusty Muffler and Pearly Gates aid stations will have water, Tailwind Endurance Fuel (mandarin flavour), peanut butter and jam sandwiches, fruit, pickles, and sweet and salty snacks. We will be providing GU gels to runners in their race packages (4 gels for 50K runners and 2 gels for 25K runners). The Turnbull Creek aid station and the Johnson Springs water drop (50K only) will only have water.

It can take anywhere from 2–4 hours to reach the Rusty Muffler aid station from the start of each loop. It is imperative that all runners carry enough nutrition to fuel themselves for that distance. Rely on your own nutrition, and think of the aid stations as a "top up." As a reminder, you should have the ability to carry 1.5 L of water/fluids.

Dropping From the Race

If you need to drop out from the race, please do so at an aid station. Find the aid station captain and let them know that you are dropping from the race. This is very important as we need to account for all runners at the end of the day. If you drop out at Rusty Muffler, we will give you a ride back to the start/finish area.

Injuries & Emergencies on Course

If you injure yourself on course and cannot continue to the next aid station, or if you come across a runner who is injured, please contact one of the race directors and we will initiate efforts to get the help that is required (there is cell coverage throughout the race course). Please add these phone numbers to your contact list in case you require help on race day.

Rene Buttar

(250) 809-1427

Kevin Wilson

(250) 809-2666

If you are unable to reach one of the race directors, please contact 911.

Post-Race Party

We are so excited to have you run in the Three Blind Mice trail network. We know that you are going to love the trails, and we are trying our hardest to make this an amazing experience for all of you. At the end of the race, we will be celebrating at Abandoned Rail Brewing with food and drinks. Abandoned Rail is located at 1220 Davenport Avenue, conveniently in between the finish line and the parking area. We look forward to celebrating with you.

With Thanks to Our Sponsors

The race organizers would like to thank the following sponsors. We are so grateful for their support. If you have a chance, please show your thanks by visiting their businesses.

- ♦ **Gold:** Larsen's Trail Tire Auto Centre · Odlum Brown
- ♦ **Silver:** Abandoned Rail Brewing Co. · Da Silva Vineyards and Winery
- ♦ **Bronze:** Tracey McQuair (Physiotherapist) · South Okanagan Periodontics · Mountain Alpine Homes

We would also like to thank the following businesses for providing draw prizes for the runners: Peach City Runners, Eskala Mountain Sports, Mountain Alpine Homes, Thule, Da Silva Winery, Poplar Grove Winery, and the Falls Barber Shop.

— *Rene*

