

## SHUSWAP ULTRA: RACE WEEKEND SCHEDULE

Sunrise/Sunset: 6:50am/6:35pm

Average Temperature: 5°/17°

FRIDAY, SEPTEMBER 23, 2022	
12-8pm	<p>RACE PACKAGE PICK UP (60KM, 20KM &amp; 10KM Racers) Mara Hills Golf Resort 9851 Old Spallumcheen Road, Sicamous BC</p> <p>*60KM Racers: DROP BAGS MUST BE DROPPED OFF – they will not be accepted on Race Day *Drink &amp; Food Specials</p> <p>*20KM &amp; 10KM Racers have a second option for package pick up on Saturday, September 24</p>
SATURDAY, SEPTEMBER 24, 2022 (60KM EVENT)	
7am	<p>Overflow Parking Open *There will be signage directing you to overflow parking approx. 100 meters from Klahani Park *ABSOLUTELY NO parking on the road *<b>No vehicles are to be left running in the overflow parking area (potential fire hazard &amp; British Columbia has a strict no idle policy)</b> *No vehicles are to be left overnight &amp; the lot will be locked at 10pm</p>
7-7:50am	<p>60KM racer check in *Racers <b>ARE REQUIRED</b> to check in race day morning *<b>IF YOU DO NOT CHECK IN, YOU WILL BE MARKED DNS (DID NOT START)</b> *Signage will direct you to check in *Runners that have NOT checked in &amp; have picked up their race package: we will attempt to contact you and/or emergency contact</p>
7:50am	Mandatory Pre Race Mtg for 60KM Racers
8am	<p>60KM START *This is YOUR day, enjoy it friends &amp; thank you for including us in your run journey!</p>
12-6pm	<p>RACE PACKAGE PICK UP (20KM &amp; 10KM Racers) Mara Hills Golf Resort 9851 Old Spallumcheen Road, Sicamous BC</p>
2pm	<p>CUT OFF: 60KM runners must leave AS2 (Cec's Cabin) *This is a strict cut off &amp; is enforced</p>
3pm	<p>60KM Awards (top female and male) *Will be awarded earlier or later, once both runners are in *Top female &amp; male racers will receive Folk &amp; Wild Shuswap Ultra painting</p>
3pm	<p>AS2 (Cec's Cabin) Drop bags available for pick up at Mara Hills Golf Resort (finish line) Note: The Lewiston Ultra Inc. is not responsible for lost, stolen or misplaced items</p>
3/4pm to 7/8pm	Shuttle available to take racers from Mara Hills Golf Resort (finish line) back to Klahani Park/Overflow Parking (start line)
8pm	<p>CUT OFF: 60KM runners must cross the finish line by 8pm to receive official finish time &amp; medal *This is a strict cut off &amp; is enforced</p>
10pm	<p>Overflow Parking @ Klahani Park (start line) will be locked *Remaining vehicles will be towed, at owners expense</p>
SUNDAY, SEPTEMBER 25, 2022 (20KM & 10KM EVENT)	
7am	<p>Parking Open *There will be signage &amp; volunteers directing you where to park</p>

	<ul style="list-style-type: none"> <li>*ABSOLUTELY NO parking on the road</li> <li>*<b>No vehicles are to be left running (British Columbia has a strict no idle policy)</b></li> <li>*No vehicles are to be left overnight</li> </ul>
7-7:50am	<p>20KM racer check in</p> <ul style="list-style-type: none"> <li>*Racers <b>ARE REQUIRED</b> to check in race day morning</li> <li>*<b>IF YOU DO NOT CHECK IN, YOU WILL BE MARKED DNS (DID NOT START)</b></li> <li>*Signage will direct you to check in</li> <li>*Runners that have NOT checked in &amp; have picked up their race package: we will attempt to contact you and/or emergency contact</li> </ul>
7:50am	Mandatory Pre Race Mtg for 20KM Racers
8am	<p>20KM START</p> <ul style="list-style-type: none"> <li>*This is YOUR day, enjoy it friends; we'll waiting for you at the finish line!</li> </ul>
8-8:50am	<p>10KM racer check in</p> <ul style="list-style-type: none"> <li>*Racers <b>ARE REQUIRED</b> to check in race day morning</li> <li>*<b>IF YOU DO NOT CHECK IN, YOU WILL BE MARKED DNS (DID NOT START)</b></li> <li>*Signage will direct you to check in</li> <li>*Runners that have NOT checked in &amp; have picked up their race package: we will attempt to contact you and/or emergency contact</li> </ul>
8:50am	<p>Mandatory Pre Race Mtg for 10KM Racers</p> <ul style="list-style-type: none"> <li>*Updates on course marking, trail conditions, wildlife, etc.</li> <li>*<b>ALL RUNNERS SHOULD BE IN ATTENDANCE</b></li> </ul>
9am	<p>10KM START</p> <ul style="list-style-type: none"> <li>*This is YOUR day, enjoy it friends &amp; thank you for including us in your run journey!</li> </ul>
11-11:30am	<p>20KM Awards (top female &amp; male)</p> <ul style="list-style-type: none"> <li>*Will be awarded earlier or later, once both runners are in</li> <li>*Top female &amp; male racers will receive Folk &amp; Wild Shuswap Ultra painting</li> </ul>
11-11:30am	<p>10KM Awards (top female &amp; male)</p> <ul style="list-style-type: none"> <li>*Will be awarded earlier or later, once both runners are in</li> <li>*Top female &amp; male racers will receive Folk &amp; Wild Shuswap Ultra painting</li> </ul>
<b>MONDAY, SEPTEMBER 26, 2022</b>	
<p>RACE RESULTS ARE LIVE!</p> <ul style="list-style-type: none"> <li>*Enjoy your recovery friends &amp; we hope to see ya'll back at the start line in 2023!</li> <li>*Race photos will be available &amp; announced mid week.</li> </ul>	