



## BC BACKYARD ULTRA: RACE WEEKEND SCHEDULE

**Sunrise/Sunset:** 5:30am/8:15pm      **Average Temperature:** 16°/5°

THURSDAY, APRIL 27, 2023	
12-6pm	<b>Race Package Pick Up:</b> KINTEC SALMON ARM 117 Hudson Ave NE Salmon Arm, British Columbia (250) 517-7337 *Located in downtown Salmon Arm; y'all are encouraged to explore the core and visit our partners Shuswap Pie Co, On Alex Ltd., Shuswap Cider & Skookum Cycle
7pm	<b>Optional Fun Run:</b> Meet at the BC Backyard Ultra start line for a guided fun run to connect with other racers, ask the RD any questions, test the route, see the flagging, etc.
FRIDAY, APRIL 28, 2023	
6:30am	Racers are welcome to arrive & set up their staging area  There is a middle school across the street from our staging area; you are strongly encouraged to give yourself plenty of time in the morning and to arrive early
7am-7:30am	<b>Last Minute Race Package Pick Up:</b> Only for those that were not able to pick up from Kintec Salmon Arm (this is not recommended and we will not be able to accommodate all racers for package pick up on race morning)
7am – 7:45am	<b>MANDATORY RACER CHECK IN</b> *All racers must check in or you will be marked DNS (Did Not Start)
7:30am	<b>Pre Race Meeting:</b> *Course updates, welcome to the SHU, reminders, etc
7:55am-7:59am	Make your way to the starting chute
7:57am	Three minutes before the top of the hour, three whistles will blow
7:58am	Two minutes before the top of the hour, two whistles will blow
7:59am	One minute before the top of the hour, one whistle will blow
8am	<b>Let's Gooooo!</b> When the bell rings at the start of each hour, you must be present, ready to go and in the starting chute. If you are not in the starting chute and do not start when the bell rings, you are disqualified
All Day & All Night	More the merrier; community, crew, cheerers welcome! *Cheering welcome; absolutely <b>NO AID/SUPPORT</b> on course
8pm	Switch to the night route, until 8am
TUESDAY, MAY 2, 2023	
Race Results LIVE, <a href="https://ultrasignup.com/register.aspx?did=94566">https://ultrasignup.com/register.aspx?did=94566</a> Photos available, <a href="https://www.lewistonultraevents.com/gallery">https://www.lewistonultraevents.com/gallery</a>	
Enjoy your recovery friends & we hope to see y'all back at the start line April 26, 2024.	

