



BC BACKYARD ULTRA: RACE WEEKEND SCHEDULE

Sunrise/Sunset: 5:30am/8:15pm

Average Temperature: 16°/5°

THURSDAY, APRIL 27, 2023	
12-6pm	Race Package Pick Up: KINTEC SALMON ARM 117 Hudson Ave NE (250) 517-7337
6:30pm	Optional Fun Run: 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	Last Minute Race Package Pick Up: *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	MANDATORY RACER CHECK IN *All racers must check in or you will be marked DNS (Did Not Start)
7:55am-7:59am	Make your way to the starting chute
7:55am	OH CANADA *Gentle reminders
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	Let's Gooooo! *When the bell rings at the start of the 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 *Aid is not permitted once you are in the starting chute & on course
8am-8pm	Day Route
8pm-8am	Night Route
SATURDAY, APRIL 29, 2023 & SUNDAY, APRIL 30, 2023	
8am-8pm	Alternate Day Route (Uncle Charlie)
8pm-8am	Night route
MONDAY, MAY 1 OR TUESDAY, MAY 2, 2023	
Race Results LIVE, https://ultrasignup.com/register.aspx?did=90160 Photos available, https://www.lewistonultraevents.com/gallery	
We hope to see y'all back at the start line April 19, 2024 (the event will move up a week in 2024 to not interfere with soccer scheduling & have use of the fields/area for the duration of the backyard event).	

