



SHUSWAP ULTRA - RACER INFORMATION/RACE RULES

(UPDATED JUNE 8, 2023)

Huge love for supporting Shuswap Ultra hosted by Lewiston Ultra Events. Lewiston Ultra Events is owned and directed by one devoted trail runner that is working hard to ensure participants have the greatest experience, get the biggest bang for their buck, create lasting memories and give back.

WHEN: Friday, June 23 @ 5pm (120KM) & Saturday, June 24 @ 7am (60KM & RELAY).

WHERE: 120KM (out & back) start @ KLAHANI PARK in Salmon Arm & finish @ KLAHANI PARK in Salmon Arm. 60KM & RELAY (point to point) start @ MARA HILLS GOLF RESORT in Sicamous & finish @ KLAHANI PARK in Salmon Arm.

MANDATORY RACER CHECK IN (AT START LINE): 120KM - June 23: 4pm until approx. 4:50pm & 60KM & RELAY - June 24: 6am until approx. 6:50am. We will attempt to contact runners that have NOT checked in but have picked up their race package (you must check in or you will DNS - Did Not Start).

RACE BRIEFING: Racer guide, event details, course info, etc will be hosted on the Lewiston Ultra Events [YouTube channel](#) & not at the start line. Link to the 2023 RACE BRIEFING VIDEO will be emailed to registered racers prior to event week. Racers can also watch the video [here](#).

The Shuswap Ultra course is open to the public on race weekend. Please be mindful, courteous and aware of other users.

There is **NO PUBLIC/CREW ACCESS ON THE TRAVERSE**. Crew, family, cheerers are NOT PERMITTED to go beyond Cec's Cabin. Crew, family, cheerers are welcome at Larch Hills Nordic Chalet & Cec's Cabin; crew, family, cheerers are not permitted at the Water Station or The Woods.

Be aware: runners are transitioning/crossing the road in several areas and the road is narrow between Larch Hills Nordic Chalet and Cec's Cabin. There is absolutely no parking on Forestry Service Roads (access between all aid stations) as we need to ensure access for medical support.

RACE PACKAGE PICK UP:

THURSDAY, JUNE 22 (4-7PM)

KINTEC SALMON ARM

17 Hudson Ave NE

Salmon Arm, British Columbia

250-517-7337

FRIDAY, JUNE 23 (12-8PM)

KLAHANI PARK

6391-10th Ave SE

Salmon Arm, British Columbia

THERE IS NO PACKAGE PICK UP ON SATURDAY, JUNE 24.





Government issued identification is required to pick up race package. It is acceptable to pick up for another registered runner with written confirmation (text/email) and/or copy of photo ID.

*Bibs are for assigned runner only and are not to be passed along to another runner. Rogue runners are not covered under Lewiston Ultra Events insurance & if identified, the rogue runner & registered runner will be banned from Lewiston Ultra Events.

RACE DAY TEMPERATURE:

*High of 22° & low of 8° (on average)

SUNRISE & SUNSET:

*4:45am/9:15pm

RACE COURSE:

The 120KM (out & back) starts at Klahani Park in Salmon Arm and brings racers into the inviting South Canoe trail system where they will journey into the Larch Hills Traverse to experience a variety of ecosystems. On one of the longest days of the year, runners will be rewarded with forests, fens, fresh single track trails, remarkable Shuswap & Mara lake(s) viewpoints, gentle switchbacks and undisturbed private trails on Splitsin First Nation land. The turnaround point/mid way is a short jaunt up Old Spallumcheen road to the impressive Mara Hills Golf Resort. From the mid point, runners will head back up the flowy Sicamous switchbacks to experience the traverse from the opposite direction and join the finish line festivities at Klahani Park.

*120KM racers are recommended to park at Klahani Park (start/finish).

The 60KM (point to point) distance starts at the gorgeous Mara Hills Golf Resort and leads racers down Old Spallumcheen road and into the stunning private trails on Splitsin First Nation land. The gentle Sicamous switchbacks guide racers up the remote traverse to experience a variety of ecosystems, each with distinct display. Through out the day, racers will be rewarded with vast forests, old growth cedar, single track and impressive Shuswap & Mara lake(s) viewpoints before dropping into the speedy South Canoe trail system and the finish line party at Klahani Park.

*60KM racers are recommended to park in the overflow lot (follow race weekend signage) above Klahani Park (finish line) and shuttle (included in race fee) between 5:30-6am. The shuttle will take 60KM racers to the start line at Mara Hill Golf Resort. If a 60KM racer chooses to park at Mara Hills Golf Resort (start line) please note, parking space will be limited, vehicles cannot be left overnight and you will not have a ride from Klahani Park (finish line) to retrieve your vehicle.

The 2 PERSON RELAY (30KM/30KM) (point to point) experiences the remote Larch Hills Traverse, as a team. Relay starts with the 60KM racers at Mara Hills Golf Resort and will transition mid way at Cec's Cabin (you'll hear the music long before you get there)! Each racer will complete 30KM and revel in a variety of forest, older growth cedar, hemlock, flowy switchbacks and flowy downhill before the final decent to the festivities at Klahani Park (finish line).

*RELAY 1 racer is welcome to park at in the overflow lot (follow race weekend signage) above Klahani Park (finish line) and shuttle (included in race fee) between 5:30am-6am OR have RELAY 2 racer provide transportation to Mara Hills Golf Resort (start line) to send/cheer you on your way! Please note, shuttle is not provided TO/FROM Cec's Cabin (transition point); relay teams are responsible for their own transportation TO/FROM Cec's Cabin (transition point). Relay teams will be given one (1) Cec's Cabin parking pass at package pick up; each Relay team is permitted one (1) vehicle at Cec's



Cabin. It is up to each Relay team to time their arrival at Cec's Cabin (transition point) and be there in time for RELAY 1 racer to finish & RELAY 2 racer to start.

120KM EVENT (5PM START ON FRIDAY, JUNE 23):

Elevation gain (total): 3850 meters

Elevation loss (total): 3850 meters

LEG 1-KLAHANI PARK TO LARCH HILLS NORDIC CHALET – 14KM

Elevation gain: 550 meters

Elevation loss: 175 meters

Estimated completion time: 1.5hrs – 2.5hrs

Trail Type: 75% Single Track with some Double Track

Route: 10th Ave SE parallel trail, South Canoe Trailhead, Lower Hobby Horse, Upper Hobby Horse, Horsin' Around, X-Cut, Stubby's, P2, Triangle, Bear Den, Mo Budda, Coffee Time, Metford Road, Raven's Ridge, Metford Road to Larch Hills Nordic Chalet

LEG 2-LARCH HILLS NORDIC CHALET TO CEC'S CABIN – 16KM

CEC'S CABIN – DROPBAG OPTION

Elevation gain: 530 meters

Elevation loss: 320 meters

Estimated completion time: 1hrs – 2.5hrs

Trail Type: 75% Single Track with some Double Track

Route: Moose Snowshoe Trail, Larch Hills Road, Ermine Frolic, Ridge Run, Upper Lost In The Woods Snowshoe Trail, South Hub (Penti's Shelter), Reino's Run, Ermin Frolic Loop, Bruin's Ramble, Cottonwood Cutoff, Treebeard's Trail, The Greenway, Around-The-Hill Greenway Loop, Larch Hills Road, Hemlock Glide, White Pine Walk, Larch Hills Road to Cec's Cabin

LEG 3-CEC'S CABIN TO WATER STATION – 10KM

Elevation gain: 340 meters

Elevation loss: 285 meters

Estimated completion time: 2hrs – 4hrs

Trail Type: 75% Single Track with some Double Track

Route: Larch Lake Loop, Moonwalk, Clearcut Connection

LEG 4-WATER STATION TO THE WOODS – 10KM

Elevation gain: 300 meters

Elevation loss: 575 meters

Estimated completion time: 50min – 2hrs

Trail Type: 75% Single Track with some Double Track

Route: Clearcut Connection



LEG 5-THE WOODS TO MARA HILLS GOLF RESORT (TURNAROUND) – 10KM TURNAROUND – DROPBAG OPTION

Elevation gain: 150 meters

Elevation loss: 625 meters

Estimated completion time: 50min – 2hrs

Trail Type: 75% Single Track, Double Track, Paved Road

Route: Clearcut Connection, Sicamous Switchbacks, Private Land, Splantsin First Nation Private Land, Old Spallumcheen Road to Mara Hills Golf Resort

CUT OFF: Runners must leave Mara Hills Golf Resort by 7am and/or when 60KM racers start. Runners are not permitted to leave after 7am and will DNF

LEG 6-MARA HILLS GOLF RESORT TO THE WOODS – 10KM

Elevation gain: 625 meters

Elevation loss: 150 meters

Estimated completion time: 50min – 2hrs

Trail Type: 75% Single Track, Double Track, Paved Road

Route: Mara Hills Golf Resort, Old Spallumcheen Road, Splantsin First Nation Private Land, Sicamous Switchbacks, Clearcut Connection

LEG 7-THE WOODS TO WATER STATION – 10KM

Elevation gain: 575 meters

Elevation loss: 300 meters

Estimated completion time: 50min – 2hrs

Trail Type: 75% Single Track with some Double Track

Route: Clearcut Connection

LEG 8-WATER STATION TO CEC'S CABIN – 10KM CEC'S CABIN – DROPBAG OPTION

Elevation gain: 285meters

Elevation loss: 340meters

Estimated completion time: 2hrs – 4hrs

Trail Type: 75% Single Track with some Double Track

Route: Clearcut Connection, Moonwalk, Larch Lake Loop

CUT OFF: Runners must leave Cec's Cabin by 1pm. All runners after 1pm cut off will be assisted off the mtn, brought back to the start line & will DNF

LEG 9-CEC'S CABIN TO LARCH HILLS NORDIC CHALET – 16KM

Elevation gain: 320 meters





Elevation loss: 530 meters

Estimated completion time: 1hrs – 2.5hrs

Trail Type: 75% Single Track with some Double Track

Route: Larch Hills Road, White Pine Walk, Hemlock Glide, Larch Hills Road, Around The Hill Greenway Loop, The Greenway, Treebeard's Trail, Cottonwood Cutoff, Bruin's Ramble, Ermine Frolic Loop, Reino's Run, South Hub (Penti's Shelter), Upper Lost In The Woods Snowshoe Trail, Ridge Run, Ermine Frolic, Larch Hills Road, Moose Snowshoe Trail

CUT OFF: Runners must leave Larch Hills Nordic Chalet by 4pm. All runners after 4pm cut off will be assisted off the mtn, brought back to the start line & will DNF

LEG 10-LARCH HILLS NORDIC TO KLAHANI PARK (FINISH LINE) 14KM FINISH LINE – DROPBAG OPTION

Elevation gain: 175 meters

Elevation loss: 550 meters

Estimated completion time: 1.5hrs – 2.5hrs

Trail Type: 75% Single Track with some Double Track

Route: Metford Road, Raven's Ridge, Metford Road, Coffee Time, Mo Budda, Bear Den, Triangle, P2, Stubby's, X-Cut, Horsin' Around, Upper Hobby Horse, Lower Hobby Horse, South Canoe Trailhead, 10th Ave SE parallel trail

60KM EVENT & RELAY (7AM START ON SATURDAY, JUNE 24):

Elevation gain (total): 1980 meters

Elevation loss (total): 1870 meters

LEG 1-MARA HILLS GOLF RESORT TO THE WOODS – 10KM

Elevation gain: 625 meters

Elevation loss: 150 meters

Estimated completion time: 50min – 2hrs

Trail Type: 75% Single Track, Double Track, Paved Road

Route: Mara Hills Golf Resort, Old Spallumcheen Road, Splitsin First Nation Private Land, Sicamous Switchbacks, Clearcut Connection

LEG 2-THE WOODS TO WATER STATION – 10KM

Elevation gain: 575 meters

Elevation loss: 300 meters

Estimated completion time: 50min – 2hrs

Trail Type: 75% Single Track with some Double Track

Route: Clearcut Connection

LEG 3-WATER STATION TO CEC'S CABIN – 10KM

CEC'S CABIN: DROPBAG OPTION & TRANSITION FOR RELAY

Elevation gain: 285meters





Elevation loss: 340meters
Estimated completion time: 2hrs – 4hrs
Trail Type: 75% Single Track with some Double Track

Route: Clearcut Connection, Moonwalk, Larch Lake Loop

CUT OFF: 60KM runners & RELAY runners must leave Cec’s Cabin by 1pm. All runners after 1pm cut off will be assisted off the mtn, brought back to the start line & will DNF

LEG 4-CEC’S CABIN TO LARCH HILLS NORDIC CHALET – 16KM

Elevation gain: 320 meters
Elevation loss: 530 meters
Estimated completion time: 1hrs – 2.5hrs
Trail Type: 75% Single Track with some Double Track

Route: Larch Hills Road, White Pine Walk, Hemlock Glide, Larch Hills Road, Around The Hill Greenway Loop, The Greenway, Treebeard’s Trail, Cottonwood Cutoff, Bruin’s Ramble, Ermine Frolic Loop, Reino’s Run, South Hub (Penti’s Shelter), Upper Lost In The Woods Snowshoe Trail, Ridge Run, Ermine Frolic, Larch Hills Road, Moose Snowshoe Trail

CUT OFF: 60KM runners & RELAY runners must leave Larch Hills Nordic Chalet by 4pm. All runners after 4pm cut off will be assisted off the mtn, brought back to the start line & will DNF

LEG 5-LARCH HILLS NORDIC TO KLAHANI PARK (FINISH LINE) 14KM FINISH LINE – DROPBAG OPTION

Elevation gain: 175 meters
Elevation loss: 550 meters
Estimated completion time: 1.5hrs – 2.5hrs
Trail Type: 75% Single Track with some Double Track

Route: Metford Road, Raven’s Ridge, Metford Road, Coffee Time, Mo Budda, Bear Den, Triangle, P2, Stubby’s, X-Cut, Horsin’ Around, Upper Hobby Horse, Lower Hobby Horse, South Canoe Trailhead, 10th Ave SE parallel trail

COURSE MARKINGS:

The course will be marked with flagging tape, pin flags, reflective markers, directional arrows and wrong way X. Runners are required to stay on course and cross any roadways/transitions at designated locations ONLY.

PACERS:

There is no pacing.

Non-participants (human & animal) are not permitted to accompany runners along the course.

THE BIBS:

Medical & Emergency Information is on the back of your racer bib (you are encouraged to complete your medical info, emergency contact, etc).

120KM: #100, **60KM:** #600..., **RELAY:** #300...





Racers are required to check in at aid station. **Bib # must be worn on the front of your body and visible at all times.**

DROP BAGS:

120KM racers are invited to bring THREE (3) drop bags; one accessible at Cec's Cabin (twice), one accessible at Mara Hills Golf Resort (turnaround) and the other accessible at Klahani Park (finish line).

60KM & RELAY racers are invited to bring TWO (2) drop bags; one accessible at Cec's Cabin and the other accessible at Klahani Park (finish line).

CEC'S CABIN & TURNAROUND drop bags will be brought down to the finish line (Klahani Park) for 2pm.

Drop bags **MUST** be dropped off at Race Package Pick Up (Friday, June 22 or Friday June 23) and should be an appropriate size, sealable and/or have zipper. We will not be accepting plastic bins, suitcases or large drop bags; Lewiston Ultra Events is not responsible for damaged or lost items.

AID STATIONS:

Shuswap Ultra aid stations are a fun & encouraging stop along your race journey.

The predictable ultra tasty treats will be available as well as electrolyte, pop, broth, bacon, rice balls, ramen, potatoes, oatmeal, tea & coffee.

Basic first aid items will be available.

Shuswap Ultra is a Trail Sisters approved partner & will have feminine products at all aid stations.

If you prefer something special, we recommend you bring the items with you.

Lewiston Ultra Events is cupless. Disposable cups will not be available.

THERE IS NO WATER FILL STATION AT THE START LINE.

DROPPING FROM THE RACE:

If you decide to drop from the race, **YOU MUST DO SO AT THE CHECK IN/AID.** You will notify the aid station captain (to avoid Search & Rescue) and turn in your bib #. If you cannot make it to the check in/aid station, **STAY ON THE COURSE** and the sweep will assist you. **DO NOT GO OFF COURSE.** If we cannot account for you, an expensive search & rescue operation will be initiated, and you may be billed.

MANDATORY DROP OUT:

Check in/Aid Station Captains, medical support & Race Director have the absolute authority to withdrawal a runner from the race should they feel it unsafe for the runner to continue (dehydration, hypothermia, debilitating injury, unprepared for the conditions, etc). The runner **MUST** comply with this decision.

RECOMMENDED GEAR:





The Shuswap Ultra does not have a mandatory gear list. Racers will be journeying through mountain terrain and the following recommendations are for your safety. Weather is variable & can change dramatically. Runners need to be prepared for all types of weather conditions: hot, cold, wind, rain etc.

If you were to injure yourself with a rolled or sprained ankle between aid stations, it would be a slow slog and additional time spent out in the elements before you get assistance. Hypothermia is extremely dangerous and warm clothing, fluids, etc can be a game changer.

Seriously consider carrying the following items:

- Hydration pack (bladder) and/or handheld bottles with a minimum of 1-1.5 litres
- 1000mg of salt
- 400-600 calories MINIMUM
- Whistle
- Space blanket/Emergency Bivvy
- Windproof/water resistant light weight jacket
- Race course map/KMZ file
- Bear Spray (if you know how to use it)
- Gloves/mittens, buff/touque/hat, additional warm layer (long sleeve light weight)
- Cellular phone (percentage of the course does have cell coverage)
- Sunscreen, lip balm/protection, sunglasses
- High energy fuel/drink
- Headlamp (racers **SHOULD HAVE A HEADLAMP** with them or in their drop at Cec's Cabin)

The 'OTHER' Race Rules:

- Participants must be 19 years of age or older on race day
- Poles are permitted
- NO LITTERING. You will be disqualified from the race and banned future entry
- Follow the course as marked/flagged in the direction of the race
- DO NOT GO OFF THE COURSE
- If you encounter an injured runner, please consider staying with them until medical attention or help arrives or if safe to do so, continue to the next Aid Station and **report first name & bib # and approx. coordinates**
- Please use washroom facilities if available or common sense when relieving yourself
- No storing food or supplies along the trail/course
- Runners are expected to be mindful of other runners and perform in a sportsmanlike manner
- Runners/participants are responsible for all forms of medical coverage (costs of rescue services, treatment, hospitalization, emergency evacuation (air lifting) and helicopter/ground search)

CELLULAR RECEPTION/WIFI:

The Larch Hills Nordic Society has a cellular coverage map on their website (<https://skilarchhills.ca/maps/>) however, this map only references the trails around the Larch Hills Nordic Centre and does not include the entire course.

Cellular reception is intermittent through out the race course.

WILDLIFE ENCOUNTERS:





Runners aren't the only ones that enjoy the trails on the Larch Hills Traverse. These trails are home to black bear, grizzly bear, cougar, bobcat, moose, deer, squirrel, etc. It is highly unlikely for a potential meeting with our furry friends but in the off chance of an encounter, they want as much to do with you as you want with them.

If wildlife activity has been reported on the course or near the course prior to, or on race day, the course may be modified.

To learn more about wildlife encounters in British Columbia and the DOs & DO NOTs visit:

<http://www.env.gov.bc.ca/bcparks/explore/misc/bears/bearsaf.html>

<http://www.env.gov.bc.ca/bcparks/conserve/bearsandcougars.pdf>

To learn more about bear spray and the DOs & DO NOTs, Banff National Park has this complete YouTube video:

<https://www.youtube.com/watch?v=alvpLzHiCrg>

COURSE EMERGENCIES:

If you encounter an injured runner, please consider staying with them until medical attention or help arrives or if safe to do so, continue to the next Aid Station and **report first name & bib # and approx. coordinates.**

If you have cellular reception, please call race headquarters @ 587-899-7125.

DO NOT GO OFF COURSE. If you have become disorientated, please back track or retrace your steps to the last flag you seen. The course will be marked with flagging tape & arrows.

THINGS TO BRING (CREW, SUPPORT & POST RACE):

- Folding chair/lawn chair
- Sunscreen/bugspray
- Water/snacks
- Post race warm clothes (jacket, pants, gloves, etc) AND sandals (you'll likely want to kick off those runners as soon as possible)
- MORE COWBELL!

QUESTIONS/CONCERNS:

Contact info@thelewistonultra.com and/or Kara @ 587-899-7125.

Thank you for choosing Shuswap Ultra as part of your 2023 race schedule; we are incredibly honored to be part of your journey and excited to host you!

