

VERT TILL YA HURT 2024

RACE GUIDE

PACE TRAIL RUNS



We at PACE acknowledge our presence on the unceded and ancestral lands of the Sylix and Okanagan peoples. We recognize, honour and respect the Sylix and Okanagan territory on which we live, work and play.

THANK YOU AND WELCOME TO THE PACE FAMILY!

With so many amazing events every year, it can be tough to pick which ones to support. We are grateful and appreciative that you chose to spend your time with us at PACE verting until you're hurting.

This event is not only an amazing opportunity to see some stunning trails and peaks around the Okanagan Valley, but it is also an avenue to support the [West Kelowna Trail Crew](#). They work tirelessly to maintain the trails we love, and could use some extra support after the fires last summer. [Donate here!](#)

This guide is here to use for your benefit to help answer questions about VTYH and to make sure you have all the necessary information handy at all times.

Happy trails, and thanks again for choosing PACE Trail Runs!

BEFORE THE RACE - PACKAGE + BIB PICK UP

When: Friday, April 5th,
6:00 pm - 7:00 pm

Where: Fresh Air Experience
(1656 Dilworth Dr, Kelowna,
BC, V1Y 8P8)

[Click me for directions!](#)



All racers must pick up their bibs on Friday night, and the registered runner must be present with a piece of photo ID. *You cannot pick up a bib for someone else.*

All runners must check-in race morning but only special considerations will be made for day of race *BIB* pick up before 6:30 am.

Contact us via email at stephaniepacetrailruns@gmail.com to request possible special considerations.

RACE SCHEDULE

Race Schedule

Date: Saturday, April 6th, 2024
Start Location: [Smith Creek Parking Lot](#)
Start Time: 7:00 am

Please carpool to the Smith Creek parking lot in the morning. It helps our lovely environment, and also helps to ensure that everyone can find a spot. Upon arriving, *please obey parking marshals who will be directing traffic.*

All racers must check in between **6:15am and 6:45am** the morning of the race with our registration team located under the ***PACE tents***.

All racers must also attend the ***mandatory pre-race briefing 10 mins before the race starts***. Here you will get important safety information, and updates on what type of course marking to look out for on the trails.

16 km Finish Line (Smith Creek) Closing Time: 11:00 am

37 km Finish Line (Red Bird) Time: 2:00 pm to 6:00 pm

Awards Ceremony/Prize Draw(Red Bird): 4:00 pm

Our after party and 37 km finish line will be at [Red Bird Brewing!](#) Meet us here to cash in your drink ticket and have a chance to win some amazing prizes from our sponsors!

Red Bird Brewing will also be hosting live music at 7:00 pm Saturday night, which means that you'll need to purchase a \$10 ticket if you want to stay past 6:30pm. Snag a ticket [here!](#)



RACE OVERVIEW

Check out the sections below for directions for parking and important information on the courses.

VTYH 16 KM

| PEAK | DISTANCE | ELEVATION | PARKING + START |
|--------------|--------------|--------------|---------------------------|
| Smith Creek | 16 km | 530 m | Map here! |
| TOTAL | 16 km | 530 m | |

Download the GPX file from our website [here!](#)

VTYH 37 KM

| PEAK | DISTANCE | ELEVATION | PARKING + START |
|-----------------------------|--------------|---------------|---------------------------|
| Smith Creek | 16 km | 530 m | Map here! |
| Goat's Peak (2 repeats) | 8.68 km | 720 m | Map here! |
| Mount Boucherie (2 repeats) | 13 km | 600 m | Map here! |
| TOTAL | 37 km | 1850 m | |

Download the GPX files from our website [here!](#)

Parking Information *Please Carpool*

Parking at **Smith Creek** is along the right hand side of the FSR as you drive into the park. We will have parking volunteers on site directing traffic. Parking in the upper lot is not permitted as we are required to keep this space available for day users.



Parking for **Goat's Peak** will be street/residential parking along the right hand side of Whitworth road. Please do not block residents driveways and only park in designated areas. *Runners must check in with the timing team at the base of the mountain before starting, and must have their "Peak Pass" marked off upon completion.*



Parking for **Mount Boucherie** will be in the parking lot of the school. *Runners will need to check in with the timing team located on the school field near the base of the mountain before starting, and must have their "Peak Pass" marked off upon completion.*



Goat's Peak and Mount Boucherie

The course at each peak will be marked, and course marshals and a medic will be present. That being said, runners must be comfortable being self-supported, as there are *no aid stations at the Goat's Peak and Mount Boucherie locations*. Be sure to grab a cooler filled with your favorite snacks and drinks and load up your car!

After the Smith Creek loop, runners must perform their repeats in the following order: 2 repeats at Goat's Peak then 2 repeats at Mount Boucherie. If a runner performs the repeats in the reverse order, they will be disqualified.

The finish line will be at [Red Bird Brewing](#). Here, runners can hand in their peak passes, receive their finisher medals and pick up their drink tickets. Cheers!

37 km Recording

Runners will receive a "Peak Pass" in their race package. It must be signed/verified by our timing team at each peak, so ensure it is accessible and keep it on you. We will also need to see your "Peak Pass" at the finish line party, so please bring it with you.

Runners must follow the course marking at each peak. **Cutting corners is NOT ALLOWED**, as this not only compromises the integrity of the race, but also affects our ability to get permitting for other events in the future.

For your overall time, *only the trail segments are recorded*. Your driving time does not influence your overall time, so please drive safely and responsibly from peak to peak.

The top 3 finishers of the 37 km distance may be asked to submit their GPX data to verify results and ensure course marking was followed properly.



AID STATION - SMITH CREEK (5 KM)

There is only one aid station and it's 5 km into the 16 km course. *There are no aid stations at Goat's Peak or Mount Boucherie.* Runners doing the 37 km course should bring a cooler filled with some good snacks and fluids to keep themselves topped up from peak to peak.

The Smith Creek Aid Station (5 km) includes:

- Water
- Hammer Nutrition Heed
- Hammer Nutrition Endurolytes
- Hammer Nutrition Gels
- Chips
- Fruit Bars
- Gummy Bears/Fruit Snacks
- Pickles

- Coke

Please bring a foldable bowl/mug to receive food/drinks at the aid station. There will be no bowls, plates or cups at the aid station. This is our small way of reducing unnecessary waste and doing our part to protect the nature in which we love to run.

Runners may not receive assistance outside of the designated aid station by anyone other than another registered active runner. This is a standard put in place and enforced to ensure fairness for all runners.

That being said, runners may receive assistance from a crew **within the aid station boundaries**, so long as it does not impede other runners or race staff.

MANDATORY CHECK IN LOCATIONS

For the safety and fairness of all runners, our event has a few check in locations to ensure everyone is at the right place and in the right order. It also ensures no one is going off course, and that everyone is happy and healthy out on the trails.

1. **Start of Race Check In 6:15am to 6:45am:** Look for our registration team under the **PACE tents** before the race starts.
2. **Smith Creek Aid Station (6.5km):** Please ensure your bibs are attached on the front of your person and are visible so our aid station team can check you in seamlessly!

These are the only 2 check in locations for the 16 km runners. We'll see you at the finish!

3. **Base and Top of Goat's Peak:** You will need to check in with us before starting your repeats at the base of the mountain, and you'll see us at the top as well. *Please make sure you do your Goat's peak repeats before Mount Boucherie, or you will be disqualified.*
4. **Base and Top of Mount Boucherie:** You will need to check in with us before starting your repeats at the base of the mountain, and you'll see us at the top as well.

Make sure you get your "Peak Pass" signed at both Goat's Peak and Mount Boucherie!

5. **Red Bird Brewing Finish Line:** Here we'll verify your "Peak Pass" and you can collect your finisher's medal. Don't forget to pick up your beer ticket either...

CUT OFF TIMES

Cut offs are put in place to make sure all runners have a safe and fun experience, and ensure our volunteers, sweeps and event/permit timelines are followed.

That being said, they are strict cut offs and *any runner that arrives at a checkpoint after the published cut off time will be disqualified.*

SMITH CREEK

Smith Creek Aid Station: 8:30 am (1.5 hours for 6.5 km)

16 km Finish Line: 11:00 am (4 hours for 16 km)

GOAT'S PEAK: 8:30 am - 2:00 pm

Runners may begin their repeats at Goat's Peak as early as 8:30 am, and have until 2:00pm to complete them.

Runners must *start no later than 11:30 am*

Runners must *finish no later than 2:00 pm* (2.5 to 6.5 hours to complete your 2 repeats).

Our sweepers will begin clearing flags and course markings at the 2:00 pm cut off time.

MOUNT BOUCHERIE: 10:00 am - 5:00 pm

Runners may begin their repeats at Mount Boucherie as early as 10:00 am. *Our team will be sweeping the flags and course markings at 5:00pm, however you can still finish your repeats if you need additional time. You will still qualify as an official finisher, just not qualify for top prizing and you'll need to submit proof of your repeats and pick up your finishers medal another time if you can't make it to Red Bird by 6:00pm.*

Runners must *start no later than 2:30 pm* (2.5 to 7 hours to complete your 2 repeats).

RED BIRD BREWING: 2:00 pm - 6:00 pm

Come hang out with us! Cash in your drink ticket and stay for the awards ceremony and prize draw. All runners are automatically entered in the prize draw, so just make sure to stick around until 5:00 pm to see if your name gets drawn!

Awards Ceremony: 5:00 pm

Finish Line Closes: 6:00 pm**

***Red Bird has a concert at 7:00 pm. Tickets are required to stay later than 6:30pm, so we must be packed up by 6:00 pm. Purchase Tickets [HERE](#).*



Sad Tom and the Noodles

intertwine relatable lyrics with engaging melodies for an indie rock sound that is both inviting and expressive.

Satoshi Yano is a Kelowna based artist that is driven by authenticity, playing a singer-songwriter style that is heavily influenced by hip hop.

RACE RULES + POLICIES

Race Rules

Smith Creek is a designated mountain biking area, so we want to emphasize a few key rules to follow out of respect for the trails and patrons of the park. Those key rules are as follows:

- Public space should not be negatively impacted
- No cutting corners. Short cutting puts at risk the future ability of PACE to get permitting and host events on Crown Land.
- Crews are not allowed to take motorized vehicles to areas designated as "off limits". *All trails in VTYH are non-motorized.*
- Headphones are **NOT** permitted

- After Smith Creek, runners must perform their repeats in the following order: 2 repeats at Goat's Peak then 2 repeats at Mount Boucherie. *If a runner performs the repeats in the reverse order, they will be disqualified.*

Please ensure you check out our full list of race rules and etiquette [here!](#)

Registration Policy

Please note that you accepted these policies upon registration for any PACE event and that deferral fees only apply to runners dropping out of events, not for cancellations. Thank you for your cooperation.

After registering for a PACE event, you have 48 hours to request a full refund. After that, no refunds will be issued.

You can request a drop down in distance *within the same event* for no cost. However, you cannot move up in distance. No credits will be issued if you move down.

Entries can only be deferred a single time to a single event.

You have up to **30 days** before the race starts to receive a 100% deferral of fees. *This deferral is towards another not yet sold out PACE Trail Runs event within the calendar year.* This means you can defer to another race, but not the same race a year later.

Between **14 to 30 days** before the race, we can arrange a 50% deferral of fees towards *another not yet sold out PACE Trail Runs event within the calendar year.*

There are *no refunds and no deferrals* within 2 weeks (14 days) of the race day. No exceptions.

VTYH SPONSORS

A huge thank you to our amazing sponsors for supporting us through VTYH and the other amazing PACE Trail Series events!

