

# WILDHORSE TRAVERSE 2024

## RACE GUIDE

### PACE TRAIL RUNS

*Our team would like to acknowledge that Wildhorse Traverse takes place on the traditional and unceded territory of the Okanagan Syilx people and we celebrate and honour all the history that exists within this amazing park.*





## **THANK YOU FOR CHOOSING PACE!**

We are a small, family owned series with a simple goal: Offer a professional, memorable, and challenging race series that is inclusive to all. We want you to feel like you're coming home to your PACE Family!

We work hard to keep our events grassroots and hope you feel a part of our family at every event. We strive to add our unique, quirky handmade touches to every event: Homemade pies and jam, ceramic finisher's medals, stained glass podium trophies and small batch roasted coffee. All of these quirks and perks are handmade by the race director, her husband, and their loving family and friends.

We prioritize values such as composting and recycling so that we can keep enjoying these lands for years to come. We also donate a portion of our race fees back to the trail groups that build, maintain and advocate for the trails we are so privileged to enjoy.

Thanks again for choosing PACE, and welcome to the #pacefamily in 2024!



## BEFORE THE RACE - PACKAGE + BIB PICK UP

**When:** Friday, May 3rd, 5:00 pm to 7:00 pm

**Where:** Fresh Air Experience (1656 Dllworth Drive, Kelowna, BC, V1Y 7V3)

Click [here](#) for directions!

Come on down to pick up your goodies and check out Fresh Air Experience's amazing selection!

*Runners will get 20% off in store shopping during race package pick up hours.* This is a great time to get fueling for the race or any additional gear you may need!

Participants will also receive a special swag item from our sponsors and can enter a draw to win a pair of Salomon Genesis shoes!

*Picking up your bib the day before also accelerates the check-in process the morning of the race.* You can skip the "bib pick-up" line, get some extra sleep and save time on race day.

*ID must be shown by the registered runner to pick up race package + bib.* You cannot pick up a race package/bib for anyone else or have someone else pick up your bib for you.

Only special considerations will be made for day of race *bib only* pick-up before 6:30 am. Swag items can be picked up at the *PACE tents at the finish line*. Contact us via email at [stephaniepacetrailruns@gmail.com](mailto:stephaniepacetrailruns@gmail.com) to request possible special considerations.



**Package Pick-Up  
May 3rd**

**5:00 - 7:00pm**



**ENTER TO WIN**

**SALOMON GENESIS**



**salomon**



**CANADA**



# RACE OVERVIEW

**When:** Saturday, May 4th, 2024

**Start Location:** [Bertram Creek Upper Parking](#) Lot

**Start Time:** 7:00 am

50 km	1896 m ascent	1903 m descent
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Click [here](#) for an interactive race map!  
Download the *GPX File* from our website [here](#)!

## Start Line Parking - Bertram Creek Park, Kelowna, BC

Parking will be available in the *upper parking lot* at Bertram Creek Park (5680 Lakeshore Road, Kelowna, BC, V1W 4J4).

Click [here](#) for directions!

*Runners are unable to leave vehicles here overnight as the park closes at 8:00 pm.* Any vehicle left here past 8:00 pm will be towed. Please consider having someone drive you in the morning or take our [shuttle](#) from Naramata!

## Finish Line Parking - Columbia Hall, Naramata, BC

The finish line will be at *Columbia Hall* (455 Ellis Ave, Naramata, BC, V0H 1N0). Parking will be available along the nearby residential streets and everything is within a short walk of the finish line. Please carpool if you can.

Click [here](#) for directions!

This event does not have a formal awards ceremony. Awards will be given to the top 3 runners in each category as they cross the finish line.



## RACE SHUTTLE

For those staying in and around Naramata, you can sign up for the shuttle for \$10. The shuttle only goes from Naramata to Kelowna (Start Line). *There is no shuttle back to Kelowna after the race.*

The shuttle departs from [Columbia Hall](#) in Naramata and takes approximately 1 hr 15 mins to get to the start line. The schedule is as follows:



- 4:45 am:** Shuttles begin loading at Columbia Hall
- 4:50 am:** Shuttles depart Columbia Hall
- 6:00 am:** Shuttle arrive at the Start Line at Bertram Creek Park

The shuttle's departure location is very close to the finish line and right beside a major campsite, making it easy to get up and go quickly in the morning if you choose to camp there.

The shuttles are available for \$10.00 per person and can be added [here](#) *before April 26th.*

## MANDATORY GEAR CHECK

This event is a remote point to point race where all runners will be self supported for the first 21 km and must also account for variable temperatures. In the event of any emergency, it is better to have extra food and layers.



Between 6:00 am to 6:45 am on race morning, runners must check in with our team and *undergo a mandatory gear check*.

Random gear checks will also be conducted on course up until Aid Station #2. *Any runner who is found without the mandatory gear will be disqualified.*

**Runners *MUST* carry the following gear with them:**

- Lightweight jacket for variable weather and cold temperatures
- Emergency blanket
- Hydration pack and/or flasks equating to a **minimum** of 1.5 litres
- **Minimum** 400 calories

***Additional RECOMMENDED gear:***

- Hat/toque
- Gloves
- Additional warm layer (long sleeve base layer, thin jacket)
- Cell phone (cell access is available in multiple areas throughout the course)
- Bear spray
- Sunglasses
- Sunscreen and lip balm
- High energy fuel and drink

*Please note: This is for your safety and race organizers reserve the right to adapt or change the mandatory list/rules last minute. Please ensure you attend the mandatory race briefing, 10 min before the start, for any last minute changes. Thank you for your cooperation.*



# DROP BAGS

All runners are allowed one drop bag. They will have access to their drop bag at Aid Station #2 about 35 km into the course. *Please leave drop bags on the tarp in the back of the U-Haul* before the start (in Kelowna) so we can transport them effectively and keep things organized.



Each drop bag must be no larger than a shoe bag and please label your drop bag clearly with your *bib number and first and last name*. It is best not to include any valuables in your drop bag as we cannot be responsible for any lost or stolen items.

Any time from 3:00 pm until the finish line closes, runners can come to pick up their drop bags at the PACE tents. *Runners are responsible for picking up their own drop bags* and if forgotten, they will be required to pay for any necessary shipping fees if need be.

Check your bib number in advance [here](#)



# AID STATIONS

Please bring a foldable bowl/mug to receive food/drinks at the aid stations. *There will be no bowls, plates or cups at the aid stations.* This is our small way of reducing unnecessary waste.

We anticipate running streams throughout the course that may be used as water sources with the help of a filtration system. That being said, *please do not rely on these streams as your main hydration source.*

## Aid Station #1 - 20.5 km

This aid station is remote and requires boat access for aid, volunteers and medics. Due to the difficult access, supplies are limited so please plan accordingly.

Aid Station #1 includes:

- Water
- Hammer Nutrition Heed
- Hammer Nutrition Endurolytes
- Hammer Nutrition Gels
- Chips
- Gummy Bears/Welches
- Pickles
- Coke

## Aid Station #2 - 35 km

Access to Aid Station #2 is via Naramata and off Chute Lake Road at the turn off to the *south parking lot of OK Mountain Provincial Park.*





Spectators and support crews are welcome at this aid station so long as vehicles are *parked along Chute Lake Road and they walk to the aid area.* *No additional parking is permitted.*



Aid Station #2 includes:

- Drop Bags
- Water
- Hammer Nutrition Heed
- Hammer Nutrition Endurolytes
- Hammer Nutrition Gels
- Fruits (bananas, oranges, watermelon)
- Chips
- Fruit Bars
- Gummy Bears/Welches
- Pickles
- Coke

**\*\*\* Please note that the distance between Aid #1 and Aid #2 is only 14 km. However, this section is the most challenging part of the course, takes longer than anticipated and **SHOULD NOT BE UNDERESTIMATED.****



### Aid Station #3 - 46.5 km

This aid station is located at the Smethurst Parking Lot along the KVR. Access is via Arawana Road in Naramata.

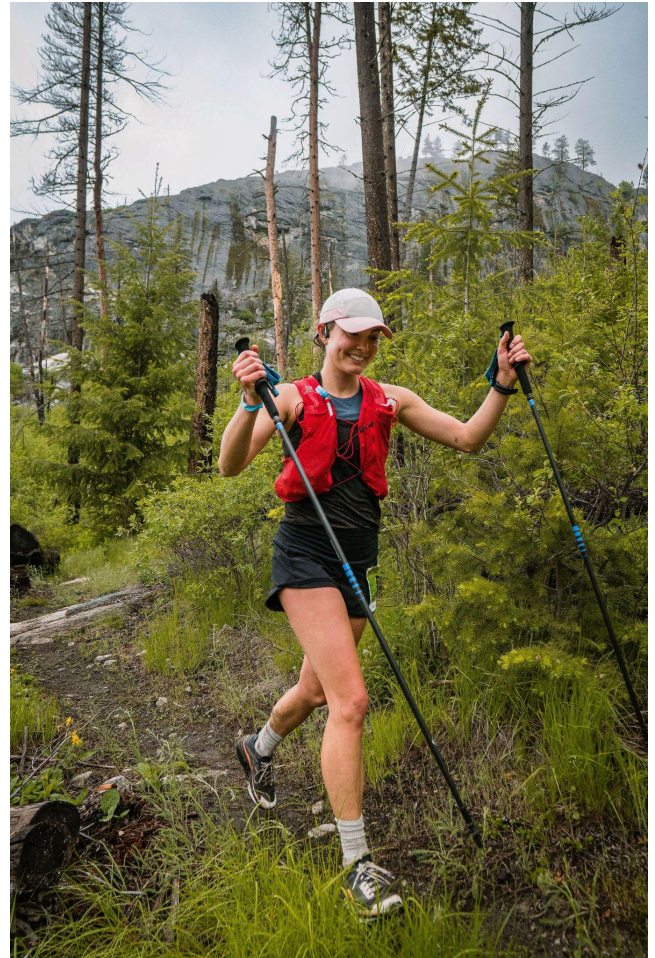
Aid Station #3 includes:

- Water
- Hammer Nutrition Heed
- Hammer Nutrition Endurolytes
- Hammer Nutrition Gels
- Chips
- Gummy Bears/Welches
- Pickles
- Coke

All three of these aid stations also act as checkpoints. *It is mandatory that you check in at all aid stations*, so please have your bib visible and on the front of your person.

*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.



# CUT-OFF TIMES

Wildhorse Traverse has *4 cut-off times* and allows a total of 10 hours to complete the 50 km course. 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.



## **1st Cut-Off: Aid Station #1 - 10:30 am**

This gives participants 3.5 hours to complete approximately 21.5 km of the full 50 km course.

## **2nd Cut-Off: Aid Station #2: 2:30 pm**

This gives participants 7.5 hours to complete approximately 35.5 km of the full 50 km course.

## **3rd Cut-Off: Aid Station #3 - 4:15 pm**

This allows participants 45 mins to complete the final 3.5 km of descending/flat terrain to the finish line.

## **4th Cut-Off: Finish Line - 5:00 pm**

The final cut off time will be at the *finish line for 5:00 pm*.

If a runner arrives at a checkpoint *after the published cut-off time*, they will be disqualified and taken back to the finish area.



## POST RACE CELEBRATION

Be sure to save some energy for the post race festivities! Our finish line is located near the water and we will have some local favourites to really encourage post-race relaxation.

### Post Race Meal

Lunch is included for racers, courtesy of our family's own Uncle Kenny! Each race bib has a tear away portion along the bottom that will have each runner's predetermined food preferences on it. *To collect your meal, please remove the tear away section of your bib and hand it in to our volunteers.*

Those with no dietary restrictions will be having handmade pizza and those who are either vegan/GF will be having Uncle Kenny's famous curry.

### Vendors - Drinks & Merch

[Barn Owl Brewing](#) will be selling freshly brewed beer for your enjoyment! Residing in Kelowna, Barn Owl Brewing creates delicious drinks for friends and family to enjoy together.

PACE Merchandise will also be available for purchase at the finish line! T-shirts, sweaters, toques and more!

Extra things to bring to the finish line:

- Swimsuit
- Lawn chair
- Picnic blanket
- Cash/cards for drinks and merchandise (only the meal is included)



# ACCOMMODATIONS

Naramata is a beautiful vineyard town of about 1,600 people, so accommodations can be tight when an event rolls through town. If you need a hand finding accommodations, check out some of the options below!

## Camping and Lodging in Naramata

The finish line is situated right beside a large campsite that has cabins, tent plots and RV plots. This is also where the *shuttle will be departing from on the morning of the race.*

Reservations can be made [here!](#)

## Hotel, B&B and Cottages

### [The Naramata Centre Society](#)

continues to be an amazing supporter of the Wildhorse Traverse and it wouldn't be possible without their generosity. Visit their website for additional places to stay and fun things to do while visiting Naramata!

Penticton is the neighbouring town and about a 15 min drive from the finish line/shuttle. It is a fair bit larger, so there will be more accommodations available if need be. Check out their website [here!](#)





# RACE RULES

## Race Rules and Trail Etiquette

- *No short cutting any portion of the race.* If a runner makes a wrong turn, they must return to the course on foot to the point where the error occurred and continue the race from there.
- *Do not litter on the course.* This will result in disqualification.
- If you come across an injured fellow runner, *please stay with that person until the sweep or medical team arrives.*
- *No pacing:* Non-participants may not accompany registered runners (on foot or otherwise) along the course.

## REGISTRATION POLICY

- After registering for a PACE event, you have 48hrs to request a full refund. After that no refunds will be issued.
- **Bibs are non-transferable to another runner** under any circumstances.
- Entries can only be deferred a single time, to a single event.
- Up to 30 days before race day, we offer a 100% deferral of fees, 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 race day, we can arrange a 50% deferral of race 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 of race day. No exceptions.**

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



# THANK YOU!

Thanks again for choosing PACE Trail Runs! We look forward to enjoying a beautiful race day and cheery experience with you all! As a family business with family values, we truly appreciate each and every one of you that participates in any of our PACE events. Welcome to the family!

If you post any photos of your Wildhorse Traverse experience, please tag @pacetrailruns and use the #pacefamily to share your unique experience with the wildhorse community!

See you soon!

PACE Trail Runs Team

Rene, Trent, Stephanie, Halyna, Lucy, Jody, Steve & Hannah.

**p.a.c.e.**  
TRAIL RUNS



