

WANDERING MOOSE 2023
RACER UPDATE SEPTEMBER 29, 2023

PRE-RACE PACKAGE PICK UP

Friday October 6, 2023

5:00pm to 6:00pm

Fresh Air Experience / 1656 Dilworth Drive

- 20% off in-store shopping
- **Enter a draw for a chance to win a free pair of Salomon Pulsar Pro shoes, Salomon 45L Outlife Duffle Bag, and more prizes from Salomon & Hammer Canada. We will hand out the prizes at the race on Saturday!**
- Sleep in and hit our express “nexus” check-in the morning of the race.
- ID must be shown by the registered runner. You cannot pick up a bib for someone else.

RACE-DAY BIB PICK-UP / RACE DAY CHECK-IN

Saturday October 7, 2023

ALL DISTANCES: 7am to 9am

Myra Canyon Adventure Park

- All racers **MUST** pick up their bib and also **check in race morning**, well before the briefing for each distance.
- If you picked up your bib on Friday night, you can hit our express “nexus” line for a faster check-in.
- ID must be shown by the registered runner. You cannot pick up a bib for someone else.
- Bibs must be picked up before 7:45am for 42k runners.

START TIMES

42km - 8:00am. Runners must be checked in before 7:45am. Briefing at 7:50am.

21km - 9:00am. Runners must be checked in before 8:30am. Briefing at 8:50am.

11km - 10:00am. Runners must be checked in before 9:00am. Briefing at 9:50am.

Kids - 10:15am. Kids can pick up their bibs between 9:45am and 10:10am.

Check in / bib pick up is at the PACE tents at the finish area in Myra Canyon Adventure Park.

SHUTTLE

- ***NEW*** 11km runners have a new start at June Springs parking lot.
 - **9:15am**: Start loading at the entrance to Myra Canyon Adventure Park and June Springs Road. The bus cannot drive into the park.
 - After checking in (before 9am) please walk to the entrance of the park to load the shuttle.
 - **9:20am**: Depart for start area / June Springs parking lot.
 - **9:25am** - arrive at June Springs parking lot / start area.
 - **Please note: drop offs are not permitted and 11km runners must shuttle to the start due to limited space at June Springs parking lot. Thank you for your cooperation.**
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PARKING

MYRA CANYON ADVENTURE PARK

- Please carpool where possible.
 - There are two parking lots at the adventure park.
 - Overflow parking can park along the *right hand side* of the road leading into the park.
 - There will be volunteers directing parking.
 - [Click](#) for map.
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CUT-OFFs

The 42km has two cut-off times:

- The first cut-off is at the 3rd aid station (June Springs parking lot) at 2:00pm. This gives participants 6hrs to complete approx. 30km of the full 42km course.
- The second cut-off time is at the finish line at 4:00pm, allowing participants 8hrs to complete the full 42km course.

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

QUADZILLA

This year we had a record amount of people sign up for the Quadzilla which is so inspiring and we're so grateful.

Those that finished a minimum of 4 races in our series will receive a special finisher hat, as well as a chance to win either an entry into the Transalpine Run, a 7 day stage race in the alps or Transrockies Run, a 6 day stage race in the Rockies.

We will make the Quadzilla draw for the races on October 8th. The first name to be drawn will be contacted and given the option to choose a free entry into either [Transalpine Run](#) or [Transrockies Run](#). Then we will draw again for the winner of whichever race wasn't chosen first.

Please do your research on these events ahead of time, including the 2024 race dates and **be prepared to make a decision right away**. You cannot transfer your entry. If you choose to decline, we will draw another name until both entries have been accepted.

Official Quadzilla finishers hats will be mailed out in mid-November.

AID STATIONS

The aid stations also act as check points, therefore it's mandatory that you check in at both aid stations.

Please have your race bibs on the front of your body and visible. If you enter the aid station area with others, please yell your bib number out or ensure you spread out so our volunteers can see your bib numbers and check you off.

42k aid stations

Aid #1 - KVR +/- 10km **note - we had to move the aid station to the top of Captain Nemo trail due to a mudslide earlier in the year along the KVR eliminating access to Crawford trail.*

Aid #2 - Lower Bench (Crawford) +/- 21.5km

Aid #3 - June Springs parking lot +/- 29.5km

20k aid stations

Aid #1 - June Springs parking lot +/- 10km

11km aid stations

Runners need to be self supported on the 11km course. There are no aid stations.

Food stations will carry, but not be limited to the following:

- Water, Hammer Nutrition HEED, gels & endurolytes.
 - Coke.
 - Chips, oreo cookies, fruit snacks & fruit bars.
 - Variety of fruit.
 - Pickles.
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DROPPING OUT

If for some unforeseen reason you need to withdraw from the race, participants must report their decision to the nearest aid station captain or race HQ at the start/finish. Please do not go home

without reporting that you have withdrawn or Kelowna Search and Rescue will be sent out to look for you!

MANDATORY GEAR

While there is NO mandatory gear check at Wandering Moose, we strongly encourage everyone to assume personal responsibility, and ensure you arrive prepared and carry a basic first aid kit, emergency blanket, warm layers head to toe and a hat/sunscreen in warm conditions. There are remote areas of the park that would require lengthy extractions if needed. Please show up prepared.

*Changes to mandatory gear may be updated closer to race day, weather dependent. Changes will be emailed, posted on social media and posted on the website if necessary.

KIDS RACE

Our kids race promotes fun, participation and fitness for kids under 12yrs old.

Kids under 5yrs must be accompanied by their parents during the run.

[Register via Ultra Signup](#). \$5.00 donation goes back to CMHA / Georgia's Wish.

CELEBRATION

Lunch is included in your race entry and my brother, Ken, is returning to serve his famous oven roasted pizza and rice curry. Please tear off the bottom portion of your bib which has the food preferences you indicated at the time of registration to pick up your order.

Friends and family are also welcome to purchase pizza and/or curry. FCFS. Cash only.

What to bring:

- cash for additional food or merchandise.
 - lawn chair to relax and cheer on your fellow runners.
 - change of clothes for all weather conditions.
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BIRD'S EYE ON OUR REGISTRATION POLICY

If you're receiving this email, we are expecting to see you at Myra Canyon Adventure Park, in Kelowna, on October 7th. If you are unable to join us this year, [please let us know](#) and take note of our policies [HERE](#). There are no refunds and no deferrals within 30 days of race day. No exceptions. Thank you for your cooperation.

VOLUNTEERS

If you or anyone in your crew is interested in volunteering, you can sign up through [ultra signup](#) here. We have great incentives for our volunteers and greatly appreciate your consideration.

- t-shirt
 - lunch
 - Your volunteer hours turn into cash to put towards future PACE events.
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SOCIAL MEDIA

Please be sure to follow us on [Instagram](#) and/or [facebook](#) for instant updates and inspiration before, during and after the event.

Thanks again for choosing PACE Trail Runs to be part of your race season. Our team is really looking forward to seeing you and sharing an amazing day together, on and off the trails.

Smiles,

PACE Trail Runs Team :)