

## Broken Goat Heat Wave Announcement

Dear Broken Goat family,

Due to the current heat wave, we have made some adjustments to the 2024 Broken Goat trail race. Please note that these decisions did not come lightly. There is nothing more important to us than the health and safety of our community. While we understand this might be disappointing for some racers, please know that when making big decisions like this, our team has many factors to take into consideration. We look at our events like one big family and make decisions that are best for everyone... participants, volunteers, staff and the community.

The below noted measures are an effort to balance runner experience while mitigating the projected increase in temperatures this weekend. While it might be slightly cooler at altitude, our biggest concern is the effects of extreme heat on racers in a remote race environment. So while we have made some adjustments to all start times and the 52 km distance, please put serious thought into your hydration and electrolyte strategies. Alternatively, the option to drop in distance will be available until Wednesday July 17, 2024, at 6:00 pm.

P.A.C.E. stands for Positive Attitude Changes Everything... So let's embrace our motto, look after each other, play safe and have fun this weekend! #bethegoat

Biggest of hugs,

PACE Team

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### **52 km Runners**

We have decided to shorten this year's course to 40 km. Runners will run the route as planned, following Mount Plewman, Old Glory, Record Ridge, Granite Mountain and then proceed on the 25 km course lower on the mountain after Aid 2.

- 40 km runners will have access to 2 aid stations at 22 km & 33 km.
- Drop bags are still accessible at Aid 1 & 2.
- NO changes to the Mandatory Gear requirements and you must keep your gear on you until you reach the finish line at 40 km.
- NO changes to your start time.
- NO changes to your shuttle times.
- Ice will be available at the aid station.

### **25 km Runners**

- We have moved your start time to 7:00 am.
- Shuttles now depart from Red Mountain at 6:00 am.
- NO changes to the Mandatory Gear requirements.
- Ice will be available at the aid station.

## **12 km Runners**

- We have moved your start time to 8:00 am.
  - NO changes to the Mandatory Gear requirements.
  - Ice will be available at the aid station.
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## **Cut-Off Times**

40 km Cut-Offs: (6:00 am start)

Aid Station #1 - Granite Mountain: 11:30 am (5.5 hrs for 22.5 km)

Aid Station #2 - Granite Mountain: 1:10 pm (7:10 hrs for 33 km)

Finish Line - Red Mountain: 3:00 pm (9 hrs for 40 km)

25 km Cut-Offs: (7:00 am start)

Aid Station #1 - Granite Mountain: 10:30 am (3.5 hrs for 16 km)

Finish Line - Red Mountain: 3:00 pm (8 hrs for 25 km)

12 km Cut-Offs: (8:00 am start)

Finish Line - Red Mountain: 3:00 pm (7 hrs for 12 km)

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

Please note: If a runner arrives late to Aid Station #2 at Granite Mountain and are still deemed in "Good Form" from our medic staff, they will be encouraged to run from the Aid Station to the base of Red Mountain as extraction from Granite Mountain is limited to those in distress.

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## **Mandatory Gear**

40 km & 25 km Runners MUST start with the following items and carry these with them until the Red Mountain Aid Station (Aid #3):

- Lightweight jacket for variable weather and cold temperatures
- Emergency Blanket

40 km & 25 km Runners must start the race with the following fuel & hydration requirements:

- Hydration pack, handheld water bottles or flasks equalling a minimum of 1.5 litres
- Food equating to a minimum 400 calories

40 km runners must keep all mandatory gear with them during the whole race.

25 km runners must keep their mandatory gear with them during the whole race.

12 km Runners must start the race with the following fuel & hydration requirements:

- Hydration pack, handheld water bottles or flasks equalling a minimum of 1 litres
- Food equating to a minimum 200 calories

Please note that extraction from the high alpine is challenging, so plan accordingly. This might mean you're in the alpine for longer than expected.

Runners have the option to pack additional fluids, electrolytes and fuel with them from the start.

This is for your safety and race organizers reserve the right to adapt or change the mandatory gear list/rules last minute. Thank you for your cooperation.

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In light of the hot temperatures expected, we do want to bring extra awareness to some of the warning signs for heat stroke and heat exhaustion. At any time you can contact our course director at 250-878-7432 or call 911. We know that racers and volunteers will all be looking out for one another and providing support where needed. Below is a quick guide for reference:

