



2008 Canadian Death Race
Survive 125km of extreme racing. Cross three mountain summits.
Gain over 17000 ft elevation. Cross a major river.
Go Like Hell.

Canadian Death Run

August 1st, 2nd, 3rd, 4th, 2008

(Always the August long weekend)

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Warning! Read This

This program of events contains important information for racers. Being familiar with this information package will help assist you in completing the race successfully, and prepare you for the adventure that lies ahead. Ignore this information at your own peril! The rules and regulations contained within this program are designed with your safety in mind and will help us take care of you and get the most people successfully to the finish line under the cut off time. Last minute changes of this information may follow and will appear in your race kit prior to the event as well as discussed at the pre-race meeting Friday Starting at 8:30pm. Failure to follow the basic rules of engagement may result in (best case scenario) disqualification and/or, sadly, (worst case scenario) serious personal injury or death. So read this carefully!
It's a Killer!

Record Results

Solo - Canadian Death Run (125km)

2006 Female: Lisa Polizzi, Brisbane, Queensland Australia - 14:20:27

2006 Male: Jack Cook, Edmonton, AB, Canada - 13:48:24

Relay - Canadian Death Run (125km)

2004: Female: Fast But Not Easy, Edmonton, Alberta, Canada

- Tweedle, M. / Graen, P. / McLaren, L. / Hardy, M. / Valentine, S - 11:44:37

2004: Male: Witten LLP Mean Mountain Men, Edmonton, Alberta, Canada

- Tye, C. / Worth, S. / Wensel, K. / Krushell, J. / Mueller, K. - 10:58:37

2006: Mixed: Quickard Norden Autohaus Porsche, Edmonton, Alberta Canada

- Villegas, V. / Graen, P. / Baker, S. / Luchko, T. / Withey, J - 11:15:16

Kids - Canadian Death Run (5km)

2006: Girls 13-15 - Alicia Butterworth, Edmonton, Alberta, Canada - 26:58

2004: Girls 10-12 - Miranda Zechel, Grande Cache, Alberta, Canada - 28:06

2004: Girls 9 & Under - Elise Jackson, Sundre, Alberta, Canada- 33:56

2003: Boys 13-15 - Kyle Gillies, Mansfield, Ontario, Canada - 25.08

2004: Boys 10-12 - Evan Hansen, St. Albert, Alberta, Canada - 25:41
2003: Boys 9 & under - Josh Jewell, St. Albert, Alberta, Canada - 30:21

Newer Stuff

Volunteer Cash Awards!

We are offering three incentives to recruit additional volunteers to join our ranks, in addition to the exclusive volunteer T-shirt and other cool goodies in the volunteer package.

1. All volunteers names are entered into our Mega Draw Prize – a chance to win a free five person relay team entry into the next year's race. The lucky person is drawn and announced at our awards banquet in September. Be part of the action, we have lots of volunteer positions waiting for you.
2. For those volunteers who are also racers - here is your chance to win your relay entry fee back. It easy to sign up as a volunteer! In addition to being eligible for the Mega Draw Prize, every racer that volunteers (minimum 5 hour commitment), will be entered into a draw to win their entry fee back. Don't just stand around watching, be part of the action. We have lots of volunteer positions waiting for you. Helping with race activities is lots of fun and you also get a chance to win a free team entry. Draw will be made at the awards presentation on Monday morning following the race.
3. In addition all racers have an opportunity to help us recruit volunteers. When you register for the race and also register a volunteer at the same time will be given a \$10 refund of you entry fee after the race as long as the volunteer shows up to volunteer. If you are on a team, your team-mates can also offer up the same volunteers and all be eligible for this discount. Please spread the word among your friends. Helping out is actually lots of fun and invaluable assistance to the safety and success of each death race. As a racer, if you volunteer yourself, you are also eligible for the \$10 refund.

Please join us by registering [on-line](#).

Finishers' Award

All successful finishers (relay and solo) will receive a vintage Death Race Coin in a velvet coin box with an individualized engraved plaque with your name and finishing time. Due to the size that the race has become, your engraving plaque, for mounting inside your coin box, will be mailed to you following the race. The Coin itself will be presented at the awards ceremony on Monday morning.

Cutoff Time Change

Due to Safety reasons, the Cut off time for the leg 3 to leg 4 relay exchange has been changed to 7pm from 7:15pm. Note that this is not the pace time. If you allow yourself the minimal time for Leg 3, you will not make it.

Start/Finish Line Location with Death Fest

This year the start/finish line has been moved in conjunction with Death Fest which will take place at the Akasaka Recreation Center along with bands, entertainment, mid-way rides, and wrapping up with a victory party, street dance and fireworks on Sunday night. See course and leg descriptions for new routing around the start/finish area.

Ultra Racing and use of anti-inflammatories

There is a growing body of knowledge that the use of anti-inflammatories (both non-prescription and prescription) and ultra racing can lead to renal failure (kidney failure), a potentially lethal condition. This condition is aggravated by dehydration. It is recommended that if you are on any medication and will be racing that you consult your doctor.

The 2008 Edition of the Canadian Death Race.

What is the Death Race?

Prepare yourself, as this is no ordinary race... we designed the Canadian Death Race to ask one question and one question alone, "Are you tough enough?" It's time to put up or shut up. Park your ego at the door. The gloves are off; the training is over, now it's time to find out if you've got what it takes to complete one of the toughest adventure races in the world. You must come totally committed, fully prepared and well trained. It's all or nothing, and for those unprepared it's a KILLER! If you finish under the cut off time, you win! It's that simple. Upon finishing you gain the title of "Death Racer" complete with all the bragging rights that anyone will be able to stand, plus an ultra cool trophy display case complete with a limited edition death race coin, and your name and time engraved on the case - SWEET!

Welcome to the wonderful world of extreme racing. This is something a few of us from Grande Cache have been doing for over a decade and we are ready to share our extreme playground with you. You must truly have the curiosity of a cat, the constitution of an ox, and the spirit of adventure -

although your friends and loved ones may have a completely different description of your mental health! The course consists of 125 kms, three mountain summits and over 17,000ft of elevation change as well as the river crossing at our spectacular Hell's Gates canyon at the confluence of the Smoky and Sulphur Rivers.

We further merge our adventure race with the dark Greek myth of Charon, the ferryman of the dead. The myth states that upon passing into the realm of the dead, spirit travelers would have to pay for passage across the river Styx into Hades. The price was one gold coin per soul. Those not possessing the fare were condemned to wander the banks of the Styx for eternity. One very special coin will be given to each team and solo racer as they traverse from this world into the next. Relay racers must pass the coin from person to person, and summit to summit never losing sight of the fact that only when it has been presented to the ferryman will they be provided safe passage across Hell's Gates. And so it will be with you. Your journey will be fraught with hardship and suffering. Only the strongest among you will reign victorious.

Good Luck. Train Hard. Go like Hell.

Why Death Race?

An adventure is rarely thrilling and exciting while it is happening, but rather a perilous calamity often with life and death a distinct possibility. However, after the experience, with the passage of time, these situations ferment in our minds. The pain goes away but the memory lives vividly on. It is these experiences that make the best stories, which we call adventures. Therefore the definition of an adventure can be said to be adversity recalled in times of tranquility. The nature of Death Racing is at the core of this concept . . .

Death Racing Defined

The sport of extreme racing is growing by leaps and bounds as individuals around the world challenge themselves to complete physically exhausting races and test their limits of endurance, mental toughness, and human spirit. The term "death racing" was coined by racers exclaiming they were "dead tired" or "looked like death" as they competed. Some said racers had a "death wish," and some even claimed that they had "cheated death." The phrase caught on and now athletes refer to extreme endurance sporting events, affectionately, as "Death Racing".

Kids Death Race (5km): Under 16 years old but still want to be a Death Racer?

Yes, if you are 15 years old or younger we have a mini-extreme course you can call your own! We offer a Kids Death Race held during the Canadian Death Run in August each year. The course is approximately 5km long on wilderness trails, with one big mud pit, which everyone must wade through, and one big hill that comes near the end of the course. If you can get mom and dad to sign off on your Death Warrant (waiver), which is not an easy thing to do, this is the best way we know to introduce youngsters to the sport of adventure racing (the course is closely supervised by adults). Girls and Boys Age Groups are recognized as follows: 9 and under, 10 to 12 years old, and 13 to 15 years old. Early Entry is \$25 (on line registration accepted only) before March 1st, all registrations after March 1st are \$45 and includes a T-shirt, and Kids Race Kit Goody Bag. Anyone making the cut-off time (90 minutes for 5km) is a winner and will receive a Death Race finisher's medal! Parents may accompany their children on the wilderness portion of the trail. Children must start and finish the race to the greatest extent possible on their own, although some very young children and kids with special needs may need parental assistance. Kids are required to carry their own food and water for the entire race - there are no aid stations. Over the years the kids' death race has become quite popular and very, very competitive. Parents be advised that smaller, less competitive, or slower children must go to the back of the starting line. Please register your child early we take the first 300 racers. All parents/guardians must sign and mail in the waiver for their children. No child may race without a signed waiver from the parent/guardian. PARENTS DON'T FORGET TO REGISTER YOUR KIDS EARLY.

The Festival of Adventure affectionately known by others as "Death Fest"

The Death Race event is accompanied by Death Fest - a celebration of extreme racing and fun for the whole family. The Festival is entertainment for those brave souls (families, crews, friends, etc) that accompany athletes but will not be racing themselves. Death Fest, ensures that there is something for everyone both athletic and non-athletic to do on Death Race weekend and ironically puts a little life into those who were dragged against their will to yet another race. The Town of Grande Cache in conjunction with the Chamber of Commerce will be hosting Death Fest. Look for lots of exciting things to do for this upcoming year. See race schedule of events.

For More information on the Town of Grande Cache, visit www.grandecache.ca or call our Tourism & Interpretive Centre at 1-888-827-3790

Death Race Coin Awards

The Death Race will be minting its own collectable coins for the race (death money). For successful Canadian Death Race finishers (solo and relay) these coins will be mounted in a trophy display case with your name, and finishing time engraved on a plaque. The coins are minted in 99.9% fine silver. Soloists' coins are marked SOLO to demarcate this superhuman endurance feat, and the Relay coins are marked "RELAY". There will also be merchandise prizes and draw prizes given away at the awards ceremony (must be present to win draw prizes). The finisher's coins are really cool and are ready to display for all to see. Remember, you CANNOT buy these trophies, you have to EARN them!

Note due to the size that the race has become your engraving plaque, for mounting inside your coin box, will be mailed to you following the race.

Registration

To join us for the Race, please register [on-line](#). 2 weeks after registering, check online in the registration section for a posting of your registration - ensure it is correct.

Relay Teams

For those individuals that would like to participate in the Canadian Death Race but are not sure if they can complete the entire race solo we have a relay category. The race can be done as a 2, 3, 4, or 5-person relay team. Each team member may exchange with a teammate at each relay exchange point. However, you must specify on the entry form the order each team member will race, on the course in. The relay exchange must be made in plain view of race marshals in the relay exchange zone by passing the specially marked death race coin (and timing stick) that will be unique to each team. Note that for relay teams of less than 5 people, 1 or more persons will have to run multiple times and exchanges can only be made at designated relay exchange zones.

Each Relay person must fill out an individual online application and confirm their waiver/Death Warrant (acknowledge acceptance on-line, under 18 racers must print out and have their parent or guardian sign the waiver and mail it to us). Specify the team captain on your entry. Submit all applications of team members together with the correct fee. Each member will need to individually register online so that they may accept the on line waiver confirmation. Team name should be the same spelling as your other team mates (ie five quick cats will not be the same team as 5 quick cats or five quick kats), so have this clear with other team members before registering.

Join Team

If you wish to run in a relay but can not get a team together, or can only get a partial team together, register for the adult race and you will be able to select "Join Team". We will match you up with people in similar circumstances - guaranteed. However, we do not guarantee which leg you will run or the competitiveness of your team, or even that you will finish, but we will do our best to accommodate.

People that join a team must show up at the race check-in on Friday night so we may put you on a team. Join team people please do not contact us asking if you have been placed. We guarantee a placement on a team. We hold off on team placements until the Friday before the race to ensure maximum flexibility. We ask that you be flexible and have a good attitude and all will work out.

Solo

Solo division substitution strictly prohibited. You must enter the solo division with total commitment. In either case of solo or relay there are no refunds once entry is accepted - no exceptions.

Legs

The legs and distances are as follows:

- | | |
|--|----------------------------------|
| 1) Downtown Jaunt - Grande Cache to Flood Mt Aid Station | -19km (shortest) |
| 2) Flood & Grande Mt Slug Fest - Flood Mt. Aid Station to Grande Cache | - 27km (most technical section) |
| 3) City Slicker Valley "Old Mine Rd" - Grande Cache to Hamel Aid Station | - 19km (easiest section) |
| 4) Hamel Assault - Hamel Aid Station to Beaver Dam Aid Sta. | - 38km (longest section) |
| 5) Tunnel & River Crossing - Beaver Dam Aid Station to Grande Cache | - 22km (intermediate difficulty) |

Each leg of the race has its own "personality" type. We strongly suggest you match your relay person's ability with the course profiles. Note that leg 4 and 5 relay runners have the added difficulty of potentially dealing with darkness depending on the speed of the team. Also, if your team is weak, faster runners should run first so as to give your other team mates a chance to run. No sense in leaving Jesse Owens in the bank to run the anchor leg if your other team mates can't make the cut off time and therefore your strongest runner won't get to run. Also, put your strongest racers on the toughest legs.

Team Changes

There is a \$25 administration fee to make changes to your relay entry application specifically for (but not limited to) changing the relay order or making a racer substitution due to illness or injury. There are no changes permitted after the late registration deadline. (JUNE 1ST). Read the course descriptions carefully and match your racer's ability to the course profile.

You can change the demographics or your leg assignment yourself, on your online account before the final registration deadline without fee.

Prize/Ranking Categories

For prize purposes all relay teams are recognized as the fastest times for 1) all male teams, 2) all female teams, 3) mixed team (at least one member of the opposite sex), and 4) senior relay team (total age of all team members must add up to 300 years or more). Regardless of the number of relay

racers (2 person, 3, 4 or 5 person teams – they will all be treated the same for prize purposes and ranking.

Racing Categories will be recognized as follows:

Solo: Top three overall male, and top three overall female.

Age groups for male and female: 16-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70-79, 80-89

Kids Death Race: Male and female - 9 & under, 10-12 years old, 13-15 years old.

Relay: female teams, male teams, mixed teams (at least one male or one female), seniors relay (total age of all 5 relay racers, as of race day, is 300years or more).

Prayer Flags

Adventure teams climbing Mt. Everest have popularized the Nepalese Sherpa tradition of carrying prayer flags to the summit of a mountain to ward off evil, preserve good fortune, and, generally speaking, not tempt fate. We too have adopted this tradition. Prayer flags are taken to the highest peak on the race course (Mt. Hamel) and flown in the high winds so the owner's prayers may be carried to the heavens in the mountain breeze. Prayer flags may be bought for \$2. All proceeds go to the Grande Cache Search and Rescue Department and Grande Cache Ambulance Service. Remember this team of trained volunteers will be on guard in dangerous sections to provide assistance if required. In other words, these are the people who are going to save your butt when something goes wrong. Dig deep, these prayer flags work. Some of you may need two prayers to get through this epic. Available at Race Registration on Friday.

Training Camps

The Canadian Death Race is one seriously extreme race. Training at altitude on the course is of massive benefit and key to doing well. The trail is marked year round for training purposes. For those that can take advantage of the opportunity we highly recommend you attend one of the Canadian Death Race Training camps, which includes two training sessions per day, one morning session and one evening session, and lunch on Saturday. Instructor is Dale Tuck who brings a wealth of experience in extreme racing in many disciplines and knows the Death Trail like no one else. Multiple time finisher and top ranked Death Racer Tracy Garneau also is on course and shares her expertise to get you to the finish line. Relaxed, comfortable atmosphere. Some say the training camp is more fun than doing the race, as the competitive aspect is removed and you can just enjoy the company of others in world class Rocky Mountain scenery. You should come fit but well rested. The camp is designed for soloists who want to know if they have what it takes to complete the race, although people doing relays are also welcome.

Cost \$85/person plus GST email info2008@canadiandeathrace.com for more info.

Grande Cache - Death Run Training Camp #1 - 2008 - June 13th, 14th, 15th

Grande Cache - Death Run Training Camp #2 - 2008 - July 4th, 5th, 6th

Accommodations

Hotels/Motels/Backcountry Cabins/Campgrounds

(book early)

Acorn Motel 780-827-2412

Best Western 780 827-3303

Big Horn Motor Inn 780-827-3744

Grande Cache Hotel 780-827-3377

Inn on the Valley 780-827-2453

Sheep Creek Backcountry Cabins toll free: 877-945-3786

Marv Moore Camp Ground 780-827-3362

Tent City 780-827-2446 (The Woodstock of extreme racing)

Billeting Program

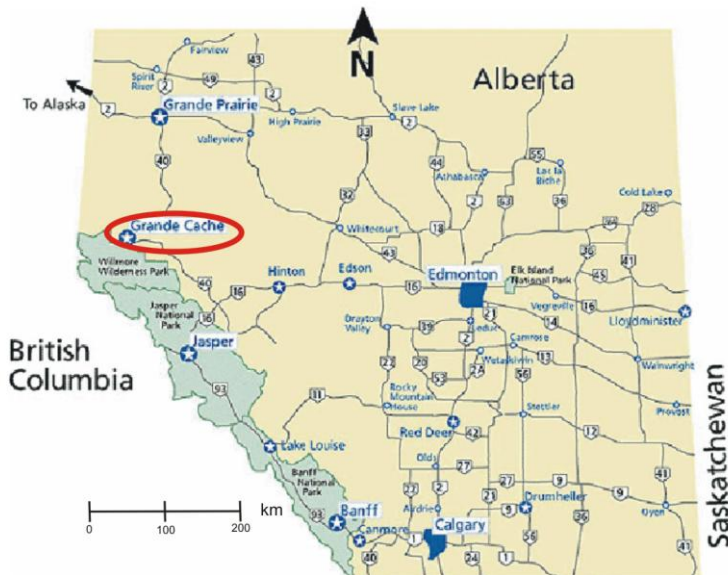
We anticipate that all commercial hotel space will be full for the entire week leading up to the race. Hotels and motels in Grande Cache are reasonably priced, clean, and located only a short walk from the start/finish area. This should be your first option for accommodations. To accommodate the multitude of racers we have a billeting program where you may stay in a room with a Grande Cache family. Kitchen facilities are available but fees do not include meals. Other options are available including 5th wheel rental, and indoor/outdoor camping, fees vary. Go to www.godeathracer.com and check out who is billeting accommodations. Or call the Tourism center that maintains a billeting list at 780-827-3300

Location and Maps

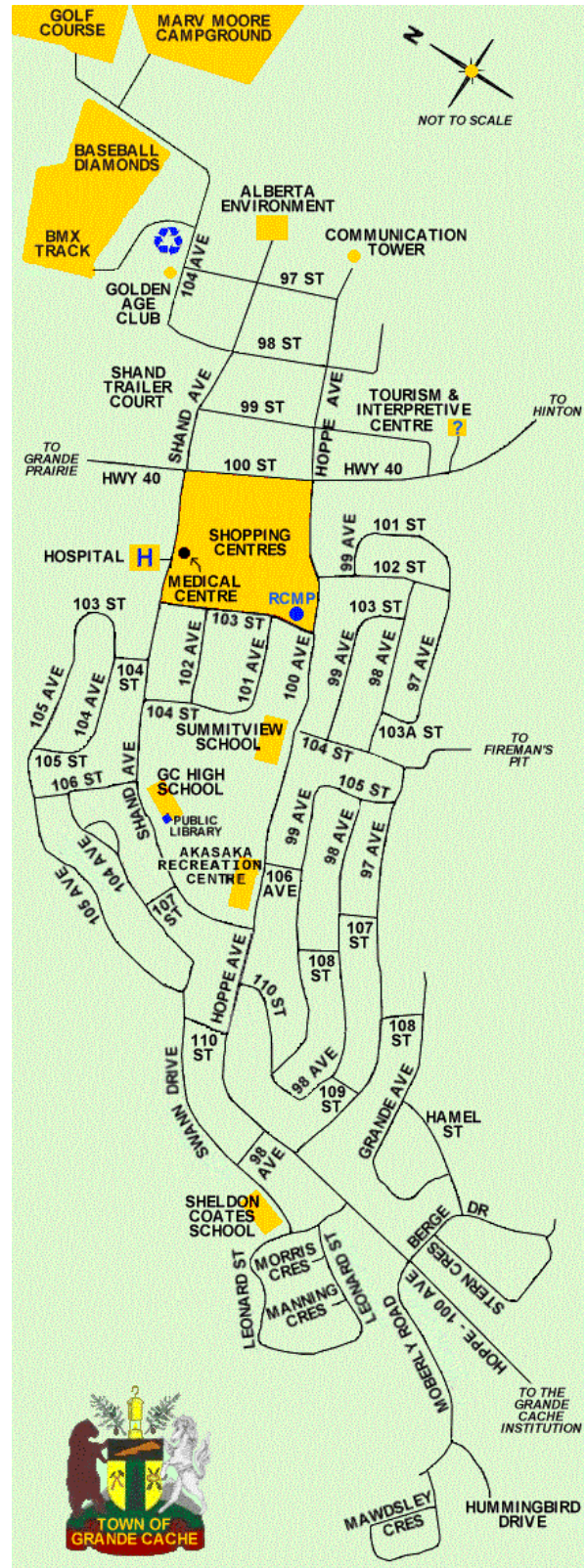
Grande Cache, Alberta, Canada is located 142km North of Hinton, and 184km South of Grande Prairie on the Bighorn Highway 40. Grande Cache is nestled on top of a 4,200ft plateau and is surrounded by 6000ft to 7000ft mountains on all sides. The scenery is as impressive as the challenge that lies ahead.

Once in Grande Cache, the Death Racing Capital of the World, you will find the Race Start/Finish Line at the Akasaka Recreation Centre, at the summit of Town.

West Central Alberta



Grande Cache, Death Racing Capital of the World



Course Map



Schedule of Events

Registration Deadlines

Before Mar. 1st, 2008 - Deadline for early registration (all entries plus gst):

Solo: \$250/person Relay: \$250/person Kids Death Run: \$25/person

This year's entry fee includes racer timing stick insurance in the event of loss or damage. Note that all timing sticks must be returned to race officials in order to receive a finishing time.

June 1st - Deadline for late registration:

Solo: \$300/person Relay: \$300/person Kids Death Run: \$45/person

Registration is capped at 1000 racers. No entries accepted after June 1st.

Register online:

The Canadian Death Race only accepts online race registration at www.canadiandeathrace.com

Pasta Meal - is free for adult racers, but \$10 for adult guest tickets, and \$5 for kids 8 and under. Extra tickets may be purchased at the door. All proceeds to charity. The pasta meal is held at the Grande Cache Recreation center curling rink Friday night from 4 until 8:30pm.

Race Kit Pick Up

NEW Early Race kit registration and pickup for Adults and Kids at the White House 10330 Hoppe Ave (aka Death Race Central).

Please pick up your kit early. Don't wait until Friday. Beat the rush; don't stand in line. Please observe the following limited hours. Race kits can only be picked up during these time slots on the following days:

Saturday July 26th - noon to 4pm

Monday, July 28th - 6pm to 8pm

Wednesday July 30th - 6pm to 8pm

Regular Race Kit Pick-up Friday August 3rd at the Recreation Center from Noon to 8pm.

Race Weekend

Thursday, July 31st, 2008

Death Fest Underway

Midway open 4:00 p.m.

Kick-off to Festival

Local Night

Opening Band(s)

Friday, August 1st, 2008:

All day Midway

Late afternoon Parade

Noon - 8:00pm. -Registration and Race Kit pickup for Adults and Kids at the Grande Cache Recreation Center curling rink. Stragglers can pick up their race kits at the Grande Cache Hotel after 10pm. Ambler Loop Drop bags can be dropped off at registration, please clearly identify your bag with your name and racer number.

4:00pm - 8:30pm - Pre-race pasta extravaganza at the Grande Cache Akasaka Recreation Center Curling Rink. (Tickets in Racers' kits). Tickets for guests and friends or children available online (www.canadiandeathrace.com) - advance purchase only. All proceeds to charity and non-profit organizations.

Music/bands 7:00 p.m.

8:30pm - 9:15pm -Mandatory pre-race meeting for all racers at the Start/Finish line across from the recreation center parking lot. Discussion of race course, rules, and technical questions answered, starting procedures, etc. Don't miss this fantastic theatrical presentation. Paint your face, wear your Death Race tattoo, get dressed up if you dare, and join in the fun.

Saturday, August 2, 2008: ADULT RACE DAY

7:00am - 7:40am - Runner check-in at race start (Recreation Center Parking lot) All solo runners and 1st leg relay runners must check-in at the race start with their timing stick.

7:39am -Call to the post – racers assemble in race start holding pen.

7:45am - 7:49am – Opening Ceremonies

7:55am - Singing of the National Anthem.

7:59am - Ceremonial March to the official "paced" start line.

8:00am - Race start – all categories.

11:30am - BBQ concession & beer patios in the town square at the start/finish area. Festival of Adventure begins with rides, mid-way and entertainment all day. 24hr race Festivities and announcing. Pizza meal to all racers and volunteers available at Grande Cache Pizza, meal ticket will be in your racer/volunteer kit.

All day Midway

11:50am - first racer likely arrives back downtown from leg two.

Kids Entertainment on Stage all afternoon

Extreme Biking Show

6:00pm - cut off time for Grande Cache (downtown) Aid station. No racers will be permitted to begin leg 3 after this time.

6:30pm-midnight – various local entertainment and cultural events in the town square.
6:30pm - Expected arrival of 1st relay race finisher.
Music/bands 7:00 p.m.
10:45pm - last useable daylight, expected time of 1st solo finisher arrives back down town.

Sunday, August 3, 2008: KIDS RACE DAY

12midnight to 9am -Early morning race finishers. Come on out and cheer people on !
5:30am - First usable light
8am - Official race course closed (24 hour cut off time)
9am - Course closed (25 hour cut off time).
9:01 am to 8:00 pm Rest and recuperation. (Adults)
All day Midway
1:10pm - Kids Death Run check in at Start/Finish line.
1:40pm - 1:45pm – Opening Ceremonies.
1:50pm - Singing of the National Anthem.
1:55pm - Ceremonial March to the official “paced” start line.
2:00pm - Start Kids Death Run - all categories.
3:30pm - Course closes for Kids Death Race (90 minute cut off time for Kids Death Run)
Kids Entertainment on Stage
Extreme Biking Show
5:30pm - Awards given to Kid Death Racers - all categories.
Victory “BIG BAND” Street Dance Victory Party. So you’re a little sore! Where’s your real staying power? Let’s get up and dance people!
Fireworks

Monday, August 4th, 2008

8:30am-11:00am
Breakfast fund raiser at the Grande Cache Recreation Center – all proceeds to charity/non-profit organizations.
Awards Ceremony, new 2008 Canadian Death Race Video/DVD & Coin Awards (And draw prizes) at the Grande Cache Recreation Center curling rink. Please pick up your Ambler Loop Drop back or assign a friend to pick your bag up for you at the Awards ceremony.

*Upon receipt of web entry form, proper fee, and waiver confirmation you will be considered registered and ready to run for this year’s event. Please ensure that all of this has been completed as, for insurance and safety reasons, no runner will be allowed to run in the race until his/her accepted waiver confirmation, and completed racer information has been received. There are absolutely no refunds once entry has been accepted. You must enter with total commitment. Train carefully and don’t get injured, watching from the sidelines is a heartbreaker. There are no substitutions for solo racers. Relay racers may exchange legs up until June 1st only for an administration fee of \$25. No changes after June 1st.

The Grande Cache Mountaineer will again be printing the official Death Race Program for this year’s event. (“The Death Racer”) This incredible keepsake is available free of charge only to official entrants and will be included in your racer kits. Additional programs will be available for sale at the Grande Cache Mountaineer and various other locations in town.

Awards

Can't attend awards presentation on Monday . . . then read this!

All successful finishers that complete the Canadian Death Race under the cut-off time will receive an incredible custom made finisher's Coin Award. These are fantastic awards and come ready to display.

We strongly encourage you to stay for the Monday Awards presentations, as it gives us a chance to meet and congratulate you in person. Take that extra day off and stay. There is a lot to see and do in the Grande Cache area, relax and make a vacation of it. We work around the clock from the end of the race to make sure your award is ready on Monday. If you can't attend the Monday Awards presentation and you do not have a delegate specified to pick up your plaque then we can mail you your award. The cost is \$15 for shipping & handling per Award. Complete Teams can have their plaques mailed to one address for \$40. Please leave your shipping address at Command Central (10330 Hoppe Ave.) along with your cheque or you may pay with Visa/MC. Awards will be shipped within 90 days. Awards left unclaimed for over six months will be recycled.

Fill this out and turn it into Command Central at the rec center if you can't stay to pick up your award. There are no COD's. Please print clearly:

Name: _____

Mailing address

Visa/MC number _____ Expiry date _____

Name on Card _____ Signature _____

Cost \$15 single Award, \$40 for team Awards mailed to one address. Includes GST.

Circle one: \$15 single plaque OR \$40 team Plaques mailed to one address

General Race Rules

Failure to follow one or more of the rules of engagement may result in a time penalty or disqualification.

Electronic Timing System

The timing system consists of a finger timing SI card (small plastic finger “stick”) device that is inserted at each timing station. When successfully inserted into the station (punched in) the station box will beep to confirm the acceptance of your entry and will record your time on both the timing station and on your SI Card (stick). Make sure that you wait for 2 beeps. Results are then given directly to the central timing database and will be uploaded to our website and available for near instant viewing either on-line or posted regularly at our downtown race results station as relay stations close and results come in. This hi tech new system has vastly improve the accuracy of all timing results, and will track racers all the way through the course and will also easily allow us to spot potential cheaters that fail to register at any timing station and improve the safety aspects of the race as missing racers will quickly be identified.

Timing system rules.

The timing device must be carried with the racer at all times and passed to each succeeding relay team member at the relay exchange locations.

The racer must register at each site on the course wherever there is a timing station present (some timing stations will be publicized and others will be secretly placed on the trail to intercept potential cheaters – they all will be well marked).

Failure to register at any timing station will result in a time penalty or disqualification.

The individual timing device must be returned to death race officials upon completion of the race. If your SI Card is not returned your timing results will not be posted. Make sure you return your timing stick to Central Command or a race official if you are dropping out of the race.

Race Rules

No littering - Sensitive Alpine Environment. The alpine environs of the Grande Cache area are both sensitive and diverse in animal and plant life, this combined with the frequent high winds in the area dictate that a no littering rule be imposed. Full aid stations will be equipped with a garbage bin, which Death Racers are required to use. You must either put your garbage in the bin or carry your refuse with you until you reach a garbage bin. There are no exceptions to this rule. The pristine wilderness that you are traveling through needs to be preserved and respected. Violators will be penalized, disqualified and/or fined. Crews and spectators are also bound by this no littering rule. Also, please pack out all your garbage when training on the race course. If you see someone else’s careless mess please pick it up and pack it out.

No short cuts that provide a time advantage; racers must follow the trail as indicated.

During the highway sections racers may not run on the pavement of the Highway, you must stay in the ditch and follow the quad track. Racers may only cross the highway at designated marshaled locations when safe to do so. Watch for traffic, the highway is not closed.

You may not stash gear, food or water along the course.

You must wear all race numbers provided so it is visible and unaltered.

*You must wear ID bracelet provided. - acts as a hospital bracelet in the event of emergency.

* Dropping out - any competitor that drops out of the race must notify the nearest race course marshal at the earliest opportunity, and surrender their coin (and timing stick) Do not drop out of the race without telling race officials; otherwise we will send someone to look for you. There is nothing worse than having a frantic search for a lost racer take place while that person is having a beer in one of the patios downtown. If you drop out then please tell us.

Race officials may remove any racer from the race course if, in their opinion, it is unsafe for the racer to proceed (e.g. In cases of hypothermia, dehydration, frostbite or other debilitating injury or dangerous wildlife on the trail).

All Racers must check-in with the timing station at the start of their relay legs. Make sure you arrive at the relay exchange point in plenty of time to do this. Every year at least 3 (sometimes more) teammates show up late to a very choked relay racer who has run their heart out and has been waiting to exchange their coin with them but they are late, sometimes by as much as a half an hour.

All racers must show their Death Race coin at the relay exchange zones, and the summit of each mountain if requested by race marshals. The coin is given to Charon (the ferryman of the dead) at the river crossing in exchange for safe passage across Hell's Gates.

Upon reaching the summit of Hamel you must check in at the Forestry cabin with race volunteers. You will then be instructed to run along the spine of Hamel and retrieve your summit flag at the cliff bluffs above Hell's canyon. You must return to the Forestry cabin with your summit flag as proof of having attained the turnaround point. Details to follow on race day at the race briefing Friday night.

You may not loiter at the Hamel Forestry cabin for any reason other than to check-in with race marshals and to turn in your summit flag. Seeking the shelter of the cabin for any period of time will disqualify a racer. The Hamel Hut is intended as an emergency shelter only for rescue purposes.

Death Racers on course may help other Death Racers.

Crews and race officials may render assistance to racers only at aid stations. Assistance outside of aid stations will result in disqualification. Remember part of adventure racing is self sufficiency; you must get yourself from aid station to aid station under your own power, although other racers on course may assist you without penalty.

Aid Station food is only for racers on course.

Pacing or accompaniment of racers is prohibited, unless it is by another racer on course.

ABSOLUTELY NO PARKING ON THE HIGHWAY. Vehicles will be towed and/or fined by RCMP that will be strictly enforcing this rule. Car pool when you can.

Clear lens eye protection for the night section of the race must be worn. The night portion of the race (leg 5) goes through dense forest; eye protection is a must – you will need it. Any runners leaving the Beaver Dam aid station (at HWY 40) after 9:50pm must wear clear, or light amber eye protection, and a headlamp/flashlight in order to continue. Any Runners leaving the Hamel Aid Station (start of leg 4) after 5pm will require a headlamp.

Any runners leaving the Hell's Gate river crossing after 9:50pm also must wear clear, or light amber eye protection, and a headlamp/flashlight in order to continue. Useable daylight hours in early summer are from 5:30am to 10:45pm

All cut off times must be respected, if you didn't make a cut off time you are in over your head and your Timing Stick will not beep when attempting to punch in. If this occurs, we'll see you next year (see section on cutoff times). Surrender your timing stick and coin to race officials.

Race Equipment

It has become necessary for us to impose a minimum equipment list for all racers, in order to save themselves from their own stupidity (see mandatory equipment below). The summit of a mountain is no place for a tank top and shorts yet you would be surprised how many people race this way. All racers must carry the mandatory equipment listed below. You may be ingenious in how you choose your equipment, but all your equipment must be functional (you may choose another piece of gear other than that specified as long as the new gear is of greater value and has the intended use of the specified/mandatory gear covered to a greater extent - i.e. if an insulated headband is mandatory you may choose instead to carry a toque. This is fine as this covers the intended use of the mandatory equipment to a greater extent, but earmuffs will not be satisfactory as this does not cover the intended use of the mandatory equipment to a greater extent). We will do random checks to enforce this rule and if we have to save your butt because you don't have the mandatory equipment, you will bear the cost of the rescue (helicopter ride is \$900/hr, and ground rescue is \$250/hr). The mandatory equipment is only a minimal list of equipment you must carry or wear. We also have a recommended equipment list that will help you with gear selection, which is left to your own discretion.

Mandatory Equipment List

Jacket

Headband or Hat

Gloves

Water or Electrolyte Solution to maintain hydration

Headlamp or flashlight if you will be running during the night. *

Clear or light amber eye protection if you will be running during the night. *

* Both of these items are required if you will be leaving the Beaver Dam aid station or Hell's gates river crossing after 9:50pm. For your own safety you will not be allowed to continue without these essential items after the 9:50pm cut-off time. Anyone starting leg 4 after 5pm will require a headlamp as well.

Recommended Equipment List

(if you choose not to carry these items with you then it is recommended you have them available to you from your crew at each aid station.)

Moleskin, Band-Aids, duct tape

Fanny pack or small backpack

Hydration system (large reservoir) and/or two to three - large water bottles

High-energy food and drink

Long lasting waterproof and sweat proof Sunscreen & lip balm (at 6000 to 7000ft skin burns quite easily even on a cloudy day)

Vaseline

Sunglasses (anti-fog with good ventilation lens work best)

Rain Gear

Use a layering system for your clothing.

Extra running shoes & socks

Headlamp

Extra Batteries

Bear Bells and Bear Spray

Mandatory Equipment Death Run (Runners must carry these items)

One set extra batteries.

One extra light bulb or LED lights.

Clear or light amber eye protection if you will be running during the night. *

Wind and water resistant/proof jacket

Fingered gloves

Insulated headband or insulated hat (if your jacket has a hood on it you may delete this item)

Crews, Spectators, Shuttles & Parking

Getting through 125km of extreme racing alone is an exceptionally difficult task. We highly recommend you bring a support crew (partner, friend(s), family, priest) along to help assist you at the various aid stations (and cheer you on) with dry clothes, extra food, fluid, etc. Crews and spectators are allowed at any of the full or emergency aid stations with the exception of the Ambler Loop emergency aid station – we say again - no crews are permitted at the ambler loop aid station, this is for race officials only. Your crew may supply you with whatever you may need at the aid stations only. Crews must follow race course marshal's instructions directing your crew to the appropriate parking location at the aid station site. Do not park on the highway, you will be fined or towed. All aid stations have plenty of parking at the sites. Absolutely no parking on the highway, your car must be completely off the pavement when parked. Obey parking marshals at all times.

Parking at the first full aid station will be along the north and south corner of Denard rail yard only.

Parking at the 3rd full Aid station (Hamel) is in the west field.

Parking at the 4th full Aid station (Hell's Gate Access Rd) is in the West field or along Hell's Gate Rd.

Please car pool as much as possible.

Crews may only assist their racers within marked aid station zones (approx. 100m). No pacing or other assistance is allowed outside of the aid station zones. The Sulphur Gate (Hell's Gate) road will be open to traffic. Cars may not exceed 30km/hr on this gravel road and must slow down if the encounter racers - please drive politely the road is dusty.

Pets must be kept on leashes and be under control at all times.

Passage Through Hell's gates - The River Crossing

Each solo racer and last leg relay competitor will have to cross the Smoky River at the spectacular Hells Gates and confluence of the Sulphur River. In exchange for safe passage you must present your Special Death Race Coin. Keep the coin in a safe place, check it often and pray it is still there when you come to cross the river. Once you arrive at the crossing you must time out by putting your timing stick in the timing station. The jet boat

will make the crossing from the west bank to the east bank. Before exiting the boat you must time back in by inserting your timing stick into the timing station on the boat. The time that it took you to cross (from the time out to the time in, will be deducted from your actual race time, which may effect actual placing in the final results slightly. The last jet boat crossing leaves at 6:00am - no exceptions. All Death Racers must wear lifejackets, which will be provided.

Course Description & Directions

1) Downtown Jaunt - first leg- 19km

Description: Approx. 6km of pavement, the rest is trail with 3.5km of gravel road. Net elevation loss -500ft. Rolling hills with flat sections, several creek crossings and one significant downhill. This is the 2nd easiest relay section; some say it is the easiest.

Directions: The course will start on Hoppe Avenue across from the Recreation Center Parking lot in Grande Cache. The race start will be led by police escort heading East on Hoppe Ave to the Provincial Building on 103rd St where it will make a hairpin turn on Hoppe Ave heading in the West bound lane back through the start finish line and on to Shand Avenue (right turn). Head up Shand Avenue to HWY 40 north (left hand turn) to the Old Mine Road (a.k.a. the Grande Cache Land Fill Entrance) and double back up the hill on the trail paralleling HWY 40 on the North side. The course will continue past the Grande Cache Saddle Club and veer left at the first cut line. This is where the race will officially start (at 5km mark). The trail will lead around the golf course, down to the car graveyard and follow the old Grande Cache Highway (along the trail on the north side of highway 40 to the horse barns, then cross the highway to the south side and pick up the descending trail that follows the lake shore and comes out at Grande Cache lake boat launch. Follow the gravel road passing the Grande Cache Lake Co-op and turn east (i.e. at the left bend in the road stay straight heading east) on the quad trail approximately 200m before intersecting HWY 40. The trail from here is quad trail and loops out near the highway then goes back into the woods. Keep your head up for the Peavine Lake trail 400m later (everyone always misses this) veering to the right (not the one with the fire pit that leads down to Peavine lake, the next one about 50m further on the main trail). Follow the winding quad trail fist down and then up to the top of the ridge and turn right to go out onto the ridge (spectacular view of Peavine Lake and the mountains of Wilmore Wilderness Park). After 50m on the ridge turn left on the small trail descending off the ridge. Pick up the main trail and turn right. After 150m cross Washy Creek and skirt the north end of the LePrairie / CN rail yard, which enters the first full aid station and relay exchange zone.

2) Flood & Grande Mountain Slugfest- second leg - 27km

Description: Approx. 1km of pavement, the rest is dirt trail, with rocky sections, mossy/swampy in places, and approximately 6km of hard packed dirt "road." Net elevation gain-500ft, but total elevation change is well over 6000ft. This section is characterized by long sustained climbing, with steep scramble and about 3km of very rough terrain with two creek crossings. The trail from Flood Mt. to Grande Mountain is the roughest section of trail in the Death Race, with treacherous footing, and many drop-offs. The power line down the front of Grande leading back into town will be the most dangerous section in the Death Race because of the extreme nature of the terrain while running downhill - steep rocky drop offs and unstable footing. This is the most technical section and is rated second hardest leg of the Death Race (although many rate this leg as the hardest of all).

Directions: From the 1st full aid station, racers will exit the rail yard and cross the highway (about 50m west of the train bridge) and proceed up the Flood Mountain Trail to the summit. As you approach the summit, keep a sharp lookout for flagging tape that denotes the steep but direct ascent to the peak (we marshal this point on race day. Loop around the survey poll and follow the quad trail west from the summit around the back side of Flood Mt. and gain the Flood to Grande Trail survey line. This is a rough and steep section crossing Washy Creek and traverses the high country from Flood Mountain to Grande Mountain (crossing Carconte Creek). At the intersection of the survey line trail and the Grande Cache Radio Tower road there will be an emergency aid station available. Racers will proceed to the summit of Grande Mountain and down the front power line back into town (to the respective start/finish area) along the trail beside HWY 40, Crossing the Highway to the West side on Shand Ave., then paralleling the highway (south) on the paved sidewalk until reaching Hoppe Ave then turning right and following the pylons back to the start/finish area. This will be the 2nd full aid station, and the 2nd relay exchange zone.

3) Old Mine Rd. "City Slicker Valley" - third leg – 19km

Description: 5km of pavement, the rest is dirt road with several creek crossings (one creek runs right down the trail as you descend the first part of the Mine Rd., making for very slippery and rocky terrain for 30m. Further along you will come to the "Creek Trail," which is exactly that, the creek runs down the trail (the flow is against you, of course) stops momentarily as you ascend a small rise and then you pass through the lowest point in the race, hitting the very bottom of the Smoky River valley floor, with the corresponding knee deep water for 25m. If it's a wet summer it's worse. If it's dry it's better (although wet feet are practically unavoidable). Net elevation loss of about 1000ft. This section is the fastest and easiest section of the race and one of the most beautiful, offering stunning views of the Smoky River valley.

Directions: From the 2nd full aid station and start/finish line racers return to Shand Ave. via the Gravel road connection beside the recreation center and turn left on 106th Street keeping straight heading into the back alley between the houses and turning right on the back alley for only 30 meters then a left at the Legion toboggan hill - then proceed down the toboggan hill and across HWY 40 to the Old Mine Road (which is also the entrance to the Town landfill site. As you enter the Old Mine Road head straight past two roads on your left and proceed up, up the steep hill past "Raven's Haven" and crest the incline some 300m later. From here it's all downhill to the Train Bridge. At the half way point racers will pass under the train bridge, then pass by a small sawmill (2.5km after the train bridge) where the dirt road widens (and blackens with coal dust) as it approaches the

mine. Follow this road until the mine site comes into view and proceed to the Mine Bridge, crossing it onto the highway. From this point racers will head south on a trail through the woods above HWY 40 to the North Hamel Pond Access Field – a wide open field and pond on the West side of the Highway (at this field will be the third full aid station and relay exchange zone).

4) Hamel Assault - fourth leg – 38 km

Description: Mostly dirt trail and hard packed/gravel surface. Net elevation gain is zero, but total elevation change is well over 6500ft, which practically comes all at once. The ascent of Hamel is broken into two very, very long steady climbs, with one small reprieve as you gain the shoulder of Hamel at the mid-point. The descent is strewn with boulders and some deep ruts. Overall, the downhill is not that technical but watch your ankles as the fall will be on very unforgiving ground (read smash your melon - also re-read the waiver section about being in remote areas and not being rescued in time to prevent serious injury or death.) At the intersection of the Hamel and Beaver Dam cross trail turn right, keep your head up or you'll run right by the turn off. The Beaver Dam cross trail is flat-ish, the Ambler Loop is much the same and the decent down the Beaver Dam road is gravel (watch for animals and traffic). Turn right at the highway and head south to the Sulphur Gates Road access field (West side of road) across from the cement plant. This entire leg of the race is fantastically scenic.

Directions: From the third full aid station racers continue south on a trail through the woods above highway 40. After about 1 km, descend to the ditch that parallels the highway. Remain in the ditch and off the highway and shoulder. After about 1 km, follow the powerlines as they break away from the highway and into the woods. Continue for about 300m and then turn right to ascend a small dirt and rocky road on to the right. Immediately entering a small clearing, ascend the dominant and switch-backing trail veering right until a multi-trail intersection (Mine Road) comes into view at a small flat clearing. There are arrows placed there with Death Race Skulls marking the correct road to take at that point. From the trail head straight and intercept the Hamel mine road. Turn Right and proceed 150metres and turn left on the smaller switch backing descending trail. Take the marked trail. (Follow signs with arrows, orange flagging tape and orange paint). Follow this trail (down for 400m) as it descends slightly working its way around the back of the mountain and then up the steep switchbacks to the forestry lookout tower that will be in clear view as you rise above tree line. The Trail is well marked with death race markers, orange paint and flagging tape, so keep your eyes open and follow them. You will pass the Hamel Escape station where racers may bail out if they have had enough. Watch for the steep switchback on the right (lots of people miss this) as you gain the final clover and shale covered slopes to the summit. At the forestry tower on the summit of Hamel runners must check-in to the tower first and then traverse part way out to the spectacular cliff bluffs at Hells Canyon to retrieve a prayer flag (proof that you have made the turnaround point) and back to the tower. If you drop out on the summit of Hamel you must hike back down (the way you came) the north switchbacks, back to the Hamel Escape Station, where you can be safely rescued. Racers then head down the south access road and turn right onto the Beaver Dam/Hamel cross trail, which takes the short cut to the Beaver Dam Road. At the intersection of the Beaver Dam Road and the shortcut trail there is an emergency aid station. Racers will then complete the Ambler Loop (counter clockwise direction) and descend on the Beaver Dam Road to the highway. At HWY 40 turn right and head south following the quad track that parallels the highway in the ditch on the west side (absolutely no racers on the highway for this portion of the race.) Cross Gustavs Creek then Malcolm Creek and head straight for the 4th and final full aid station and the 4th relay exchange zone 400m after the creek at the Sulphur Gates Road access field (across from the cement plant).

5) The Jet Boat Ride and return Home - fifth and final leg - 22km

Description: 1km pavement, 6km gravel road, one jet boat river crossing, and the rest dirt trail, grass, and single track. Net elevation change of over 2500ft. For most runners this leg will be completed in darkness, with much of the trail under a heavy canopy of trees, eye protection is required if you will be navigating any of this leg at night (read: poke your eye out). This section is marked exceptionally well and somewhat comically with reflective markers, flags and signs. (Running at night - we recommend you bring a halogen headlamp with brand new alkaline batteries. Flashlights are okay but not as good. Also, training on this relay portion during the daylight is highly recommended.)

Directions: From the 4th full aid station racers head into the woods at the North West end of the Sulphur Gates Access Road Field and follow this tight twisty trail, to a larger well-developed trail that heads south. This trail will exit onto the Sulphur Gates Road about 5km later, across from the Sulphur Gates emergency aid station. Cross the Sulphur Gates road and head down to the Boat Launch road which is located on the east side of the road across from the first parking lot. Now descend down to the river, staying left at the fork. You will be Jet boated across the Smoky River. (As stated, there will be an emergency aid station on the west bank of the river only, at the first parking lot.) From the river crossing, racers will then proceed up the east shore of the Smoky River and follow the trail up up up to the Sulphur Rim trail. Follow the Sulphur Rim trail, then 2.5km later, pass the Firemen's park, and head up the Fireman's Park road, and onto 104th street. From 104th street turn left on the Hoppe Ave service lane heading West then a quick hair pin turn at 108st onto Hoppe Ave East and Finish under the Start/Finish Banner – just follow the noise and cheering!).

Aid Stations

There are two types of aid stations:

Full aid stations - available to all racers - with various food (cookies, candy, pudding, fruit cups, granola bars, chips, (soup at the later aid stations) etc), water and energy drink – Gatorade - and energy food – kinetic bars. Full aid stations will also serve as the relay exchange and timing zones. Please respect that these aid stations are equipped for runners currently on course or just finishing their leg and are not for spectators or support crews, or racers not currently racing.

Emergency aid stations - These stations contain bare essentials (water, energy drink and energy food) - and that's it. And remember they are for emergencies. Please don't necessarily rely on them as they are remote and sometimes we can't get there if they run out of stuff like water. Please note that if you have special diet needs then your crew will be expected to cater to your palette.

Equipment drop off at the Ambler Loop Emergency aid station

Runners may elect to have a small bag of equipment and food items sent to this emergency aid station, which will be attended by volunteers only. If you wish to drop off a small equipment bag (ex. headlamp, rain gear, extra food and drink) at the Ambler loop emergency aid station, your drop bag must be clearly marked with your race number on the outside. We recommend something durable and waterproof, at least as strong as double bagged plastic, with race number printed in waterproof black marker on large white tape. All drop bags must be delivered to the drop off at race registration by 9pm Friday evening. Bags can be collected Monday at 10am at the Awards presentation. Please, Please, Please, oooh pretty P P P P Please! Pick up your bag! After one month we take them to the dump! Has anyone ever opened up a water bottle with energy drink in it after a month – it's quite the science experiment. Please pick up your bag, we are not responsible for lost or stolen items (which hasn't been a past problem but please don't put your super expensive diamond studded Rolex flashlight in your Louis Vuitton hand bag and cry about it cause you didn't pick it up on Monday at the awards ceremony, and now it's Christmas and you just thought to call us . . . Sheeeeesh !

Cut-off times

The aid station cut-off times are established for your safety. Any person not making the aid station cut-off times is likely injured or in over their heads, and will be directed to surrender their coin and timing stick and leave the race course. Persons who finish within the cut off time are considered successful and have earned the title "Canadian Death Racer" (a small but prestigious club). Racers finishing within one hour of the closing time, while not successfully completing the Death Race, will be given a finishing time as a courtesy. Cut-off times are established and strictly adhered to as follows:

Run	Cut-off Time
Start	8:00am
Flood Mt Aid Station	12:00pm
Grande Mt. Emergency Aid St.	4:30pm
Grande Cache Aid Station(Rec Center)	6:00pm (End of Leg 2, Start of Leg 3)
Hamel Hwy Aid Station	7:00 pm (End of Leg 3, Start of leg 4)**
(**DO OR DIE! Pass here before 7:00 pm or you are done.)	
Arrive at Hamel Escape Station	10:15pm*
Sulphur Gates Road Aid Station	4:15am (End of Leg 4, Start of Leg 5)
Hells Gate River Crossing	6:00am
Successful Official Finish	8:00am 24hr total
Unofficial Finish Course closed	9:00am 25hr total

*Racers that do not arrive before the cutoff time will be escorted off the course (mountain) by volunteers.

* If you arrive after the cutoff time on Hamel, you must descend the mountain back on the North face (leeward side - the way you came up) to the Hamel escape station, on your own power. Hamel Escape station is a shelter (tent and supplies) for people needing rescue located about 2.5km from the summit of Hamel on the North face. If you are getting into trouble, are under powered, or are in danger you must descend to the Hamel Escape station where you can be evacuated safely. There will be heat, food and drinks there for people who cannot continue. The Hamel Escape station is not an aid station - it is only for rescue. If you require assistance from this station, you may not continue, you are disqualified.

Perils

Hey! What were you thinking?

Please note that this is an adventure race and the great distances between aid stations, the remoteness of the territory and the rough terrain will require racers to carry an adequate supply of water, food and safety equipment (see equipment check list). Extra care must be taken because of the unpredictable weather and cold that can be experienced on mountain summits. Be prepared for wildlife. Racers that finish the Death Race under the cutoff times will be well trained and well prepared. Plan the finish of the race from the very first steps at the race start. Take more food and water than you think you will need. This is not a 5km race with aid stations at every kilometer. This is a wilderness adventure race of epic proportions. We cannot stress enough that you have a well thought out strategy in place for making it to the end of this monster. In 2001 we took a racer off of Grande Mountain for dehydration and then on Hamel Mountain we had to rescue 8 people for hypothermia - this is typical mountain weather (sweltering heat on one mountain and sub-zero temperatures on another) so prepare yourself. Here are a couple of my favorite stories from the last few years that, in retrospect, give me a chuckle. I hope that if the people that I'm talking about recognize themselves, they can now also laugh at their predicament(s):

Its hard – no kidding!

In the Death Run of 2000 at the end of leg three I was stopped by an athlete, on a relay team, in a world of hurt. The runner had only brought one small water bottle for a 22km stretch in scorching 36C heat. Well of course this was less than half the amount needed, and as such the person was quite delirious from dehydration. I sat back and listened to a lively and animated lecture over the need for more water stations because it was, "too tough going for a 22km stretch without aid stations." When the lecture was over I asked if they had read the Death Warrant (Waiver) that they signed. The racer said, "Yes, but I thought you guys were kidding." Well folks, this is the Death Race and we ain't kidding! Bring water -bring lots. Bring food – bring lots. And train really, really hard. No kidding!

Racers are in danger!

In the Death Run of 2001 a particularly strong athlete was on course to set a new record and win. These racing elite's are typically victims of their own humility and so it was with him. Summiting in only shorts and a tank top, a terrible weather front moved in and . . . to make a long story short . . . as he was bundled up by search and rescue, his last words to his rescuers were, "this race puts the lives of racers in danger." Which I think is actually an understatement, but the racer certainly didn't help their situation by not carrying a jacket.

Omigod bear!

In the Death Run of 2002 two racers saw a bear and ran for cover. They were paralyzed with fear and didn't want to risk moving. By the time search and rescue caught up with them the bear had long since moved on but in their hysteria they still "saw a bear," apparently now cleverly disguised as a shadow. I believe the words from the rescuer; "come on out of the bushes guys, you're embarrassing yourselves!" had the appropriate calming effect. What was unpleasant was the argument that ensued where the two racers wanted more time to complete the race. Sorry guys, racing in the mountains is a very unpredictable business and we have time cutoffs for a variety of safety and logistical reasons. You might "time out" because of weather; you might "time out" because of an injury, and you may even "time out" because of a bear. It may break your heart to be taken off the course but let's not yell, kick and scream over it. If you don't make the cut off times for any reason, unfortunately, you are in over your head. We'll see you next year.

Sleeping Beauty

In the 2004 race, a runner from out of country was set to finish the race and was 1/3 of the way through the 5th and final leg. However, he discovered he was exhausted. He felt he had lots of time to finish and, still being night, he thought just a short snooze would do the trick to "recharge" his body. So about 5 hours later, in the streaming daylight, around about 10am two hikers found him. Dehydrated, and disoriented, like a crazed Vietnam vet lost in the jungle for years, but not knowing the war was ended, he bolted upright. His first words were, "How do I get out of here?" The hikers led him back to town where he ate for an hour then continued on with his 100-year sleep in the sanctuary of his hotel bed. (After we sent him for a mandatory visit to the emergency room, of course.)

Weather & Altitude

The weather will present an unpredictable challenge in itself. Grande Cache is at an elevation of 4200ft and is subjected to the unpredictable weather of the Rocky Mountains. Summer time temperatures range dramatically but generally reach daytime highs of 17C to 22C and nighttime lows of 8C to 12C. The mountain summits will be approximately 7-12degrees Celsius cooler than the valleys and 4 to 7 degrees cooler than the temperature in town. Precipitation varies as well but tends to be dry (er) in the months of August and September, but the Death Race of 2002 saw several inches of snow on all the summits. Strong winds always prevail on the mountain summits. Altitude will be a factor, and while acclimatization is not necessary a 3-5 day adjustment period is recommended with maximum performance attained after 14 days. Also, it is advisable for your crews to make available to you light rain gear, dry clothing, and socks and shoes at each aid station should you need it.

We Aren't Out to Kill You

Now don't get me wrong it is the "Death Race" but we aren't out to kill anyone. But be warned this race is very unforgiving to those that are not prepared. The winner of the 2001 Race took me aside at the awards presentation and said that, "Every race organizer wants to bill their race as the toughest, and so after a while you read race information with a grain of salt, but you guys weren't kidding. This is the hardest race I've ever done, and I've done a few. This is the first race I've done that truly felt epic." Now I'm not saying that this is the hardest race out there, it's probably not, but it is one tough race. Almost everyone that does the race says it was harder than they thought. Even Ann Heaslett, our 2004 women's champion and former female record holder stated in an Ultra running magazine article that the Death Race was one of the toughest races she had ever run. Makes me laugh when people ask, "Come on, how hard can it be?" - The answer is HARD! How bad can it be? – you guessed it, BAD! How tough can it be? Right yet again - TOUGH! The question really is, "How tough are you?"

Photo/Videography

The Canadian Institute of Extreme Racing reserves the exclusive rights for photo coverage of the Canadian Death Race. Competitors must agree that the Canadian Institute of Extreme Racing may use exclusively their individual or collective names and pictures for anything related directly or

indirectly to their participation in the Canadian Death Race. Any still camera, video or movie coverage done during the Canadian Death Race cannot be used by competitors, their crews, associates, etc. for any use other than personal, unless by prior authorization from the Canadian Institute of Extreme Racing. We have official professional Death Race Photographers on the course at scenic locations to take incredible photos of you in action. These can be purchased at a reasonable fee at the awards presentation on Monday after the race.

*Also, if you have any footage/photos you wish to donate, we would be pleased to accept it/them for possible inclusion in the fabulous Monday's Awards Ceremony Video Presentation, or for inclusion in next year's race brochure. Please donate these ASAP at command central, or via e-mail to info2008@canadiandeathrace.com or look for further updates with your racer kit for additional locations. We love Death Race photos and video footage! Come on, give us your cool pics, we'll make ya famous!

Death Race DVD

The dedicated souls at Bare Bones Productions documents the Adult's, and Kid's races (with a special volunteer segment) all packaged into a high energy and wildly entertaining 45 minute video. Great musical score and action shots rivet you to your seat as you laugh and cry your way through this fantastic roller coaster of emotions equal only to the superhuman feats of the athletes on display. To order your copy email Scott Woodward at scotwood@telus.net

GoDeathRacer.com

Talk to Other Death Racers

Wanna share stories, find someone to run leg 4 (cause no one you know is crazy enough), trade training tips or go on a hot running date with other racers? Get the inside scoop at www.godeathracer.com

Volunteers Needed!

If you have a partner, family or friend coming with you and they are not racing, they can help us out with various tasks any time between Saturday morning and Sunday morning. Volunteers get an ultra-cool volunteer Canadian Death Race T-shirt, or a different cool item, ticket to the Pizza lunch on Saturday, and many, many smiles for helping at least 5 hours. Helping out with the race is actually lots of fun. To become a volunteer register online at <http://www.canadiandeathrace.com> under our volunteer section. We have jobs for all people of all skill level, experience and equipment.

We also need people with special skills including:

expert quaders (quad operators)

medical experts (doctors, nurses, EMT).

People with search and rescue experience.

4WD vehicles

We ask that volunteers please ensure that you show up for your shift(s) as scheduled. If you are unable to attend the shift, for any reason, please notify us so we are not left scrambling to replace you at the last minute. We truly value and rely heavily on our awesome volunteers. You are the best! There is a volunteer banquet held in September in appreciation of the volunteers and we enjoy a great meal and a bunch of draw prize giveaways.

Volunteer Cash Awards!

We are offering three incentives to recruit additional volunteers to join our ranks, in addition to the exclusive volunteer T-shirt and other goodies in the volunteer package.

1. All volunteers names are entered into our Mega Draw Prize – a chance to win a free five person relay team entry into the next year's race. The lucky person is drawn and announced at our awards banquet in September. Be part of the action, we have lots of volunteer positions waiting for you.
2. For those volunteers who are also racers - here is your chance to win your relay entry fee back. It easy to sign up as a volunteer! In addition to being eligible for the Mega Draw Prize, every racer that volunteers (minimum 5 hour commitment), will be entered into a draw to win their entry fee back. Don't just stand around watching, be part of the action. We have lots of volunteer positions waiting for you. Helping with race activities is lots of fun and you also get a chance to win a free team entry. Draw will be made at the awards presentation on Monday morning following the race.
3. In addition all racers have an opportunity to help us recruit volunteers. When you register for the race and also register a volunteer at the same time will be given a \$10 refund of you entry fee after the race as long as the volunteer shows up to volunteer. If you are on a team, your team-mates can also offer up the same volunteers and all be eligible for this discount. Please spread the word among your friends. Helping out is actually lots of fun and invaluable assistance to the safety and success of each death race. As a racer, if you volunteer yourself, you are also eligible for the \$10 refund.

Other events in the Grande Cache Area

Passport to the Peaks (www.passporttothepeaks.com)

The Passport to the Peaks program celebrates the beauty of Grande Cache and Wilmore Wilderness Park by identifying the ring of mountains that surround the town. The hikes featured here rival those in the National Parks yet offer true, less traveled wilderness to the adventurer. All of the peaks offer non-technical routes for hikers to achieve the summit. Once you have achieved one summit, you will have caught the fever and want to bag them all!

Each mountain is rated as Bronze, Silver or Gold depending upon the level of difficulty. The Bronze Mountains are typically daytrips with simple route finding. The Silver Mountains involve either multi-day adventures, more advanced route finding, or require a significant river crossing. The Gold Mountains are much more remote, undeveloped and challenging.

Choose the summit you wish to challenge and remove the day-sheet map and stamp page from the Passport to the Peaks Guide Booklet. Use the plastic sleeve included with your book to protect them. Put your skill and determination to the test and make your ascent. The Passport booklet is a complete guidebook to the 21 mountain peaks visible from the town of Grande Cache. The Passport to the Peaks Guidebook is available from the Canadian Institute of Extreme Racing from the Merchandise web page at www.canadiandeathrace.com. The cost to enroll in the program is \$80, which includes the comprehensive guidebook, maps and stamp summit pages. Shipping and handling is \$5 for Canadian orders and \$10 for international orders.

Once at the summit, take in the view! Then find the Cairn Box, featuring an original work of art by Robert Guest on the door. Mounted inside the box is an embossing Summit Stamp particular to that mountain. This stamp will serve as testimony to having achieved the summit. It will also serve as a souvenir to remind you of your triumph and the vista at which you marveled. Hold on tight to your stamp page; the wind can easily make it disappear! Replacement pages can be ordered from the Canadian Death Race Web site at www.canadiandeathrace.com on our merchandise page for \$10 per page plus \$1 for shipping and handling. Also look for a signature book inside the box to add your name to those that have achieved the summit.

Submit your summit pages as proof you have attained the summit in return for your coveted bronze, silver, and/or gold lapel pin. There is a \$5 maintenance fee for each year it takes you to complete the program, which is only due upon request for your respective bronze, silver or gold pin. The Passport to the Peaks is a non-profit tourism initiative. All proceeds go to supporting local tourism development initiatives.

Grande Cache Wild River Rendezvous

Grande Cache Wild River Rendezvous is held every year on the first weekend in June.

June 6th, 7th and 8th – 2008;. This event is for whitewater enthusiasts (kayaks, canoes, C1, C2, etc), and exposes paddlers to our exciting local whitewater rivers. Class II to V.

Death Race Merchandise

Work World in Grande Cache offers a limited selection of reasonably priced, really cool clothing and merchandise. All items have our "in your face" skull logo which is easily recognized and uniquely extreme. We also have a Death Racer in Training T-shirts made out of 100% cool-max moisture wicking fabric so you can train in your favorite Death Wear!

*All merchandise will be available for sale at Work World in the mall during Death Race weekend. Please come in and check out all the awesome new items. Call Work World to check out availability and the cool new stock.

Mail or fax to Work World

PO Box 390, Grande Cache, AB, Canada, T0E 0Y0

Phone: 780-827-9675 fax: 780-827-5505

Commonly Asked Questions

Q: What if I go down and am unable to complete my relay leg?

A: If you are unable to make the cut-off times for any reason, your team will not be allowed to continue.

Q: How hard is it to make the cut-off times?

A: The cut-off times are designed to be challenging but not impossible. Cut off times also serve to decrease the risk of injury or death to racers and volunteers and to keep racers from getting into excessive trouble. Note that the cutoff times are not the pace time – ie if you arrive at the last minute at the end of leg 2 (6:00 pm), you (or the next relay runner) will have to complete leg 3 at record time to complete leg 3 (7:00 pm).

Leave nothing to chance, train hard. You must average 5.5km/h for 24 hours . . . a cake walk on flat ground, but add in over 17,000ft elevation, many sections of rough terrain, darkness, unpredictable weather, and 125km distance, and, well . . . you get the idea.

Q: What if I lose my coin?

A: As in the Olympics when the relay baton is dropped, if you lose your coin you (or your team) will be disqualified. You will not be allowed to cross the river if you lose your coin, as the myth goes . . . losing the coin will condemn a soul to wander the banks of the Styx for all eternity. Your special

coin will be marked as belonging to you (or your team) alone and it must be presented at the summit of each mountain and at the relay exchange zones, when requested by race marshals. The coin is given to the ferryman on the 5th and final leg and allows safe passage across hell's gates.

Contact Us

Mailing list

Not on our mailing list. Send us your address and we'll mail you out our fantastic full color brochure, complete with course map and elevation profile. Due out before January of each year.

Need More info?

Contact us via email (we prefer email, it's easier and inexpensive too!)

E-mail:

info2008@canadiandeathrace.com

Web Page: www.canadiandeathrace.com

Mail:

Canadian Death Race

Box 477

Grande Cache, Alberta, Canada

T0E 0Y0

Phone:

Death Race Central Emergency Hot Line: 780-827-5413, we only service this line for a limited number of hours and recommend email for faster response. (leave message if we are not in and we will get back to you)

Fax: 780-827-4194

For More information on the Town of Grande Cache, visit www.grandecache.ca or call our Tourism & Interpretive Centre at 1-888-827-3790