



RACE INFORMATION GUIDE

CAMBA
BUILDING ADVENTURE



SALOMON

A Warm Welcome from our Race Organizers

Thank you for supporting Park to Pints, hosted by Strides Canmore and Salomon in support of the Canmore and Area Mountain Bike Association. The idea of hosting a local road race and field party was born earlier this year after many hours of collaboration between three passionate road and trail runners in the Canmore Community. We are hoping that this race creates many lasting memories and inspires runners to push for their personal best times or simply enjoy an evening on the beautiful pathways of our town alongside their closest friends. Park to Pints is in its inaugural season and our team cannot wait to welcome you to what is sure to be one of the most spectacular road courses out there!

The Organization you are Supporting

The Canmore and Area Mountain Bike Association (CAMBA) was founded in 2016 by a passionate group of volunteers looking to advocate for trails that cater to all user groups. Some of the most enjoyable trails to mountain bike are also some of the best to run and our organizing team had an easy choice in selecting CAMBA as the organization that Park to Pints supports.

CAMBA has three major projects launching next summer including an adaptive trail in Peaks of Grassi, multiple skill zones and new trails in the Benchlands area of Canmore, along with an interpretive trail benefiting the youth of our community in Millenium Park. Consider supporting these projects further with a trail membership or simply learn more about CAMBA on their website at camba.ca/membership.

Thanks to Our Sponsors



SALOMON



Racer Information

Please give this document a quick read through prior to race day. It contains EVERYTHING you need to know for a successful race regardless of whether you are a seasoned veteran or racing for the first time. Thank you so much for supporting our local race - we can't wait to cheer you across the finish line on October 19th!

WHEN: October 19, 2024 @ 4:50pm (10km briefing + start to follow) & 5:00pm (5km briefing + start to follow); Food and drinks will be available for purchase after your race with live music by The Ducks from 6:30 to 7:30pm.

WHERE: Start/Finish at Our Lady of Snows Catholic Academy in Stewart Creek (3100A Stewart Creek Dr, Canmore, AB). Race course will utilize the majority of the Three Sisters pathway for the 5 and 10km races. Washrooms and changing facilities are available inside Our Lady of Snows Academy.

PARKING: Public parking is available in the parking area at Our Lady of Snows as well as at the baseball diamond gravel lot on Armstrong Place. Overflow parking can be found a short walk from the start line on Three Sisters Drive and Stewart Creek Rise. Please respect all 'no parking' areas and please DO NOT obstruct pathways, driveways, and fire lanes. The [course map](#) outlines all suggested public parking areas.

PARTICIPANT WAIVER: Please complete our events waiver prior to picking up your bib. The waiver can be [found here](#). A QR code will be available at bib pickup to facilitate waiver signing, but completing this waiver beforehand will speed up the process significantly. Waiver completion will be verified prior to bib pickup opening at 4:00pm on the 18th.

BIB PICKUP: Hosted by Strides Canmore on Friday, October 18th from 4-6pm. Skip the long line on race day and grab your bib, custom race mug and Hornby bar. Enjoy some discounts on products at Strides during pickup hours! Bib pickup will also be available between 3:00pm and 4:40pm on the day of the race - we highly encourage you to pick up your bib on Friday! Due to the registration cut off on October 17th and this being a small community event, we cannot allow bib transfers, drop downs, or refunds this year!

*Government issued identification is required to pick up a race package. It is acceptable to pick up for another registered runner with written confirmation (text/email).

*Bibs are for assigned runners only and are not to be passed along to another runner. Bibs numbered 1-99 will be reserved to 10km racers and bibs 100-199 for 5km participants. Pacers are not covered under CAMBA's race insurance & if identified, the pacer & registered runner will be disqualified at the discretion of the race director.

MANDATORY RACER CHECK IN DAY OF RACE: 3:00pm until approx. 4:40pm (ALL DISTANCES). If you already picked up your bib, awesome! You still need to check in above the field area at Our Lady of Snows in order to receive your timing chip. We will attempt to contact runners that have NOT checked in but have picked up their race package (you must check in or you will DNS - Did Not Start).

RACE BRIEFING: Racer guide will be hosted on the Park to Pints website & will not be posted at the start line. A 5 minute race briefing and course overview will be provided **before** each race starts. Please be in the start corral for this briefing. The Park to Pints course is open to the public on race day. Please be mindful, courteous, and aware of other users.

SUNSET: 6:45pm - If you anticipate being out on course past 6:15pm, please wear a headlamp and ensure it is properly charged before the start.

RACE COURSE: The Park to Pints road race (start & finish) is hosted at Our Lady of Snows Catholic Academy ([Google Maps link](#)) in Stewart Creek. The pathway system in this area of Canmore consists of rolling hills along with many corners and turn offs. The pathway is as wide as a double track trail with room to pass at all times. Please remain courteous to all runners and members of the public that are sharing the course with you. The Race Rules section outlines some general reminders on race course etiquette!

COURSE MAPS: A detailed course map for participants can be found on CAL TOPO by following [this link](#).

10KM (5pm START; 4:50PM Briefing)

Elevation gain: 144 meters

Elevation loss: 147 meters

Estimated completion time: 40 mins to 90 mins

Trail Type: Paved pathway, sidewalk, small sections of compacted gravel

Aid Available @ 2.5km, 5km, 7.5km

FINISH LINE CUT OFF: Runners must cross the finish line by 6:45pm to receive an official finish time

5KM (5:10PM START; 5:05PM BRIEFING)

Elevation gain: 66 meters

Elevation loss: 70 meters

Estimated completion time: 17 mins - 60 mins

Trail Type: Paved pathway and sidewalk

Aid Available @ 2.5km - This is the turnaround point. Please be aware of other runners including 10km runners when making your turn. The space is quite tight here and volunteers will do their best to manage racer traffic.

FINISH LINE CUT OFF: Runners must cross the finish line by 6:45pm to receive an official finish time

COURSE MARKINGS:

The course will be marked with flagging tape, pin flags, reflective markers, directional arrows and orange cones. Runners are required to stay on course and cross any roadways/transitions at designated locations ONLY. Traffic control and course marshals have absolute discretion in managing road crossings - the safety of the runner comes first so please respect their decisions at all crossings.

PACERS:

There is no pacing. Non-participants (human & animal) are not permitted to accompany runners along the course.

THE BIBS:

Bib # must be worn on the front of your body and visible at all times. Shirt or left thigh is best as it allows for our timers and announcers to verify who you are when you cross the finish line.

*Please return your bibs to our volunteers at the finish line! These bibs are not fancy for a reason and will be reused for future years. All returned bibs will be entered into a draw for prizeing from Salomon, Tailwind, and other supporting brands. No returned bib = no draw prize!

AID STATIONS:

Park to Pints aid stations are a fun & encouraging stop along your race journey if you choose to use them. Aid stations are located at the 5km turnaround (approx 2.5km mark), at the 10km turnaround (approximately at the 5km mark) and again at the 7.5km mark in the race. Basic first aid items and water will be available. Due to the more remote nature of the location of both aid stations, we will not be providing food to runners unless there is a major emergency requiring the delivery of food products. If you prefer to consume drink mix or food products with you, we recommend you carry the items with you.

Park to Pints is a cupless race in accordance with the Zero Waste goals of the Town of Canmore. **Disposable cups will not be available. Please bring your own 'go cup' or something reusable if you plan to use our aid stations on course.**

THERE IS A WATER FILL STATION AT THE START LINE. TAILWIND RECOVERY DRINK AVAILABLE FOR AFTER THE RACE ALONG WITH LIGHT SNACKS.

DROPPING FROM THE RACE:

If you decide to drop from the race, **YOU MUST DO SO AT AN AID STATION.** You will notify the aid station captain (to avoid a 911 call) and turn in your bib #. If you cannot make it to the check in/aid station, **STAY ON THE COURSE** and the sweep or course marshal nearest you will assist you. **DO NOT GO OFF COURSE.** If we cannot account for you, an expensive search & rescue operation will be initiated, and you may be billed. Please check in with the start/finish line once you are clear of the course.

REQUIRED GEAR:

There is no required gear for this race with the exception of your bib worn on the front of your shirt or left thigh and your timing chip worn on your person. Zone4, our timing provider may have further instructions on timing devices throughout the day.

RECOMMENDED RUN GEAR:

Racers will be journeying along paved pathways and 'buff' gravel double track trails. This is a road race but all ranges of running attire is acceptable. Please dress to conditions on the evening of the race and consider wearing extra layers to leave with your friends and family in order to stay warm before the start. If this is your first race, feel free to chat with us at package pickup for recommended layering on race day.

Consider carrying the following items:

- Hydration: If planning to be on course for more than 30 minutes, a handheld water bottle or a belt with a flask may be a good idea.
- Cell phone: personal preference here, however carrying this in a belt or a tight pocket that does not bounce is an option for participants.
- Headlamp: If you are concerned at all about darkness, wear one! Make sure it is fully charged. The sun sets around 7:00pm this time of year but it tends to be darker on the Stewart Creek side of the valley well before 7pm.
- Go Cup: Our race is 100% cupless! Please bring a go cup or soft flask for water fill ups and use of Tailwind product after the race.
- Mug: Bring your beer mug for post race refreshments. All beer or non-alcoholic refreshments will be served in cans or poured into your mug - no other cups provided!

The 'OTHER' Race Rules:

- No walking, hiking, or running poles.
- **Bone conducting headphones or 'one earbud in' is acceptable on this race course.** Noise canceling headphones in both ears are not permitted due to the volume of road crossings along the course. Runners **MUST** be able to hear instructions from our volunteer team at all times.
- **NO LITTERING.** You will be disqualified from the race if you are found to be littering.
- Follow the course as marked/flagged in the direction of the race. Pin flags

will be installed along the course as well as directional arrows and cones keeping you from turning off onto the wrong trail. **If you miss a marking, return to the last marking you saw and resume your race - please do not try to cut the course if you miss a marking. Better yet, please do not cut the course at all!**

- If you encounter an injured runner, please consider staying with them until medical attention or help arrives or if safe to do so, continue to the next Aid Station and **report first name & bib # and approx. coordinates. At the discretion of the race director, time adjustments may be made for helping injured runners.** Please report to the start/finish after your race if you have been involved in this situation.
- Please use washroom facilities at the start/finish if available or common sense when relieving yourself in the wild
- No storing food or supplies along the course
- Runners are expected to be mindful of other runners and compete in a respectful manner. Please stick to the right of the trails where possible and allow for passes if a runner or a group of runners plans to overtake you.
- If you are looking to pass a runner while on course, the easiest way to do so is by kindly saying “track” or “pass.”
- Runners/participants are responsible for all forms of medical coverage and for bringing the appropriate medication with them to manage any medical emergencies the day of the race.

WILDLIFE ENCOUNTERS:

Runners aren't the only ones that enjoy the pathways in Stewart Creek or Three Sisters. If aggressive wildlife activity has been reported on the course or near the course prior to, or on race day, the course may be modified or the race paused at the discretion of the Race Director or Town of Canmore staff. Please report any and all wildlife encounters to the nearest aid station or the finish line.

To learn more about wildlife encounters in Alberta and the DOs & DO NOTs visit: <https://www.alberta.ca/wildlife.aspx>

COURSE EMERGENCIES:

If you encounter an injured runner, please consider staying with them until medical attention or help arrives or if safe to do so, continue to the next Aid Station and **report first name & bib # and approx. coordinates.** If you have cellular reception, please call race headquarters @ 403-815-6117.

THINGS TO BRING (SUPPORTERS & POST RACE FOR RUNNERS):

- Folding chair/lawn chair
- Water/snacks
- Post race warm clothes (jacket, pants, gloves, etc) AND sandals or boots (you'll likely want to kick off those runners) - there is a place to change

QUESTIONS/CONCERNS:

Contact contact@camba.ca and/or Grant @ 403-815-6117.

Thank you for choosing Park to Pints as part of your 2024 race calendar; we are incredibly honored to be part of your journey and excited to host you!

[PARTICIPANT WAIVER](#)

[RACE TIMELINE](#)