

The Valley Vertikiller is a rigorous and challenging event. We've designed an awesome race for you to enjoy and are counting down the days until race day. Trail races are for people with guts, people who aren't afraid to get a little dirty, and people who know they are up for a challenge. Participation in this event presents the possibility of personal risks, many of which can be serious or possibly fatal.

On race day, racers must respect the direction and authority of the race director and volunteers for their own safety. Please review the following Valley Vertikiller race rules and key messages prior to race day so that you:

- A) stay safe and forever be a part of the Vertikiller Lore
- B) have a great race and can enjoy the festivities at the finish line
- C) not be subject to public shaming (read on to find out how to avoid said shaming)

Racer Sign In and On Course Safety

- This is a point-to-point race. It is MANDATORY that runners check in at the Lower Sumas Mountain Parking Lot (the official finish line) prior to boarding the complimentary shuttle to the start line. If you need information regarding parking please refer to our website: www.valleyvertikiller.com
- Runners will have 6 hours to complete the course. The finish line cutoff is 3:00pm. Racers arriving after at the finish line after that time will be marked as a DNF. For the 25km racers, there is a cutoff mid-course at approximately the 16km mark as racers pop out of Access Road 48 onto Taggart Road. There is a course marshal at this junction. Any racers reaching this course marshal after 1:00pm will be redirected down Taggart Rd to the Finish Area and will be marked as a DNF.
- Race Numbers MUST be visible and worn on the front at all times. All runners MUST be checked through each Aid Station/Checkpoint by a race official. It is the racer's responsibility to ensure that the official sees the number.
- Vehicles have the right of way. Please stay inside the designated race area on any of the roads. Please obey the signage and course marshals for your safety.
- Aid stations will be stocked with water, fuel and food - although we recommend that you pack plenty of hydration and fuel of your own. Medical assistance will be available at aid

stations and certain checkpoints.

- Dropping Out: **If you find it necessary to drop from the race, you must do so at an aid station/checkpoint.** Notify the aid station/checkpoint volunteer and have them record your bib number. If you feel you cannot get to the nearest aid station, stay on the trail and a sweep will assist you. Do not leave the course without notifying an aid station/checkpoint volunteer. If we can't account for your whereabouts an expensive search and rescue operation will be initiated.
- Mandatory Drop Out: Medical staff and event organizers have the authority to pull a runner from the event should they deem it unsafe for the runner to continue. The runner **MUST** comply with this decision.
- **If you are injured or come across another injured runner needing immediate help please call the Course Director Mike Thomas (778) 242-9830.** You may want to put this number in your phone for race day.

Be Respectful of Others

- While participating in the Valley Vertikiller, you will be traveling through residential areas, Crown Land and Regional Park Lands. The route is open to the public on race day so be aware there may be other trail users on race day - please be courteous of them.
- Please be polite and respect local residents so as to minimize any disruption.
- Yield to other runners wishing to pass.
- If you come across an injured fellow runner, please stay with that person until the sweep or medical attention arrives. Hey, we're all in this together!
- Please notify event staff or volunteers of any possible hazards (ie. wildlife, unsafe course conditions, etc) ...especially if you see a sasquatch. Definitely notify us of that.

Be Respectful of Nature

- Do not litter on the course. This will result in disqualification and possible public shaming. Please pack out what you pack in.
- To minimize the amount of waste, **this is a cup-free event, meaning you'll need to**

pack along your own source for fluids at aid stations and at the finish line. Here are two suggestions: A packable style bottle, or a homemade version in which you simply lop the top off of an empty kids juice box.

- Aid stations will be stocked with water, fuel , and food. Medical assistance will be available at aid stations and checkpoints.
- Stay on the designated trails. The course will be well marked with flagging tape, flags, and signage.

The Miscellaneous No-No List

- No short-cuts. That's cheating and NOT VERY COOL. Again, possible public shaming.
- Poles are NOT allowed.
- No dogs. We love them! They are cute! - but NO.
- No Headphones. Enjoy the forest sounds around you. We will have some groovy tunes for you at the finish line!

Please feel free to email us at info@valleyvertikiller.com if you have any questions or concerns. For further details regarding the course and other race details please refer to our webpage www.valleyvertikiller.com