

Fat Dog 100 Race Guide

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SCHEDULE OF EVENTS

Date	Time	Event	Activity	Location
Fri July 22	1-5 pm	all	Bag drop available in Tamarack Room in Manning Park Lodge basement.	Manning Park Lodge
	1-5 pm	33 km	Package pickup in Tamarack Room in Manning Park Lodge basement. See also Sat night.	Manning Park Lodge
	5 pm	120 mile	Bus departs from Manning Park lodge parking area to go to Keremeos motels/camping and briefing.	Manning Park Lodge parking area
	5 pm	115 km, 50 mile and relay legs 3-6	Mandatory briefing in Manning Park. Bag drop. Tamarack Room in lodge.	Manning Park Lodge-Tamarack Room
	7:15 pm	120 mile and relay leg 1, 2	Mandatory briefing in Keremeos. Bag drop. After meeting, bus takes campers to camping area.	Victory Hall
Saturday July 23	3 am	120 mile	Bus departs for start line. Stops at designated camping area. Arrives 3:35 at Lakeview Creek Campground Trailhead on Ashnola River Road.	Victory Hall
	4 am	120 mile and relay leg 1	120 mile race starts for solo runners and relay leg 1	Lakeview Campground Trailhead on Ashnola River Road
	7 am	115 km	Bus departs Manning Park Lodge parking lot to get to start location on mountain (Blackwall Peak) opposite the lodge.	Manning Park Lodge parking lot
	8 am	115 km	115 km race starts at top parking lot with access to Heather Trail. Race starts at parking lot.	Blackwall Peak
	9:15 am	50 mile	Bus departs Manning Park Lodge parking lot to go along Hwy 3 to Cayuse Flats start area.	Manning Park Lodge parking lot
	10 am	50 mile	50 mile race starts at Cayuse Flats.	Cayuse Flats at Hwy 3
	7-8 pm	33 km	Package pickup at Lightning Lake	Manning Park
Sun July 24	8:15 am	33 km	Bus departs Manning Park Lodge to go to race start.	Manning Park
	9:30 am	33 km	Package pickup at Skyline aid station before race start.	Skagit Prov Park
	10 am	33 km	Race starts on Silver Skagit Road at Skyline aid station in Skagit Provincial Park	Skagit Prov Park
	2 pm	50 mile	50 mile race ends	Manning Park
	4 pm	115 km	115 km race ends	Manning Park
	10 pm	120 mile	120 mile solo, relay and 33 km end	Manning Park
	10 pm	Awards	Awards start. Lightning Lake	Manning Park

ENTRIES

Participation in the Fat Dog 100 endurance run is first-come first-served basis. Runners must meet entry requirements such as long distance experience and trail maintenance/volunteer hours.

400 combined limit for all events

125 cap for 120 mile race

THE COURSE—POINT TO POINT IN PARADISE

120 mile Course

The 120 mile race is run on technical and non-technical trails some single track, some dirt roads and 5 km of paved road. The race starts near Keremeos on Ashnola River Road (23 km from Keremeos). The first portion of the race is run in Cathedral Provincial Park. The second portion travels between Ashnola River Road and Manning Park Eastgate and involves one river crossing with current. The third portion travels along trails north of Hwy 3 then descends to Hwy 3 and along to Cascade day use area at Hwy 3. The last portion covers trails south of Hwy 3 through the Skagit Valley and returning to Manning Park to finish at Lightning Lake. See legs described in the relay below.

115 km Course

The 115 km race starts from the top of the parking lot across from Manning Park Lodge where Heather Trail starts and is run on technical and non-technical trails some single track, some dirt roads and 3 km of paved road. The first part travels along trails north of Hwy 3 then descends to Hwy 3 and along to Cascade day use area. The last part covers trails south of Hwy 3 through the Skagit Valley and returns to Manning Park to finish at Lightning Lake. See legs described in relay below from Heather to Skyline.

50 Mile

The 50 mile race starts at Cayuse Flats at Hwy 3. The first part travels along Skagit Bluffs Trail parallel to Hwy 3, arriving at Cascades day use area. At the aid station, racers will be directed to a brief out and back along Dewdney Snass Trail and return to Cascades parking lot. The last part covers trails south of Hwy 3 through the Skagit Valley and returns to Manning Park to finish at Lightning Lake. See legs described in relay below from Cayuse Flats (last 8 km of Leg 4) to Skyline.

33 km (20 mile)

The 33 km race starts on Silver Skagit Road outside Hope, travels Skyline II and Skyline I and Centennial to finish at Lightning Lake. There **is a bus** to take you to start. See Leg 6.

Relay

Leg	Distance	Aid Stn Interchange	Route
Leg 1 Cathedral	31 km	Race start	This leg starts in the parking lot at Lakeview Creek Campground Trailhead on Ashnola River Road (with 120 mile racers). Lakeview Trail ascends to Cathedral Lakes area, levels then ascends briefly on Centennial Trail. Then the route descends on Centennial Trail to Wall

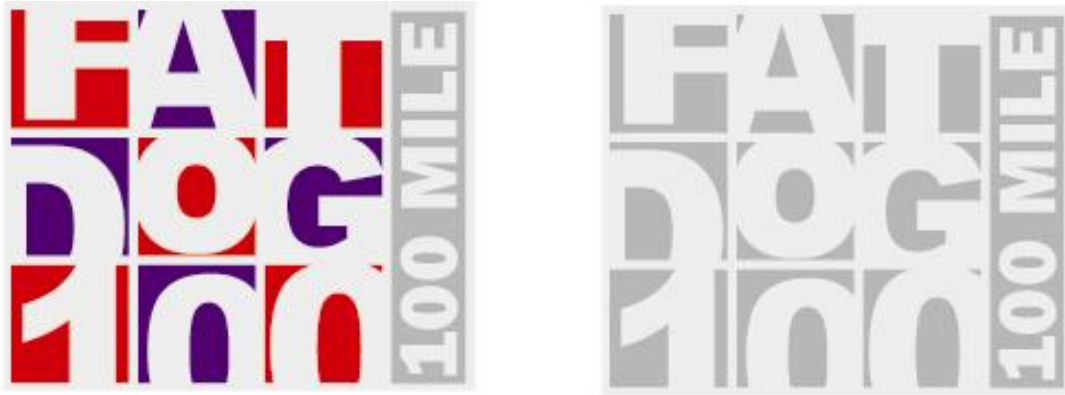
Leg	Distance	Aid Stn Interchange	Route
			Creek Bridge at Ashnola River Road. Equal ascent and descent. Great views.
Leg 2 Trapper Lake	38 km	Ashnola River Road	At Ashnola River Road leg 2 takes Centennial Trail to Trapper Lake then takes Trapper Lake Trail to Pasayten River, cross river (waist deep, has current) and bridge to Hwy #3. Travel about 1.5 km on the road to Upper Pasayten River Road near Manning Eastgate, cross Hwy #3 to Eastgate Road which leads to Bonnevier Trail. Equal ascent and descent. Wildflowers and views.
Leg 3 Bonnevier	19 km	Bonnevier	From aid station at Hwy 3, climb Bonnevier Trail to junction at Heather Trail. Mainly ascent. Views. Show headlamp to aid station. If at Bonnevier BEFORE noon, no need to show headlamp.
Leg 4 Heather	40 km	Heather	From aid station, follow Heather Trail to Grainger Creek Trail. Stunning views. Descend Grainger and Hope Pass Trails, Skagit Bluffs to Cayuse Flats aid stn and along to Cascade aid stn . Flat to undulating, long descent. (To get into start position , you need to drive 17 km up the road across from Manning Park Lodge to the lookouts at the top to get to your start. Hike 6 km to your start point at the aid station.)
Leg 5 Skagit	36 km	Cascade	Start at Cascade aid station at Hwy 3. Follow Hwy #3 south about 3 km to Sumallo Grove day use area. Follow Skagit Trail to Centennial and Shawatum day use area (off Silver Skagit Road), do out and back to aid stn, and then follow Centennial Trail to Skyline aid station. Luscious trails parallel river and then road. (To get into start position , take Hwy 3 to Cascades parking lot.) Undulating and flat trails. 3 km road. Easiest terrain.
Leg 6 Skyline	33 km	Skyline	Climb Skyline II to Skyline I and then Centennial to finish at Lightning Lake in Manning Park. (To get to start position , you need to drive to Hope BC, 30 minutes from Manning Park and then drive along Silver Skagit Road to get to your start at Skyline Aid Stn. From Manning, allow 2 hours to get into position.) Best climber should do this leg. Stunning views.

ROUTE MARKINGS

Pink flagging, reflective tape and tent pegs with reflective tape will be visible along the route and will be generally marked on one side of the trail. Reassurance flagging will be available at regular intervals and at all junctions. At night, some stretches will be lit with 12 hr glow sticks. You will need a headlamp for running at night.

Racers must study the route and become familiar with the trails before race day.

BUCKLE FOR 120 MILERS (SUBSTANTIAL, NOT CHEESY)



AID STATIONS, DROP BAGS AND CUTOFF

Aid stations will be stocked with the following foods and liquids: water, chips, Coke, Accelerade energy drink, cookies, potatoes, sandwiches, soup, fruit, pudding, energy bars, gummies, candies, hot chocolate and **other tasty treats** provided by the aid station crew. They will be competing for your accolades.

Drop bags must be small, compact containers (like a size 14 shoe box). Secure all drop bags and display your name on every bag. No glass containers. Race staff are not responsible for missing or damaged contents. All drop bags must be left at the mandatory check-in **or at the Tamarack Room in Manning Park Lodge on Friday.** See *Schedule of Events*, page 2.

PICK UP your bags at the end of the race. They will be tossed out if not picked up at the end of awards on Sunday. Get your crew to remind you.

Aid station locations are listed below. A major aid station is fully equipped; a minor aid station is lightly equipped due to location (no road access). Note cutoff times.

120 mile and Relay Notes (updated June 30 2011)

#	Station	120 mile Distance run	Cutoff	Location and Notes	Major or Minor	Drop Bag
#1	Cathedral	14 km		Lakeview meets Centennial. Near top of climb. No parking.	Minor	No
#2	Ashnola River Road	31 km	10:00 am	Ashnola River Road after Wall Creek Bridge. Parking.	MAJOR	YES
#3	Trapper (new)	38 km		Centennial Trail crosses service road, before Trapper Lake. Parking.	MAJOR	No
#4	Calcite	59 km		Calcite FSR.	MAJOR	YES
#5	Pasayten River (new)	66 km		West side after river crossing. Private road. No parking.	Minor	YES
#6	Bonnevier	69 km	4 pm	Eastgate Road at Hwy 3. Parking. <i>Show headlamp mandatory.</i>	MAJOR	YES
#7	Heather	88 km	8:30 pm	Bonnevier at Heather. <i>Pacer for 120 mile joins racer here.</i>	Minor	No
#8	Nicomen Lake	102 km		Aid stn or water drop at Nicomen	Minor	No

#	Station	120 mile Distance run	Cutoff	Location and Notes	Major or Minor	Drop Bag
	(new)			Lake hut. Hiking only access.		
#9	Cayuse Flats	120 km		Hope Pass at Hwy 3. Parking.	MAJOR	No
#10	Cascades	128 km	5:00 am	Cascades sign at Hwy 3. Parking.	MAJOR	YES
#11	Sumallo	131 km	5:30 am Sun	Sumallo Grove at Hwy 3. Parking.	Minor	YES
WD	26 Mile Bridge	146 km		Water drop where Skagit meets Centennial		No
#12	Shawatum	149 km		Aid stn is at Silver Skagit Road. Out to aid stn and back to trail. Parking.	MAJOR	YES
#13	Skyline	164 km	11 am Sun	Aid stn is at Silver Skagit Road at base of Skyline II.	MAJOR	YES
#14	Camp Mowich	174 km		Camp Mowich aid stn	Minor	No
WD	Home stretch			Water drop on Skyline [location TBD].	-----	No
	finish		10 pm Sun			

115 km Notes

#	Station	115 km Distance run	Cutoff	Location and Notes	Major or Minor	Drop Bag
#7	Heather	6 km		Bonnevier at Heather.	Minor	No
#8	Nicomen Lake (new)	20 km		Aid stn or water drop at Nicomen Lake hut. Hiking only access.	Minor	No
#9	Cayuse Flats	38 km		Hope Pass at Hwy 3. Parking.	MAJOR	No
#10	Cascades	46 km	10 pm Sat	Cascades sign at Hwy 3. Parking. Pacer for 115 km can start here.	MAJOR	YES
#11	Sumallo	49 km	10:30 pm Sat	Sumallo Grove at Hwy 3. Parking.	Minor	YES
WD	26 Mile Bridge	64 km		Water drop where Skagit meets Centennial		No
#12	Shawatum	67 km		Aid stn is at Silver Skagit Road. Out to aid stn and back to trail. Parking.	MAJOR	YES
#13	Skyline	82 km	5 am Sun	Aid stn is at Silver Skagit Road at base of Skyline II.	MAJOR	YES
#14	Camp Mowich	92 km		Camp Mowich aid stn	Minor	No
WD	Home stretch			Water drop on Skyline [location TBD].	-----	No
	finish	115 km	4 pm Sun			

50 mile Notes

#	Station	50 mile Distance run	Cutoff	Location and Notes	Major or Minor	Drop Bag
#10	Cascades	8 & 12 km		Cascades sign at Hwy 3. Parking.	MAJOR	YES

#	Station	50 mile Distance run	Cutoff	Location and Notes	Major or Minor	Drop Bag
#11	Sumallo	15 km		Sumallo Grove at Hwy 3. Parking.	Minor	YES
WD	26 Mile Bridge	30 km		Water drop where Skagit meets Centennial	-----	No
#12	Shawatum	33 km		Aid stn is at Silver Skagit Road. Out to aid stn and back to trail. Parking.	MAJOR	YES
#13	Skyline	48 km	3 am Sun	Aid stn is at Silver Skagit Road at base of Skyline II.	MAJOR	YES
#14	Camp Mowich	58 km		Camp Mowich aid stn	Minor	No
WD	Home stretch			Water drop on Skyline [location TBD].	-----	No
	finish	81 km	2 pm Sun			

33 km Notes

#	Station	33 km Distance run	Cutoff	Location and Notes	Major or Minor	Drop Bag
#13	Skyline	Start		Aid stn is at Silver Skagit Road at base of Skyline II.	MAJOR	N/A
#14	Camp Mowich	10 km		Camp Mowich aid stn	Minor	No
WD	Home stretch			Water drop on Skyline [location TBD].	-----	No
	finish	33 km	10 pm Sun			

Other Water Sources

There are creeks that you will cross, such as Grainger Creek between Heather and Cayuse Flats aid stations. You can refill but we recommend using water purifier tablets.

DROPPING OUT AND CUTOFF

If you must drop out, you must tell a volunteer. Some locations will NOT have transportation back until the end of the race when a volunteer can bring you back.

The cutoff time for each distance is based on pace up to Cascades aid station and is set for safety reasons and to allow volunteers to return to finish. Please be gracious if you are asked to stop running because of the cutoff time. There is vehicle access at Cascades on Hwy 3.

RACE WEEK—HOW TO CONTACT US

We will be in the interior during the week before the race. We may be able to check email from Monday to Thursday only. Email: info@mountainmadness.ca. At other times, you will need to find us.

Cell phones will not work in Manning Park, at all, no matter what kind of phone you have.

Keremeos contacts Friday July 22: Heather Macdonald or Peter Watson (Elks Motel).

Manning Park contacts: Heather Macdonald and Lara Taylor at Lightning Lake, or leave message at Manning Park Resort reception desk. Peter Watson at Cascades aid station on Hwy 3.

MANDATORY BRIEFING AND PACKAGE PICKUP

120 mile and Relay Legs 1 and 2 Briefing

- Package pickup: Victory Hall 6-7 pm on Friday, July 22.
- Mandatory runner check-in 7:15 pm on Friday, July 22 at Victory Hall in Keremeos. Bus leaves Manning Park lodge parking lot at 5 pm to get to Keremeos.
- Leave your **small size** drop bags at the drop bag collection area. All drop bags must be clearly marked with **your name, bib# and corresponding aid station name** on the bag.

115 km, 50 Mile and Relay Legs 3-6 Briefing

- Package pickup 1-5 pm Friday July 22 in Tamarack Room at Manning Park Lodge.
- Mandatory runner check-in 5 pm on **Friday**, July 22 in Manning Park Lodge (Tamarack Room).
- Leave your drop bags at the drop bag collection area. All drop bags must be clearly marked with **your name, bib# and corresponding aid station name** on the bag.

PACKAGE PICKUP FOR 33 KM

There is no mandatory briefing for 33 km but you **MUST** carry hydration pack or water belt and become familiar with your route and have suitable gear for weather.

Package pickup times are listed below:

- Friday July 22: 1-5 pm at Tamarack Room in Manning Park Lodge.
- Saturday July 23: 7-8 pm at Lightning Lake.
- Sunday July 24: at 9:30 before race start at Skyline aid station.

MANDATORY GEAR

You must carry the following supplies:

- Hydration pack or 2-3 large handheld water bottles. Two litre bladder recommended.
- Headlamp and extra batteries, bulb. You must prove that you are carrying a light source. We recommend good quality headlamp.
- Space/survival blanket.

We recommend:

- Extra pair of socks in your pack.
- Change of shoes at Bonnevier Aid Station.

Recommended equipment in your drop bag:

- Moleskin, bandaids, duct tape.
- High energy fuel and drink.

- Sunscreen and lip balm.
- Vaseline.
- Rain gear.
- Bear spray or whistle if you are concerned about bears.
- Lightweight jacket.
- Gloves for night.
- Cap (some areas are exposed to sun) and it will keep your head warm at night.

TRANSPORTATION TO START

Bus transportation will be available to get 120 mile solo racers, 50 mile, 115 km and 33 km racers to the **start location** for your race, or your crew can drive you. The bus will NOT be going back to the start location at the end so **your vehicle needs to be at the finish location in Manning Park**. Parking fees are in effect in the park.

Canadians note: BC Parks pass is only \$25 and covers parking in all BC Parks lots for ONE YEAR. Note that in 2011, BC Parks is NOT charging for parking!

We need to know if you need to take the bus so we can have enough buses available.

Relay teams should transport racers to start of the leg.

See *Schedule of Events* on page 2.

GOOD DOG

Runners are expected to behave in an appropriate manner and recognize the challenges of an extreme sport.

- Study the course in advance so you know the trails and terrain.
- Follow the course on race day.
- Check in and out of each aid station.
- Wear bib in visible location.
- Wear ID bracelet at all times.
- Cooperate with race officials. Recognize that race officials are likely to be a lot more rational than you after many hours in the bush.
- Take care of other racers in trouble.
- Train adequately for this extreme sport.
- Withdraw voluntarily or when asked by a race official if a cutoff is missed.
- Let a race official know if you are dropping out. Happily pay for search and rescue if you should need their services because you didn't tell us that you were dropping out.
- Respect other trail users.
- Leave no trace. Carry out anything you bring in.
- Bury evidence of your human doggy-doo and make sure your chosen spot is well away from a water source.
- Be prepared for changes in weather.

- Carry required gear.
- Carry enough water and fuel to manage the distance.
- Sign in and attend mandatory briefing.
- Thank the volunteers.
- If you need a nap in a vehicle, take it in a stationary vehicle that is near an aid station only.
- No whining.

BAD DOG

We will toss you out of the race for any of the following bad things:

1. Cheating. All runners must follow and complete the designated course, without short cuts.
2. Failing to check in and out of each aid station. We need to know where all runners are at all times.
3. Receiving aid outside of designated crew access aid stations. This also means you cannot stash food along the route.
4. Littering. Garbage bags are available at aid stations and within 30 meters of the aid station.
5. Failing to cooperate with race officials or comply with medical personnel.
6. Any rule violation by a crew member. YOU are responsible for the actions of your crew.
7. Using more than one pacer at a time.
8. Muling (if you can't do it on your own, you shouldn't be in this race).
9. You cannot bring your real dog with you!

Denial of Future Entry

Rule violations that result in denial of future entry for 10 years:

1. Failing to obey any Park Ranger or employee.
2. Failing to respect private property or Forest Service rules.
3. Mistreating aid station volunteers, other runners, or pacers.
4. Running as a bandit.
5. Any action by a runner or crew that the race directors feel may have consequences for the future of this event.

CREW GUIDE

See driving instructions separate PDF file: **crew and relay team driving instructions.**

Crew members may assist their runners only **at aid stations.**

Crews may park in designated areas only.

You need to take care of yourself. We suggest that you have the following supplies:

- Rain gear.
- Backpack.

- Pen and paper.
- Flashlight.
- Gloves, warm jacket, fleece top.
- Snacks and meals.
- Spare batteries and spare bulbs.
- Sun screen.
- Fluids.
- Sleeping bag.
- Reliable watch.
- Hat.
- Change of clothes.
- First aid kit.
- Book to read.
- Bug spray.
- Road maps, race map. Driving instructions to various aid stations (posted on website).

PACER FOR 120 MILE EVENT

The first available aid station for joining your runner is Heather where it meets Bonnevier. To get there, you must **drive 17 km up the road** across from Manning Park Lodge, park your car in pay parking lot (**bring quarters and loonies**) and **hike 6 km** to get to the aid station. Allow lots of time to get in position because the next available location is 32 km further along at Hope Pass Trail at Cayuse Flats parking area.

Make sure you and your runner check in and out of every aid station. If your runner needs to drop, it must be done at an aid station. Please notify the aid station captain. Do not under any circumstances leave the course without notifying race officials.

The pacer receives one bib# corresponding with the runner. All pacers must stay with the runner at all times. If your runner drops, you may continue on with another runner who does not have a pacer after you have received the corresponding bib # from race staff.

PACER FOR 115 KM EVENT

The first available aid station for joining your runner is at Sumallo Grove aid station. There is easy access to this location on Hwy #3 at the Sumallo Grove day use area parking.

Make sure you and your runner check in and out of every aid station (there's 2 more stations after this one). If your runner needs to drop, it must be done at an aid station. Please notify the aid station captain. Do not under any circumstances leave the course without notifying race officials.

The pacer receives one bib# corresponding with the runner. All pacers must stay with the runner at all times.

RELAY

Relay teams are responsible for their own transportation to handoff locations at **aid stations**. You must check in at the aid station so they know you are ready.

Relay teams must become familiar with the aid station locations. We recommend that you drive to the locations before race day so you know exactly where you need to be.

Aid stations **signs** will be posted at nearest road or highway access.

Note that getting to legs 5 and 6 involves driving to Hope about 30 minutes and then finding Silver Skagit Road and driving another 60 minutes to find the parking area for the leg.

Legs 1 starts with 120 milers and this runner should stay in Keremeos overnight or camp close to race start.

Leg 2 starts on Ashnola River Road so this runner should also stay in Keremeos overnight or camp close to race start.

On race day, if a relay team member cannot run the designated leg, you can make a substitution provided that the runner is already on the team. For example, Leg 1 runner could also run Leg 4. You must tell the aid station. A relay team may have a backup runner but contact the Race Director in advance.

Before race day, you can make a substitution up to July 15.

WILDLIFE

Rabbits are abundant. Whiskey Jacks are friendly.

In Cathedral Park, when climbing Centennial Trail, look at the range on the far left and you may sight graceful white mountain goats. They are familiar with hikers and may be curious.

If you encounter a black bear, your first response is to back away and wait till it goes away. Do not run. Make noise. If it gets aggressive, you get aggressive: make a lot of noise, throw rocks in its general direction, smash branches on the ground, act big. If needed, defend yourself. Same response for cougars.

Coyotes, foxes and wolves may be in the area but are not sighted often. A rattlesnake was sighted in 2010 in a dry, open area.

PERILS

This is an endurance race run in remote mountain settings; be prepared by carrying your own food and water because the aid stations are spread out and are not easily accessible by vehicle. You may encounter animals. You will be crossing a river that has current. You will be running at night and may be alone at times. You will be running in unfamiliar territory. It will be cold at night. It may be hot during the day.

If you are a first timer, talk to experienced long distance runners to get tips.

TRAINING

It is your responsibility to make sure that you are well trained for this challenging event. There will be chances to get to know the route by helping with trail maintenance or taking part in orientation runs in advance of race day.

SLEEP BREAK

If you wish to take a sleep break, it must be done close to an aid station. You may use a vehicle if it is not moving (Cascade, Sumallo Grove). You cannot use a tent that is set up for volunteers.

FINISH LINE

Post-race food. Food for all runners and their crew will be provided. It will consist of breakfast foods, BBQ with hamburgers, chicken, pasta salads, chips, soft drinks and water.

Lightning Lake. You can soak in the lake.

Showers. For \$5, showers are available behind Manning Park Lodge in the Loon Lagoon. Pay at the front desk in the lodge. Towel provided. You bring soap, shampoo, etc.

Post race cardio testing. UBC Cardiology Team will complete post race testing. They want to see you within 45 minutes of finishing.

First Aid Tent. Check in at the first aid tent if needed.

Shuttle to your car. If possible, we will shuttle you to your car only in Manning Park area, the lodge or nearby camping. There are no buses going back to Keremeos at the end of the race.

AWARDS CEREMONY

Location. The awards ceremony will be held in Manning Park on **Sunday evening at 10 p.m.** at Lightning Lake.

120 mile awards. Buckles and awards to all finishers. Unique and distinct buckles will be given to **sub-28 and sub-42 hr** finishers. First overall male and female finishers will receive a North Face jacket with the race logo.



115 km awards. Medals are presented to all finishers. Medal is similar to silver buckle above. First overall male and female finishers will receive a North Face jacket with the race logo.

50 mile awards. Medals are presented to all finishers. Medal is similar to silver buckle above.

33 km awards. Top 3 male and female plus draw prizes will be available.

Relay. Relay awards are presented to top male, female and co-ed team.

Special Awards

Dirty Dog	Draw for racer who also completed the Dirty Duo Trail and Mountain Bike Race in BC in March.
Wild Dog	Best wildlife sighting. Negotiate with Peter on this award.
Mad Dog	Draw for first timers in 120 mile event.
Hot Dog	Fastest descent from Heather aid station to Cayuse Flats aid station (32 km). Record held by John Neels = 3:37 in 2010.
Trapper Dog	Relay runner doing Leg 2 Trapper Lake Trail. Draw by Kelley Cook.
Fat Dragon	Award presented by the INSINK dragon boating team.

Volunteer Awards

- Draw for free entry to relay for next year.
- Draw for free Mountain Madness trail clinic.
- Free entry for next Mountain Madness trail race, The Phantom Run.
- Random draw prizes.

Drop Bags

Drop bags can be picked up **at Lightning Lake and the awards ceremony**. If you cannot retrieve your drop bag please have someone else do it for you. Any drop bags left over will be donated to charity or thrown away.

REDUCE, REUSE, RECYCLE

- We will be capturing our waste for recycling. Please place garbage in the appropriate container.
- Bags will be placed about 30 meters from the aid station; make sure that all garbage is dropped into the bag or carry it out with you.
- Refill your water reservoir and handhelds.
- Bibs will be reduced in size.
- Recycle your pins.
- Bring your own camping plate, cutlery and mug to finish line.

MAP REFERENCES

- Backroad Mapbook: Vancouver, Coast & Mountains. www.backroadmapbooks.com
- Backroad Mapbook: Thompson Okanagan BC. www.backroadmapbooks.com
- Ashnola River topo map: 92 H/1 Edition 2
- 92 H/2 Manning Park/Skagit British Columbia Canadian Topographic Maps www.itmb.com
- Backroad Mapbooks: Manning Park Topo VCBC 7 www.backroadmapbooks.com

BRING IT WITH YOU--GETTING SUPPLIES/FOOD LOCALLY

FAT DOG takes place in provincial park settings WITHOUT MUCH ACCESS TO STORES so you need to bring everything you need with you, except water. Make sure you bring batteries, flashlights, trail socks, gels, and your favourite energy foods with you. Note that cell phones don't work in Manning Park or between Hope and Princeton.

Here's a few sources for basic items:

Hope	30 minutes west of Manning Park Lodge, Hope is your best source for gas, food and supplies. Home Restaurant is good. Burger stop in Chevron gas station.
Manning Park	the lodge has one restaurant, one pub, one take out deli and a very small store but the hours of operation are limited. Don't rely on the lodge for things like batteries!
Princeton	40 minutes east of Manning Park along winding mountain roads, small city with gas, food stores, motels and restaurant.
Eastgate	just past the Manning Park Eastgate toward Princeton, there is an Ultra Fuels gas station that has water, snacks, beer. Their takeout samosas are tasty snacks. This is the only gas station you will see for a while.
Keremeos	small town that closes down around 8 pm at night, has fruit stands and restaurants. The Esso gas station at the top of the hill has sub sandwiches, snacks, water, and is your last resort if you arrive late for 120 mile or relay legs 1 and 2.

VOLUNTEER INFORMATION

Incentives

- Free Phantom Run entry for November in North Vancouver.
- Free individual relay entry for next year, draw for free relay entry for next year.
- First Aid teams receive compensation for supplies.
- Draw for 2 ultra race entries.
- Gas voucher for cars that bring 4 people.
- Food and draw prizes.

Tracking Ultra and Relay Racers

Time estimates based on times in 2010. **Yellow** = first racer to arrive at aid station. **C=cutoff**.

	Relay	120 mile (4 am start)		115 km (8 am start)		50 mile (10 am start)	
Arrive at Aid Stn	First	First	Last	First	Last	First	Last
Leg 1 Cathedral Aid	5:50 am	5:53 am	6:55 am				
Leg 1 Arrive at Ashnola Aid	7:25 am 10 am C	7:28 am	9:00 am 10 am C				
Leg 2 Arrive at Trapper Aid	8 am	8 am	10 am				
Leg 2 Arrive at	11:20 am	11 am	2:30 pm				

	Relay	120 mile (4 am start)		115 km (8 am start)		50 mile (10 am start)	
Arrive at Aid Stn	First	First	Last	First	Last	First	Last
Calcite Aid							
Leg 2 Arrive at Pasayten River	12:15 pm	12 noon	3:30 pm				
Leg 2 Arrive at Bonnevier Aid	12:45 pm 4 pm C	12:25 noon	3:55 pm 4 pm C				
Leg 3 Arrive at Heather Aid stn	2:55 pm 8:30 pm C	3:15 pm	8 pm 8:30 pm C	8:40 am Sat	9:30 am		
Leg 4 Arrive at Cayuse Flats	7:05 pm	6:50 pm	2 am Sun	12:50 noon	4:30 pm		
Leg 4 Arrive at Cascades Aid Stn	8:05 pm 6 am C Sun	8:10 pm	3:30 am 6 am C Sun	2 pm Sat	6 pm Sat 10 pm C	10:30 am Sat	12 noon
Leg 5 Arrive at Sumallo Grove	8:35 pm Sat	8:57 pm Sat	4:30 am Sun	2:45 pm Sat	7:30 pm 10:30 pm C	11:30 am Sat	2 pm Sat
Leg 5 Arrive at 26 Mile Bridge	10:20 pm Sat	11:10 pm Sat	7:30 am Sun	5:10 pm Sat	12:30 pm	1:45 pm Sat	6 pm
Leg 5 Arrive at Skyline Aid Stn	1 am Sun 11 am C	2:08 am Sun	10:50 am 11 am C	7:15 pm Sat	4:45 am 5 am C	4:25 pm Sat	11 pm 3 am C
Leg 6 Skyline to Finish: arrive at finish	6 am Sun 10 pm C	8:00 am	10 pm C	1:30 am Sun	4 pm C	9 pm Sat	10 am 2 pm C
Total hours to finish	26 hr	28 hr	42 hr	18 hr	32 hr	11 hr	28 hr

PHOTOS AND VIDEOGRAPHY

Photos and videos taken of racers are the property of Mountain Madness and cannot be used without prior authorization of Mountain Madness. Professional photos may be taken by photographers and will be available for sale at a reasonable cost. See Simon Chester's f/otographique website <http://www.fotographique.com/FatDog100/index.html>.

If you have taken photos that you want to share, we are happy to provide a link to your site. We upload many photos taken by onlookers and look forward to seeing your photos.

ABOUT MOUNTAIN MADNESS

Mountain Madness Trail Running Inc was incorporated by Heather Macdonald in 2004 to provide trail running clinics in North Vancouver BC to prepare runners for races and build awareness of trails.

Mountain Madness puts on 3 races which are part of the Run the North Shore Series:

- Dirty Duo Trail and Mountain Bike race (six events: run 50, 25 or 15 km, ride 30 km, relay or solo run and ride) in March in North Vancouver BC,
- Fat Dog 100 trail race (120 mile, 115 km, 120 mile relay, 33 km) in July in Manning Park BC,
- The Phantom Run (12, 19 or 24 km) race in November in North Vancouver BC.

Heather Macdonald provides support to fundraising initiatives and gives presentations about trail running.

Sponsors include North Shore Athletics, Accelerade, Steed Cycles, Moveo Sport and Rehab, Drymax Socks, Deakin Outdoors, Price Smart Foods, and Save Your Skin Foundation.

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