



## RACE REGULATIONS AND INFORMATION

The Iron Horse Ultra 100 (IHU100) course covers a variation of trails, from sidewalks, range roads, loose gravel old train beds, farmer's fields and more. During the race, you will be in some very isolated areas and may not have immediate access to the aid stations or assistance of any sort. We cannot stress enough that you will need to be self-sufficient when you are out there and the help you receive on course is limited.

Some of the course is on public trails which you could be sharing with ATV's, cyclists, horseback riders and other runners and walkers that may not be part of our event.

### PRIVATE LAND

Please remember that we are very lucky to be able to use private land as part of our run. Please respect all the trail, especially the private land. Take out what you take in, close what you open. We cannot have this run without the permission of our land owners.

### OBSTACLES

The course contains some man-made and natural obstacles. There are fences to climb and or go through that we have put ladders over or covered the barb wire where possible. You are running on Private farm land and even though most of our farmers move their livestock for us, it is not always possible so be prepared to be cheered on by some friendly animals. There is always the possibility of wild life. **Do not** open any gates.

### SAFETY

In early October there is between 11 and 11 ½ hours of daylight. IHU100 starts about ½ hour before the sun rises. Any one running after 6:30pm will be running in the dark.

If you are injured out on the course, be ready to hunker down until a Trail Sweeper comes by. If you are injured but able to move, try and make it to the nearest Staging Area or Checkpoint. If not, try and send word with another racer or use a cell phone. Please note there are areas of the course that do not have cell service.

Edouard Ville Station (Transition 1-2) does not have cell service.

If you drop out of the race, it is essential that you turn in your ticket. (see Tickets for more info) If you do not, we will assume you are lost or injured and we will be out looking for you. If we mobilize a search party, you will be charged for any search and rescue fees that are incurred as this takes up valuable resources. Please just take a few minutes to check in.

## TICKETS/DNF

All Solo Runners and First Leg Team runners must sign in and pick up their Ticket between 6 am and 6:30am Race day at Reunion Station (Start Finnish). At every station the runner must present this ticket to the check-in volunteer and have it punched. This is our way on ensuring your safety and knowing where you are on the course.

If you are leaving the race with a DNF you **MUST** hand in your ticket to the check-in volunteer at your last station or a trail boss or at Reunion Station as soon as possible. If for some reason it is impossible to get us your ticket right away, please phone the trail boss.

100 mile Solo – At the end of leg 3 in Elk Point if you may to drop to the 100 km route, but will not receive an official time. In order to do this you must speak to the Lead Aid Station Volunteer. (You will receive a finishing medal.)

## CUT OFFS

100 km Runners (Run Legs 1, 2, 3, 7, 8 of the course)

- Must start Leg 7 from Elk Point Station by 5:00pm
- Cut off for finish is 20hour (but as long as you look good and you are in front of a 100miler we will let you continue running)

100 Mile Runners

- Must start Leg 4 from Elk Point Station by 5:00pm
- Must start Leg 7 from the Elk Point Station by 4am
- Must start Leg 8 from Happy Hill Station by 7am
- Cut off for finish is 26 hours

## DROP BAGS (for Solo Runners only)

There will be someone to help you mark your drop bags Friday night. Please have your name on them and the transition station you would like them at. Any Drop bags that are not in by 9:30 Friday Night are not guaranteed to get to the transition station but we will do our best. Drop bags are not guaranteed to be returned to Reunion Station until 7 am Sunday morning.

Bags will be placed at the Stations in whatever order they come off the truck so make your gear noticeable. Use a weatherproof bag or bin, as we may not be able to shelter this gear. If you feel you can get by without support or drop bags, this is perfectly acceptable.

## TRANSITION INFORMATION (for Relay Runners)

You will need to meet the previous runner on your team at each Station. Please do not linger at the entrance or exits to the chutes – this holds up everyone else and creates a traffic jam. Try to

be at each Station, ready to meet your runner, 30 minutes before they are expected. We are not able to give updates as to where runners are on the course so it is up to you to be ready.

## FLAGGING AND TRAIL MARKING

IHU100 course will be marked with reflective flagging, and signs. Sometimes a direct path is not obvious so you must pay attention to where you are running. We flag fairly close together and we put more markers in critical areas. If you don't see a flag after 2 minutes, you should stop to retrace your steps to the last flag. Remember: It is still up to you to stay alert and watch for markers. Our Trail bosses work hard to have an accurate course distance but we cannot guarantee it is exact. (+/- 2km)

## TRAIL MAPS

We use a county map to map our trail each square represents a ¼ of land (1/4Mile). As there are often changes to the course during flagging due to private land owner's needs, our maps on the website will give you a general idea.

## STATION FOOD AND WATER

All stations will have the basic run supplies like water, sports drink, chips, chocolates, fruit, etc.

Stations that are later in the run have Soup, Sandwiches, coffee, and Pop.

Please note there will be some vegetarian options but we cannot cater to special dietary needs. And we **will not** have gels at any of the stations. Please plan to bring anything you really want via support crews, drop bags, or your relay teammates.

Also note that all food and supplies are for racers and volunteers only. Relay runners are welcome to eat at aid stations at the start and finish of their leg, but spectators and support crews need to bring their own food; we do not want to run short.

## MANDATORY GEAR LIST

All racers **MUST** carry the following gear.

1. Filled water bottle or hydration pack
2. Race number (assigned at registration)
4. Timing Chip (assigned at registration)
3. Race Punch Ticket
4. Headlamp w/ new batteries (after 5:00pm)
5. Toque or other warm head cover (after 5:00pm)

## ADDITIONAL (NON-MANDATORY) GEAR

**Leg one:** The first ½ hour to 45 minutes is before sunrise. The first 7 km are run in town, but not all paths are lit with street lamps. We suggest that leg one runners have a headlamp but ultimately it is up to the individual.

While the list above is mandatory gear, please consider bringing extra gear that will help you in case of variations in weather. Early October can be very warm during the day and very cold in the evening and night. There can even be snow. Be Prepared.

## AWARDS

All runners and teams that finish the Iron Horse Ultra will receive one of our unique hand-crafted finishing awards. Awards will be presented during our wrap up breakfast Sunday morning. If you are unable to attend our wrap up breakfast you are able to get your award after you finish.

## RACE SPONSORS

The St Paul and Elk Point Community Businesses are extremely generous with their support and sponsorship of this event. Please check out our sponsors and use these businesses for your needs when you are in our community. THANK YOU.