



## RACE REGULATIONS AND INFORMATION 2020

The Iron Horse Ultra 100 (IHU100) course covers varied 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 between transition stations.

Some of the course is on public trails which you could be sharing with ATV's, cyclists, horseback riders, 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 of 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. Please do not litter. There are no dogs allowed on private land.

### 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 wildlife. **Do not** open any gates.

### TRAIL SAFETY

In late September, 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 or feel ill out on the course, be ready to hunker down until a trail sweeper comes by. If you are injured but able to move, **stay on the trail** 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) can not be depended upon to have cel service. Will have wifi

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.

Headphones: We highly suggest that if you are running with headphones please drape the headphones over your shoulders' so you can hear what is going on around you. Here are a few reasons why: Animals in the area, other runners calling out either for help or to help, trail monitors trying to get your attention.

## START

This year we will be having a staggered time chip start by bib number to ensure with adhering to social distancing. You must show your bib # to check in

You can start at any time in your designated time slot, please do not arrive too early. If you are up and about you can easily line the trail in town to cheer on the runners.

6:50 to 6:55 - Bibs 1-19

7:00 to 7:05 - Bibs 20-39

7:10 to 7:15 - Bibs 40-59

7:20 to 7:25 - Bibs 60 to 79

7:30 to 7:35 - Bis 80 to 100

## TICKETS/DNF/AID STATION CHECK IN

Runners will receive a ticket in their bag with their Bib number on it. and you must show this ticket to the check in volunteer at each transition area. Unlike past years tickets will not be punched at the transition area. You must have your ticket on you at all times, it has emergency information on it.

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, (number is on the ticket)

100 mile Solo – At the end of leg 3 in Elk Point if you want to drop to the 100 km route, you 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 finishing 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 4:00am
- Must start Leg 8 from Happy Hill Station by 6:30am
- Cut off for finish is 26 hours

### DROP BAGS (for Solo Runners without support person only)

Support Person: We highly recommend that you come with one support person. Our aid stations will have limited supplies and help, and drop bags will only be available for those without support and only at the Elk Point Station (Transition 3/4 & 6/7 -100 mile runners, Transition 3/7 for 100 km runners) Fort George (Transition 4/5- 100 Mile) and Happy Hill (transition 7/8 for both)

Drop bags need to be clearly marked with your first and last name. Any drop bags that are not in by 9:30 Friday night are not guaranteed to get to their destination, but we will do our best. Drop bags are not guaranteed to be returned to Reunion Station until 8 am Sunday morning.

Use a weather-proof 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.

Please do not linger at the check in points – this holds up everyone else and creates a traffic jam. We are not able to give updates as to where runners are on the course so it is up to you to be ready. Food at the transition station is for the runners.

### 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 and each square represents a ½ mile. 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.

## TRANSITION 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, and pop.

All items will be individually wrapped and only one volunteer will be handing them out.

Please note there will be some vegetarian options but we cannot cater to all special dietary needs. And we **will not** have gels at any of the stations. Please plan to bring anything you really want via support person.

Also note that all food and supplies at each aid station are for **transitioning** runners, soloists and the Aid Station Volunteers only. Spectators and support crews need to bring their own food; we do not want to run short.

## PACERS FOR SOLO RUNNER

Pacers are allowed for **Solo runners**, after leaving the Elk Point Aid Station (preferably after 4pm). Pacers must check in and sign a waiver and wear a Pacer Bib at the Reunion or Elk Point Station prior to running. To request more information or a Pacer waiver please contact [ironhorseultra@gmail.com](mailto:ironhorseultra@gmail.com).

## MANDATORY GEAR LIST

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

1. Filled water bottle or hydration pack
2. Race number visible on the front of the body (assigned at registration)
4. Timing Chip (assigned at registration)
3. Race Ticket
4. Headlamp w/ new batteries (after 5:00pm)
5. Toque or other 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.

## OTHER RULES

1. Racers are required to sign a waiver provided by IHU100 prior to commencing the race. You are not considered a participant without a signed waiver.
2. Racers are responsible for their own medical coverage and all costs incurred by any form of treatment or hospitalization or emergency services provided if they are injured during the race.
3. Racers are allowed assistance (i.e. support crew, volunteer, race marshal or bystander) only at designated Transition Areas (TAs). This assistance can in no way help you in covering mileage on the course. You can receive assistance from registered runners that are currently on course or appointed race medics anywhere on the course, even outside of designated transition areas, providing that the assistance is not in the form of transportation. Accepting assistance outside a TA from anyone besides a registered racer who is currently running or volunteer will result in disqualification.
4. During the highway sections, racers are not permitted to run on the pavement of the Highway and must stay in the ditch, following the quad track. Racers may only cross the highway at designated marshaled locations when safe to do so. Watch for traffic as the highway is not closed.
5. **ABSOLUTELY NO PARKING ON THE HIGHWAY.** Vehicles will be towed and/or fined by RCMP that will be strictly enforcing this rule. Race Parking Pass is required for entry to transition areas and strictly enforced. Obey all parking rules and Parking Marshals.
6. Racers are not allowed to cache food or gear along the course except at the designated Transition Area.
7. Littering on the course is unacceptable and will result in immediate disqualification.
8. Medical staff and/or Race Directors may remove any racer from the race course if they feel it is unsafe for the racer to proceed (e.g. natural hazards, hypothermia, dehydration, frostbite, debilitating injury).
9. Unsportsmanlike conduct will not be tolerated and may result in disqualification at the discretion of the Race Director.

## 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 to you when you cross the finish line.

## 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.