



# *Captain's Manual*



February 19, 2011

# Contents

<b>Mission</b> .....	3
<b>Race Format</b> .....	3
Start Locations and Times .....	4
<b>Increased Safety</b> .....	4
<b>Animals, Wild Animals</b> .....	5
<b>The Rules of the Race</b> .....	6
Race Rules.....	6
Runner's Responsibilities.....	10
Captain's Responsibilities .....	11
Traffic and Safety Rules.....	13
Penalties (summarized).....	15
Captain's Meeting.....	16
Race Referee.....	17
Appeal Procedures.....	17
<b>Bear Contingency Procedures</b> .....	18
I. Communications: .....	18
II. Contingency Plan:.....	18
a) Pre-Race Instructions.....	19
b) Stage Closure (full or partial) .....	19
<b>Banff-Jasper Relay Course Description</b> .....	20
Southern Phase: Castle Mountain to The Crossing .....	20
Stage S1: Castle Mountain - 14.8 km - Easy .....	21
Stage S2: Baker Creek - 17.7 km - Moderate .....	22
Stage S3: Herbert Lake - 20.6 km - Hard .....	23
Stage S4: Mosquito Creek - 16.5 km - Hard.....	24
Stage S5: Bow Summit - 17.5 km - Moderate .....	25
Stage S6: Waterfowl Lake - 18.3 km - Moderate .....	26
Northern Phase: The Crossing to Jasper .....	27
Stage N7: Sask. River Crossing - 16.4 km - Easy .....	28
Stage N8: Norman Creek - 17.5 km - Hard .....	29
Stage N9: Big Bend - 15.7 km - Very Hard.....	30
Stage N10: Columbia Icefield - 17.1 km - Moderate.....	31
Stage N11: Beauty Creek - 17.3 km - Easy .....	32
Stage N12: Endless Chain - 16.1 km - Easy .....	33
Stage N13: Buck Lake - 14 km - Easy.....	34
Stage N14: Mt. Kerkeslin - 19.1 km - Moderate .....	35
Stage N15: Athabasca River - 19.6 km - Moderate .....	36
<b>Team Equipment List</b> .....	38
<b>Stage Timing Charts:</b> .....	39
<b>Stage S1 and S2 Bus Procedures:</b> .....	40

## Mission

To support preservation and appreciation of the natural environment and beauty of Banff and Jasper National Parks and to support local charities while participating and enjoying the team sport of relay running.

## Race Format

The Relay uses 15 stages split into 2 phases running simultaneously heading in a northerly direction from Castle Mountain Junction, just north of the Banff town site, to the town site of Jasper traveling through the majestic Canadian Rocky Mountains contained in the Banff and Jasper National Parks. All stages have forced starts which ensure all runners complete their stage in daylight and allow time for all participants and volunteers to arrive safely at the Saturday evening festivities in the Town of Jasper. This format enables the race to respect environmental and safety concerns that have been identified by the race organizers, Parks Canada, and the RCMP during past races and similar events.

The race has two start locations, one just north of the Town of Banff at Castle Mountain Junction and the other at Saskatchewan River Crossing. The South Phase covers six stages and the North Phase covers nine Stages.

An Environmental Assessment (EA) was prepared by Iris Environmental Consulting, to ensure the environment of the park is not harmed in any way. We are committed to undertaking any mitigation measures resulting from Parks Canada's review of the EA. \*\*Note: this manual with all its rules are part of the EA and that is one reason why we are so adamant about them being followed.

**Important Note !!!!** The rules are reviewed each year considering comments from Parks Canada, the RCMP, race participants, and volunteers. And changes are made each year. Please review the complete manual to ensure you are current with the rules even if you have run the race every year.

### Banff National Park

Established in 1885, Banff National Park of Canada is Canada's first national park, and the 3<sup>rd</sup> oldest in the world. The park is 6,641 square km (2,564 square miles) in area.



## ***Start Locations and Times***

The race is in two phases, each with their own independent starting location and times. The race route has been split this way to ensure the whole course can be completed in daylight hours. The southern phase will start at Castle Mountain Junction just north of the Banff townsite on the 1A Highway and finish at Saskatchewan River Crossing. The northern phase will start at Saskatchewan River Crossing and finish in Jasper. ***Both phases will start at 7:00 am at their respective locations.***

## **Increased Safety**

The relay will start and finish in daylight, decreasing the risk of accidents, wildlife encounters, and fatigued drivers and supporters. Those that support the exchange points will work during daylight hours. Force starts will be used on every stage to ensure this happens.

The race course closes as runners progress up the course. Refer to the ***Stage Timing Charts***, near the end of this manual, to determine stage closing times. All marshals, traffic control, and barricades will be removed after that time.

### **Banff National Park**

Banff National Park, along with Jasper, Kootenay and Yoho National Parks and the adjacent B.C. Provincial Parks of Humber, Mount Robson, and Mount Assiniboine, is part of UNESCO's Canadian Rocky Mountain Parks World Heritage Site encompassing more than 20,000 square km (7,700 square miles) of protected Rocky Mountain landscape.



## Animals, Wild Animals

You are running through two National Parks. One of the great experiences you will have is viewing magnificent wildlife. From small critters like chipmunks to the larger variety like elk and bears. These animals at times seem quite calm and “friendly” as people stop to take pictures and the animals carry on as if you were not there. Although this gives some people the sense these animals are tame, this is not the case. They are not tame and at any time they determine there is a threat to themselves they will deal with it. Most times that means they will leave. Other times it may take the form of an aggressive confrontation.



Use common sense and simply give these animals their space. Enjoy them in their natural habitat, from a distance.



## The Rules of the Race

The rules of the Banff-Jasper Relay have been developed to assure the race will be run as safely and fairly as possible, and will be a lot of fun. Good sportsmanship is assumed, and everyone involved in the race is responsible for knowing the rules and following them.

The race rules and appeals procedures are derived from the road race regulations of the Canadian Track and Field Association. They apply to everyone, and will be enforced fairly. Infractions may result in disqualification of the entire team involved. Race officials will monitor the relay closely.

Remember that we are **guests** in Banff and Jasper National Parks, and are **sharing** the parkway with others who have nothing to do with the Relay. Please respect their right to travel unimpeded through the mountains.

Throughout the race we are subject to Parks Canada regulations and to the traffic and liquor laws of the Province of Alberta. These laws and regulations will be strictly enforced by the RCMP and by Park Wardens, who will issue warnings and tickets or will prosecute, as appropriate. Race officials will be informed of all infractions. Infractions may result in team disqualification and a ban from future participation in the race.

At any point in the race, teams or team members who need assistance or information, or who have complaints or concerns, should approach the race officials at the nearest race station.

## Race Rules

1. This is a team event. A team may represent a club, organization, a race association or any other group.
2. A team consists of fifteen (15) runners.
3. This is a national park and as such the following responsibilities to respect the park environment and other park visitors do exist and will enable the race to continue;
  - a. Use only provided porta-potties and park washrooms;  
**Do not use the woods.**
  - b. Pick up all garbage you come across.
  - c. Avoid noisy, raucous behavior and loud music that may impinge on the park enjoyment by other visitors. And may also disturb the residence, better known as *the wildlife*.
4. No competitor may register or run with more than one team.
5. There is no limit governing the maximum age of competitors. Competitors must be at least 18 years of age on the date they sign the waiver form.



6. Abuse of officials or volunteers will not be tolerated and will result in team disqualification.
7. Runners must wear their assigned competition number on the front. The number must be visible at all times.
8. **Runners must wear a high visibility vest on ALL stages of the race. No runner will be allowed to start his/her stage without the vest on.** New high visibility clothing is also acceptable. (note: this is a new requirement from Parks Canada and the RCMP as of February 2007). Vests or clothing considered high visibility will be labeled and sold as such stating the distance they are visible from . If it doesn't have such information, it may be just a bright colorful shirt and not considered high visibility
9. **Runners removing their high visibility vest while running their stage will have their team disqualified.**
10. Support personnel must wear high visibility vests at all times. Runners must be supported only from their left, i.e. not from the traffic side. A 10-minute penalty will be applied to each infraction of this rule.
11. Runners are not to use personal entertainment devices such as iPods, or any other device requiring ear buds. This is a safety requirement as we are running on a major roadway. **A minimum of a 20 minute time penalty will be assessed for violation of this rule.**
12. There is no team support of runners on the southern phase for Stages S1 and S2. No water will be supplied on these 2 stages. It is strongly recommended that runners carry water.
13. Competition numbers are not transferable. Violation may result in team disqualification. Competition numbers must correspond to the stage the runner is assigned to run, except in the case of substitution. The substitute runner will wear the number corresponding to their normal assigned stage, and not the number of the runner they are replacing.
14. Competitors must run on the shoulder of the road facing the oncoming traffic. The only exception will be on stage S2 where for a short period you will be directed to run on the right shoulder of Highway 1 from Highway 1A to Highway 93 going with the traffic. There will be no support allowed during this brief section.
15. Runners are expected to complete their designated stage(s), as shown on the Team Race Plan or as reported to race officials and recorded by the captain as a change on the Team Race Plan.

16. In the mixed team and corporate mixed team categories, women must complete at least five (5) stages, and men must complete at least five (5) stages. Failure to comply with this regulation will result in moving the team from the mixed category to the open category.
17. Exchanges must be made by tagging the next runner within the exchange zone. A five (5) minute penalty will be applied to teams failing to do so.
18. A team will be assessed a five (5) minute time penalty for each substitution.
19. For Stages S1 and S2, where only the designated runner will be allowed, if he/she must stop running before the end of the stage, the following rules and procedures apply:
  - a. The runner will be picked up by an official race van and brought to the next stage exchange.
  - b. The next exchange point will be informed to start the team's next runner. The race officials will record the start time of this runner.
  - c. At the end of the race, the team's average time will be used to calculate the failed runner's stage time.
  - d. The five (5) minute substitution penalty will also be added.
20. A runner not completing a stage may not run again later in the race.
21. A runner substituting for another may run his or her own designated stage.
22. The names and competition numbers of the runners involved in a substitution must be provided to the timing crew at the next stage exchange..
23. The race referee will act upon any illegal substitutions reported by a team captain and on-course officials.
24. A team must report any substitutions to another team, upon that team's request.
25. For reasons of safety, fair play, and reduction of highway congestion, a runner cannot be paced by another runner or runners. Deliberate pacing will result in a five (5) minute time penalty.
26. A runner must withdraw from the race at once if ordered to do so by a member of the officially appointed medical staff. The competition number must be forfeited to the medical staff member, who will give it to the race officials at the nearest station, who in turn shall give it to the race referee. The team so affected will be assessed a five (5) minute substitution penalty.

27. The Bow Valley Parkway (Highway 1A), on Stages S1 and S2, is a narrow, winding road. Cutting corners on it is strictly prohibited. Teams found in violation of this rule will be assessed a 1 hour penalty, without exception or appeal.
28. Bicycles are not permitted on the course at any time.
29. **NO** support vehicles are allowed on highway 1A which constitutes all of S1 and the first half of S2. **Any team vehicles found on Highway 1A will have a 1 hour penalty applied to their team's time.**
30. For reasons of safety and reduction of traffic congestion, team support vehicles must not directly accompany runners. Such action will result in a minimum of a 1 hour time penalty. If the action constitutes a significant safety hazard, or is a second offence the team will be immediately disqualified. When it is safe to do so, a team support vehicle may stop from time to time along the shoulder of the road to assist a runner.
31. Teams are not to use motor homes as team support vehicles. If your team uses a motor home for team accommodation, plan to have a smaller vehicle as the team support vehicle.
32. The N7/N8 exchange point is very small. Only one team vehicle is allowed to stop here and the time here kept to an absolute minimum.
33. The intersection of Highways 93 and 16, on stage N15, will be controlled to allow runners the right of way between approximately 3:30 pm to 7:30 pm. Runners must obey traffic rules and stop for the red light after 7:30 pm. In the event that the RCMP is not able to control the intersection at any time prior to 7:30 pm, then all runners will be directed by a volunteer and must obey the traffic signal.
34. Racers must stop running and be picked up by their support vehicles when the stage they are running officially closes. Refer to the [Stage Timing Charts](#), near the end of this manual, to determine stage closing times.. All marshals, traffic control, and barricades will be removed after that time.
35. Stages of the Relay will be closed at the times determined and posted, at the end of this manual, by the race directors. Any runner that does not complete a stage prior to the closing of that stage will receive a DNF. The race directors will determine a "projected finish time" for calculating the team's overall time and category placing.
36. The race directors may institute a "forced stop" on any team out pacing our exchange volunteers who "leap frog" up the course. This will be done at any exchange not yet setup. Any team impacted will have their "stop" and "restart" times

recorded. No penalty is applied as this is done for safety to ensure appropriate support systems are in place for the runners.

37. The Race Director, in consultation with Parks and/or the RCMP, may at any time halt or cancel any stage(s) or all or any portion of the race when it is considered advisable for environmental or safety reasons.

## Jasper National Park

The community of Jasper is located in the centre of the Park. The community is a four-season tourism destination and provides a full range of visitor and community services.

### *Runner's Responsibilities*

1. Each runner must know and adhere to the rules of the race, including Parks Canada regulations and environmental, liquor, and traffic laws.
2. Runners must respect and take direction from race officials and marshalls. This may include being asked to stop and wait until the marshall allows them to proceed as there are points that require additional safety measures.
3. Runners must conduct themselves according to the tenets of good sportsmanship and fairness.
4. Runners must display the race number on the front. The race number must be visible at all times. .
5. Relay competitors are responsible for reaching the start of their stage in ample time to allow safely being in position for the hand off.
6. **Runners must wear a high visibility vest on ALL stages of the race. No runner will be allowed to start his/her stage without the vest on.** New high visibility clothing is also acceptable. (note: this is a new requirement from Parks Canada and the RCMP as of February 2007). Any garment designed to be high visibility will be labelled as such. Otherwise it may simply be a bright color and in this case a proper high visibility vest will be required over it.
7. Runners removing their high visibility vest while running will have their team disqualified.



8. Runners are not to use iPods, or any other device requiring ear buds. This is a safety requirement as we are running on a major roadway. **A 20 minute time penalty will be assessed for each infraction of this rule.**
9. Racers must stop running and be picked up by their support vehicles when the stage they are running officially closes. Please refer to the **Stage Timing Charts**, near the end of this manual, to determine stage closing times.
10. Unsupported Stage S1 and S2 runners must be prepared for any weather as they will not have any team support. We highly recommend a fanny pack for carrying additional rain or cold weather layers.
11. Runners must ensure no team member, family member, or friend venture onto the unsupported Stage S1 and S2 as the team will be disqualified.

## Lake Louise

Lake Louise is part of the Lake Louise, Yoho, and Kootenay Field Unit and is managed separately from Banff proper. In summer the field unit employs approximately 400 people and in winter this number drops to about 150.

## *Captain's Responsibilities*

Each team must designate a captain, who may or may not be a competitor. The captain is the contact person between the team and the race organizers and officials. Their responsibilities include the following:

1. The captain must ensure that all team members are aware of the race rules and obey them.
2. They must register the team, with names of all team members no later than the last Friday in May, using the official registration form.
3. The captain must ensure all team member waivers have been signed and runner information entered using the by the specified dates posted on the website. No team will be permitted to race if any waivers are missing.



4. The captain is responsible for arranging the team's transportation, food, refreshment, and accommodation.
5. The captain must ensure that assigned runners are at their stations well in advance of their scheduled start time to receive the exchange from the incoming runner.
6. The captain must monitor the team's progress during the race and record all substitutions and any changes in the Race Team Plan for submission to the race officials at the end of the race.
7. The Banff-Jasper Relay officially closes one stage at a time as the race progresses up the course. Refer to **Stage Timing Charts**, near the end of this manual, to determine stage closing times. When a stage officially closes, all traffic control for the race will cease, all marshals and race officials will leave the course and all barricades will be removed from the race course. Any runners still on a closed stage must stop running and their support vehicle must pick them up. Pull your runners from the course. Do not continue running.
8. The captain is the only person on the team who lodges any complaints with race officials and appeals decisions of the race referee, in writing, with the jury of appeal. Complaints about suspected infractions by other teams must be made in writing giving details.
9. Ensure all team related vehicles have a valid Parks Canada pass.
10. Ensure that no team vehicle plays loud music or creates any undue noise or disturbance.
11. Ensure all Parks Canada and highway rules and regulations are strictly observed. Violations will mean immediate disqualification and withdrawal from the race.
12. Ensure their runners are in eth condition they need to be to finish their stages in acceptable timimngs.
- 13. The race committee requests that captains assign better than average runners on Stages S6 and N15 to enable closures of the finishing stages and timing so that the race results can be compiled and presented as early as possible.**

## Traffic and Safety Rules

The Banff-Jasper Relay produces potentially dangerous traffic congestion during the race. Close to 1000 runners, along with family, friends, spectators, and officials, create an unusual amount of pedestrian and vehicular traffic not only at the stations but all along the highway between Banff and Jasper. Team **support vehicles (the ones with the official vehicle tags)** will be stopping and starting, parking and pulling out along the route.

Please be exceptionally careful and courteous all through the race. While driving watch out for runners and pedestrians, especially support personnel darting out to supply refreshment to runners, and spectators, particularly children, at stations. Cautious and courteous driving is essential to the safe and orderly conduct of the race. In order to alleviate traffic problems, please try to limit the number of vehicles your team members bring to the relay.

Runners and other pedestrians must watch out for vehicular traffic at all times. Be especially careful crossing the highway, whether to assist runners or at stations. If children accompany you, watch them very closely.

The race course is open to the general public and as such they must be not prevented in enjoying their stay in the national parks in any way.

1. Bicycles are not permitted on the course.
2. Teams are to restrict themselves to two vehicles each on the South and North phases. Two South Phase vehicle tags and two North Phase vehicle tags will be supplied in the captain's package. To alleviate parking congestion at the exchange points, we recommend that teams designate one vehicle as a support vehicle which strictly supports the runners and does not stop or park at the exchange points. The other vehicle should be designated as the shuttle vehicle to take runners ahead to the exchange points and pick up runners completing their stage. Transferring of runners between the two team vehicles should be done at parking areas away from the exchange points.
3. Teams should ensure that a support vehicle maintains regular contact with their runner to ensure the safety of the runner and because they may be required to shuttle their runner past a bear or other wildlife to avoid any potential conflict with or disturbance of the wildlife.



4. The N7/N8 exchange point is very small. Only one team vehicle is allowed to stop here and the time kept to an absolute minimum.
5. Vehicles associated with the race may park on the right side only, where it is safe and permitted to do so. No parking or driving is permitted on the left side of the highway. A 10 minute penalty will be assessed for each infraction of this rule.
6. The Bow Valley Parkway (Highway 1A) is a narrow, winding road with no shoulders and with traffic in both directions. It presents special hazards and problems. No team vehicles will be allowed on Highway 1A from Banff to Lake Louise. Teams being found to have any vehicles, be they official team vehicles or ones driven by a runner's family or friends, will be cause for team disqualification, no exceptions.
7. Obey all signs and instructions from traffic control personnel at stations. Be extremely cautious around stations; watch out for runners, pedestrians, and other vehicles.
8. Support vehicles personnel and race officials must wear high visibility vests or other high visibility clothing at all times.
9. Obey all Parks Canada regulations. The RCMP will enforce all Parks, Traffic, and Liquor regulations. They will issue warnings and tickets, and will report infractions to the race referee who will consider these infractions grounds for disqualification. The names of the offending teams will be recorded and their team may be disbarred from participating in future Banff Jasper Relays.
10. An accident, or persistent infraction of these regulations or unmanageable traffic congestion, could jeopardize the future of the race. Please help us keep the race safe and alive by limiting the number of vehicles your team brings to the relay.
11. A valid National Park pass must be properly displayed in all vehicles while in the National Parks.



## Banff National Park

Over 7.6 million people enter the park annually; 3 million are considered park visitors (the highest visitation at any Canadian national park). Estimates of direct tourism expenditures in the four mountain parks are \$ 914.5 million per year (2003).

### ***Penalties (summarized)***

Throughout this document there are rules which have penalties associated with them. These penalties range from the addition of 5 minutes to your total team time to immediate disqualification and removal from the race. It is all team members responsibility to be fully aware of these. "I didn't know" will not be accepted. These penalties are in place to ensure fairness of the competition, safety of all participants, race volunteers and the general public, and to ensure the future staging of the Banff Jasper Relay. Following is a summary of all penalties found throughout this document. Full explanation can be found in the different sections throughout this document. Repeated occurrences of time related penalties deemed to be simple disregard of the race rules may lead to team disqualification at the discretion of the race director.

1. *Disqualification and immediate removal from the race.*
  - a. Abuse of any kind directed at volunteers, race officials, other participants, or the general public.
  - b. Violation of any Parks Canada rules and regulations.
  - c. Violation of any traffic or highway codes.
  - d. Support vehicles, or casual supporters, using highway 1A once the race starts.
  - e. Runners removing their high visibility vest while running their stage
2. *Disqualification*
  - a. Transferring race numbers.
  - b. Runners not wearing a high visibility vest.
  - c. Non attendance at the Captain's Meeting.
3. *5 minute penalties*



- a. Runners not tagging during an exchange.
  - b. Runner substitution.
  - c. Pacing a runner.
4. *10 minute penalties*
- a. Not wearing a high visibility vest when supporting a runner.
  - b. Supporting a runner on his right side.
  - c. Parking on the left side of the roadway along the race course. (exception to this rule is at *some* exchange points)
5. 20 minute penalty
- a. Using personal entertainment devices, such as iPods, with ear buds.
6. *1 hour penalties*
- a. Team support vehicles directly accompanying runners.
  - b. Runners cutting corners.

### ***Captain's Meeting***

1. ***The captain must attend along with one other team member so that both the South and North Phase of the team will be represented.*** This is to ensure any last minute details will be received first-hand by team members present in both phases on race day. Any team not represented at this meeting will be disqualified.
2. Only the captain and one co-captain per team may attend this meeting. This is due to the restricted meeting space available.
3. The captain will receive:
  - Final race instructions
  - South Phase Race bibs (North Phase bibs are handed out before the North start at Saskatchewan River Crossing.)
  - South vehicle tag numbers (North vehicle tab numbers are handed out before the North start at Saskatchewan River Crossing.)
  - Team shirts.
  - Meal tickets

## ***Race Referee***

1. The chief referee administers the rules of the race.
2. The chief referee has the authority to warn and disqualify a team for any violation of the race rules.
3. The chief referee has the option to decide on a protest or to refer it to the jury of appeal.
4. The referee's decision can be appealed to the jury of appeal in writing by the team captain.
5. Other race officials along the course, in addition to their assigned duties, will act as umpires and report any violations of the rules to the chief referee. Umpires do not have the authority to disqualify a team.
6. The referees may in their discretion assess a time penalty for any infraction of the rules for which a specific penalty is not otherwise provided.

## ***Appeal Procedures***

1. If a team is disqualified, the team captain may file an appeal in writing to the jury of appeal through the referee or the jury chairman.
2. The jury of appeal consists of no fewer than three (3) and no more than five (5) people. The jury elects its own chairman.
3. The jury may not intervene in the conduct of the race. However, if members of the jury observe anything that in their opinion requires correction, they should discuss the matter with, and offer their advice to, the referee.
4. An appeal will be upheld or defeated by a simple majority vote by the jury of appeal. In the event of a tie vote the jury chairman shall cast the deciding vote.
5. All appeals must be filed with the jury of appeal by 11:00 pm on race day.

### **Jasper National Park**

Jasper National Park of Canada is the largest of Canada's Rocky Mountain Parks, spanning over 10,878 square kilometres (4,200 square miles).



## Bear Contingency Procedures

The following contingency plan has been developed at the request of Parks Canada to outline the procedures to be followed in the event a bear is feeding close to the road. It is expected that a bear could be encountered on any stage of the relay. In some cases, bears may only be passing through while in other cases, they may be foraging close to the road.

*This time of year produces many dandelions in the ditches. These just happen to be a favorite food for the bears.*



Existing measures included in the environmental assessment for managing bear encounters include temporary race stops (5-10 minutes), to allow a bear to cross the road and clear the area. A runner may also be picked up by their support vehicle and shuttled a minimum of 100m past the bear's location. The following contingency plan outlines the procedures to be followed in the event it is necessary to close all or part of a stage due to a snacking bear. The Park Rangers will be monitoring each situation and inform us when a bear is an issue or not and if we have to institute this procedure. In the case where a Park Ranger is not in the immediate vicinity, race officials will err on the side of caution until a Park Ranger has had time to access the specific situation.

### ***I. Communications:***

Two Parks Canada wardens will be assigned specifically to the relay (one in LLYK and one in Jasper). A duty warden will be designated as the warden contact in Banff. All three wardens will be supplied with hand-held radios by the race committee for communication with the race organizers.

### ***II. Contingency Plan:***

The necessity to close all or part of a stage due to a bear is possible but is considered to be an "unusual but possible scenario". The Race Committee's



preference is for only a partial closure of a stage rather than a full closure. The intent of the plan is to allow the race to continue while not causing any interference with the bear. The Committee is aware that Parks Canada's priority will be dealing with issues arising from a roadside bear such as public safety (individuals approaching the bear) and traffic stopping to view the bear. Based on this the following contingency plan has been developed.

### **a) Pre-Race Instructions**

- Team support vehicles will be instructed not to stop to view roadside bears so that the race does not contribute to bear jams.
- Team captains will be notified at the captains meeting that there is the potential for a partial closure of a race leg due to a bear incident.
- A copy of the leg closure procedures will be included in the race package for all teams.
- Teams will be reminded that they are required to follow instructions from race officials (including volunteers at exchange points), park wardens, and the RCMP.

### **b) Stage Closure (full or partial)**

- Parks Canada will notify the Race Officials via radio that it is necessary to implement a stage closure and as to whether it needs to be full or just partial.
- The race official nearest to the location will go to the start point of the effected stage to effect the closure.
- The volunteer captain at the exchange point will be notified of the closure and all runners for the stage at the exchange point will be notified their stage has been closed.
- If only a partial closure is required, a race official will leave the exchange point by car and set up a race closure a minimum of 500m from the location of the bear.
- All runners will be required to stop at the closure and wait to be picked up by a team support vehicle.
- Runners will be dropped off a minimum of 500m beyond the bear. The drop off location will be marked by a race official with a road cone.
- Once the bear has moved on Parks Canada will contact the race officials and the stage closure will be removed.

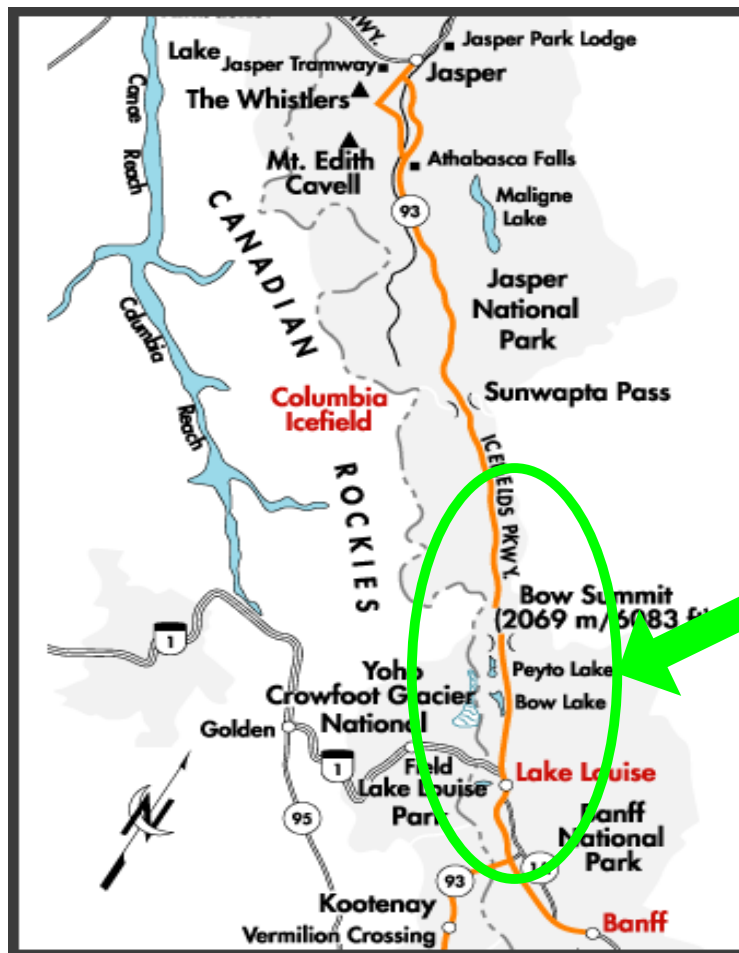


## Banff-Jasper Relay Course Description

### ***Southern Phase: Castle Mountain to The Crossing***

The course description is general, although the distances are reasonably precise. The object is to give teams a sense of the conditions they will meet on each stage to help them choose the most appropriate stage for each runner. In addition, of course, runners will want to know what to expect in their stages. Our ratings do not take in account the exhilaration you will receive as you look around on your run. We'll leave those rating adjustments to you and your team mates to settle at the post race party.

*Note: When comparing or selecting a stage you need to pay close attention to the elevation scale since it varies a lot between the stages. The descriptions of Hard, Moderate, or Easy are your best guide!*



### Stage S1: Castle Mountain - 14.8 km - Easy

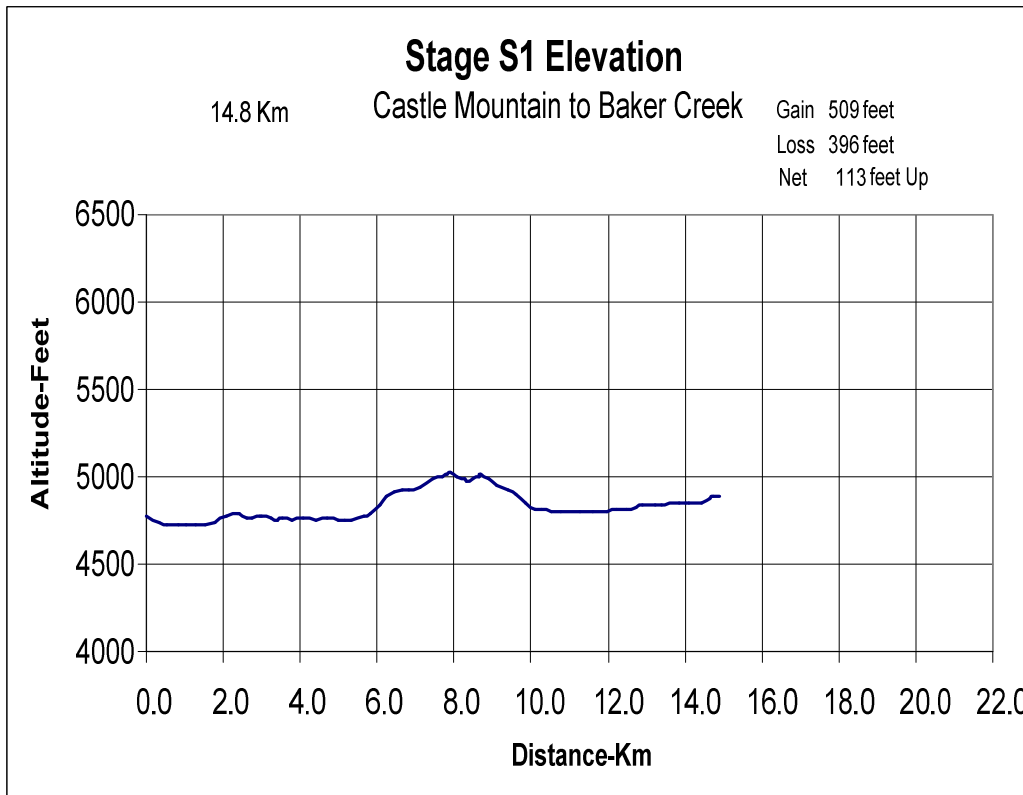
The start of stage S1 rolls gently down. At 5.7 km, you get to test your hill work for 2.5 km. The highway divides at 7.5 km (**STAY LEFT facing oncoming traffic, do not take the right fork**) for 1.7 km where you will be reaping the rewards of your climb until the 9.8 km mark. This stage is marked with twists and turns.

At 11.5 km, you run through a beautifully treed area and by the Protection Mountain Campgrounds.

Stage S1 finish is at Baker Creek cabins.

Note: Busses are provided to shuttle Stage S2 runners to their start and pick up Stage S1 runners. (see *Stage S1 and S2 Bus Procedures*) Remember, there is no support vehicles allowed on this stage. Runners are to be self-supporting. It is highly recommended runners carry a water supply and clothing appropriate for any weather change that day.

Parking Note: Please do not park in the lot in front of the store and cabins on the north side of the intersection at Castle Mountain. Tour buses use this area to turn around.



## Stage S2: Baker Creek - 17.7 km - Moderate

This stage starts fairly flat for 6 km followed by a gradual undulating climb for the next 5 km. During this time, you pass the Corral Creek picnic grounds at the 8.3 km and cross a bridge at 9.3 km. Although most of this portion of your stage is tree lined, beautiful in its own right, don't miss the vistas you will see across clearings and other openings. During one straight stretch see if you notice a very familiar cartoon character resting on his house as he commonly does. And expect to lose your breadth at 6.9, by the view.

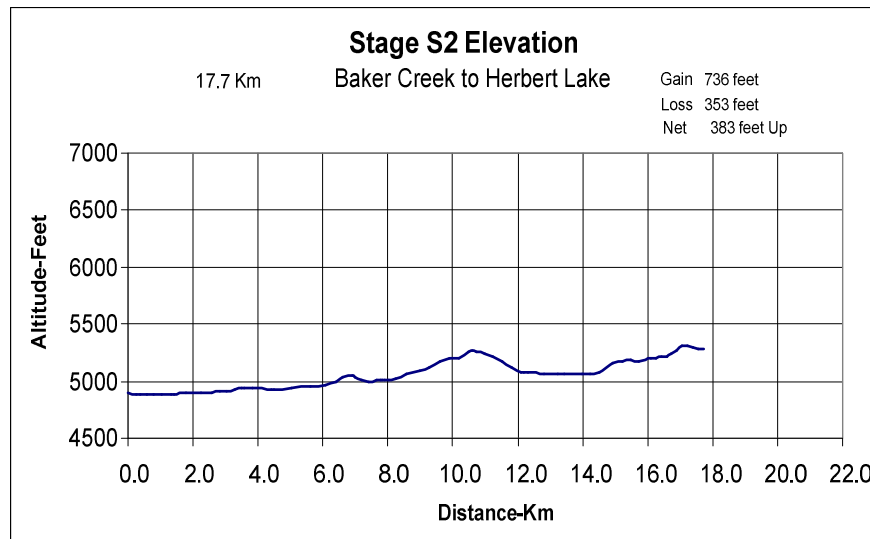
You arrive at a "T" intersection at 11 km where you will turn left and cross over, when safe to do so, maintaining the right side of the road. As you come down the hill you will keep right along the entrance ramp to the Trans Canada Highway 1. You are to stay on the shoulder going with the traffic.

**Note:** Busses are provided to shuttle Stage S2 runners to their start and pick Stage S1 runners and deliver them to the Lake Louise Shopping Plaza. (see *Stage S1 and S2 Bus Procedures*) Remember, there are no support vehicles allowed on this stage. Runners are to be self-supporting. It is highly recommended runners carry a water supply.

Through this section, you will have the Waputik Range in sight. You may also be treated to views of mountains Victoria, Lefroy, Fairview, and Temple.

You will exit Highway 1 at the 14.3 km mark by turning right up the entrance ramp for Highway 93. As you gain some elevation you will be directed by race officials to cross the highway and the balance of the southern portion of the race will be on the left side of the highway facing traffic.

As you maintain a steady incline you rise above Herbert Lake where your stage ends at 17.7 km. Even at this hour a refreshing dip in Herbert Lake may be in order after your final climb.

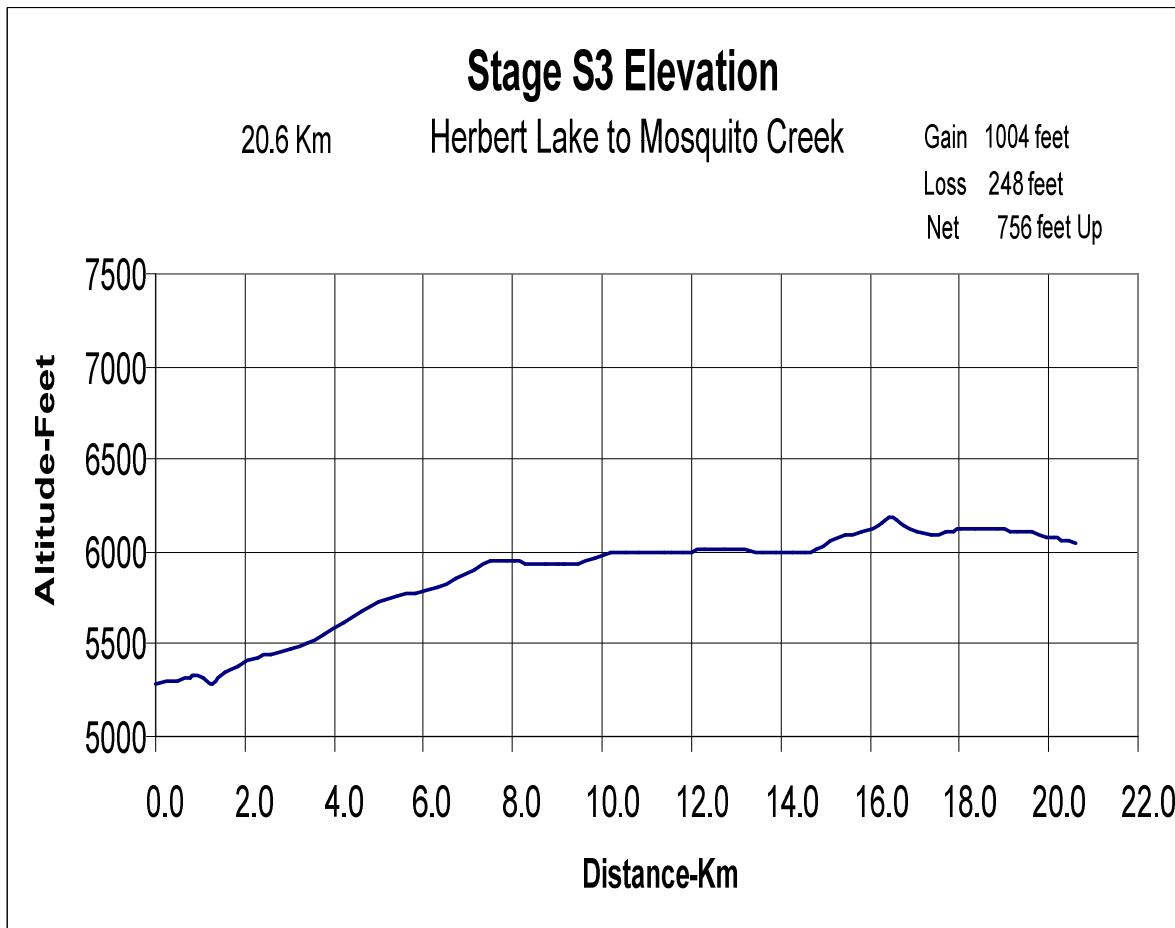


### Stage S3: Herbert Lake - 20.6 km - Hard

This virtually all-uphill stage is also the longest stage of the race. The first 7.5 km of this stage will see you gaining significant elevation and then undulates for the next 5.8 km. Keeping your eyes on the surrounding vistas will take your mind off the work at foot. At 6.6km you have a breath taking vista of Mounts Hector and Molar to the east and at 10 km Bow mountain will be straight ahead.

At the Hector Lake Viewpoint, km 13.3, you get to ascend for another 2.4 km and then get back to undulating. Now at 16.2 km you get a short reprieve to stretch your legs out before you start your last 4 km of gradual climbing.

With 1km to go the road levels out and you can finish off strongly, aided by a final decline to the end of your stage at the Mosquito Creek Campground.

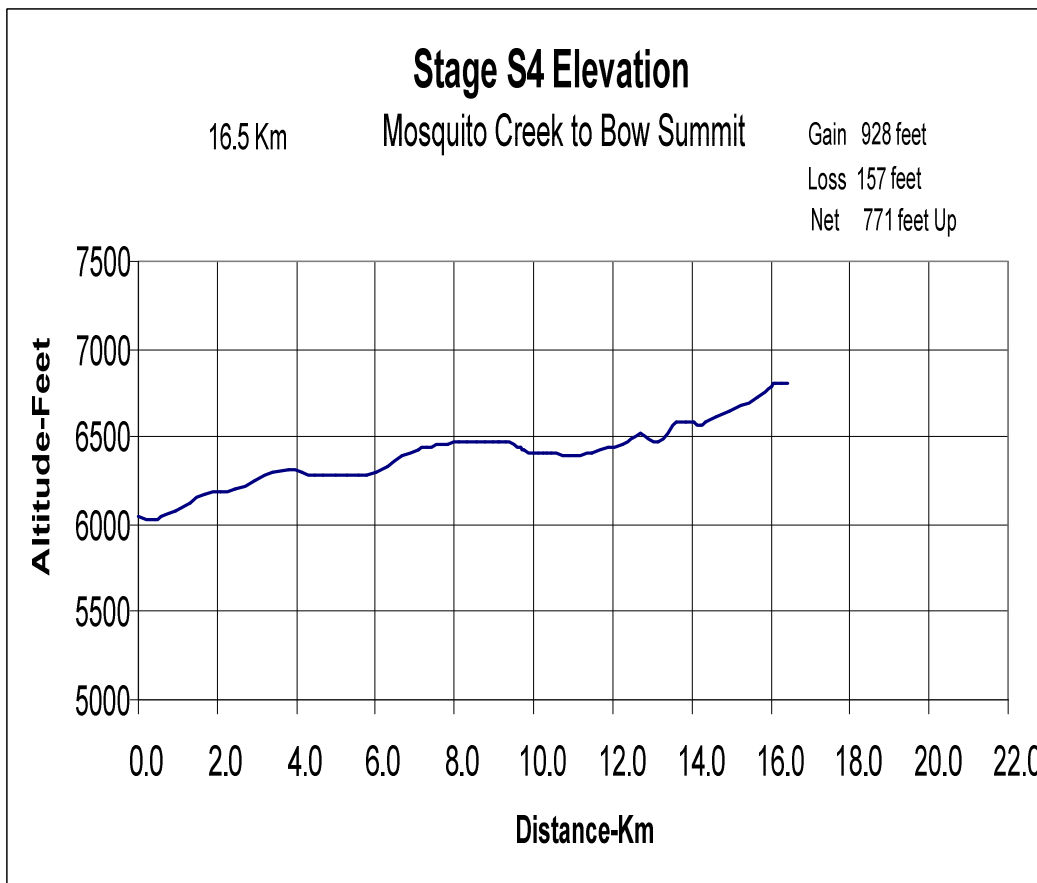


### Stage S4: Mosquito Creek - 16.5 km - Hard

Leaving the Mosquito Creek Campground you have Dolomite Mountain to your right to give you inspiration as you have a moderate climb to a bridge crossing at 4.4 km after which the road levels for 1.6 km of gentle undulations. This is followed by another moderate climb of 1.6 km.

At the 7.6 km mark, look to your left where you have the Crowfoot Glacier, you will descend towards the Crowfoot Glacier Viewpoint at 8.9 km and pass Helen Lake on your way to the Bow Lake Viewpoint at 10.3 km. Are you taking in the natural wonders all about? Keep on eye on it all around you. Also note the Num-Ti-Jah lodge at the end of Bow Lake at 11.6 km. If you didn't stay there last night, consider booking it for next year.

You begin your last ascent up to the Peyto Lake turnoff where you achieve level ground to the end of the stage at Bow Summit. This is the highest point of the race at 2069m. Good job!

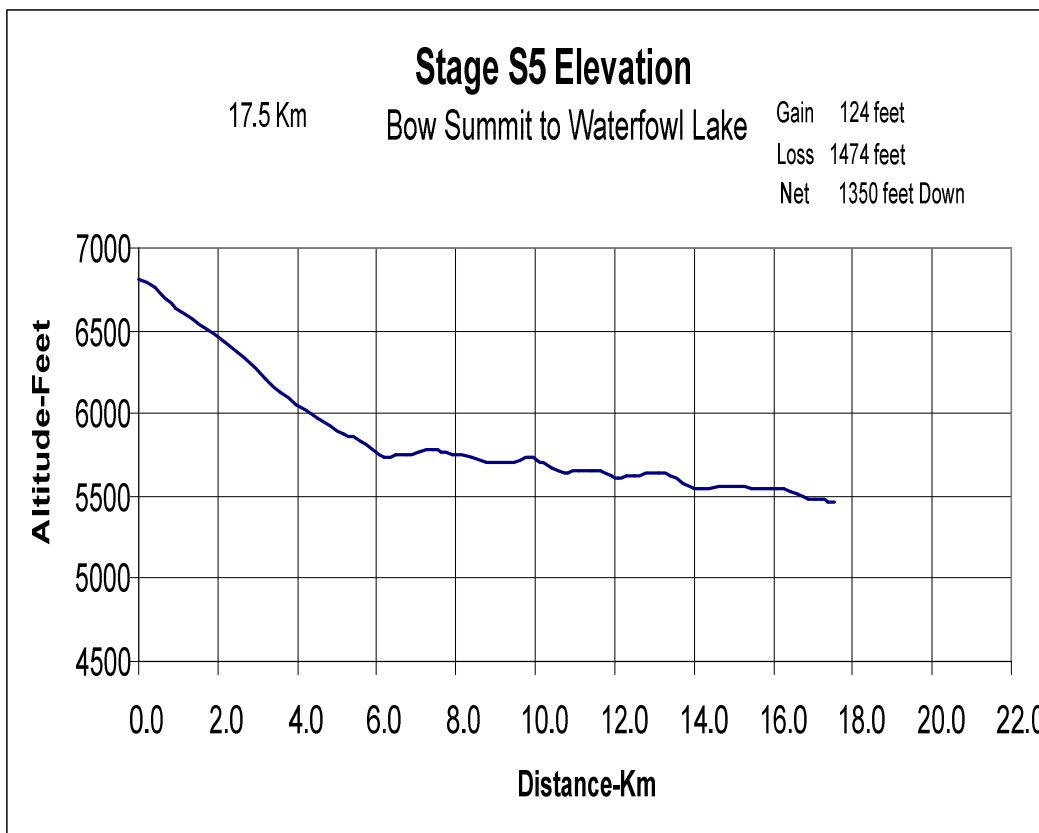


### Stage S5: Bow Summit - 17.5 km - Moderate

One will be awe-inspired by the surroundings, so be careful not to head off too strongly. **Be aware that due to the uphill double lane you are running down there is very little shoulder if any.** You will be dropping rapidly for 6 km, after which you will encounter a slight rise for the next kilometre and then drop for yet another 3.5 km to the Silverhorn Campground.

You briefly climb again after passing the campground. The road levels off until the 12.9 km point, where you drop over the next 2 km to the Mt. Chechen and Mt. Hawse Peak Viewpoint at 14.9 km.

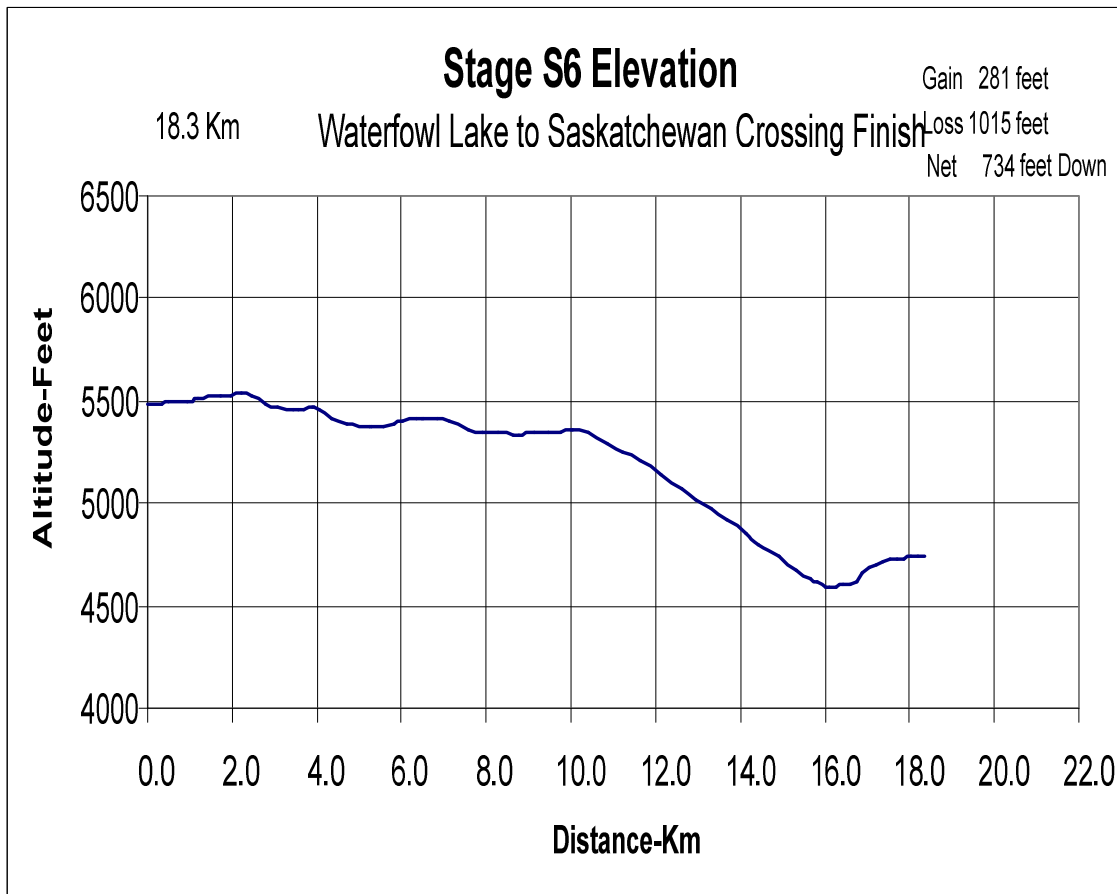
From here to the end of your stage, just 0.6 km past Waterfowl Lake Campground, you will cruise in on a basically flat road with a 50 m drop midway. A great place to cool off your feet. How many mountain peaks can you count from here?



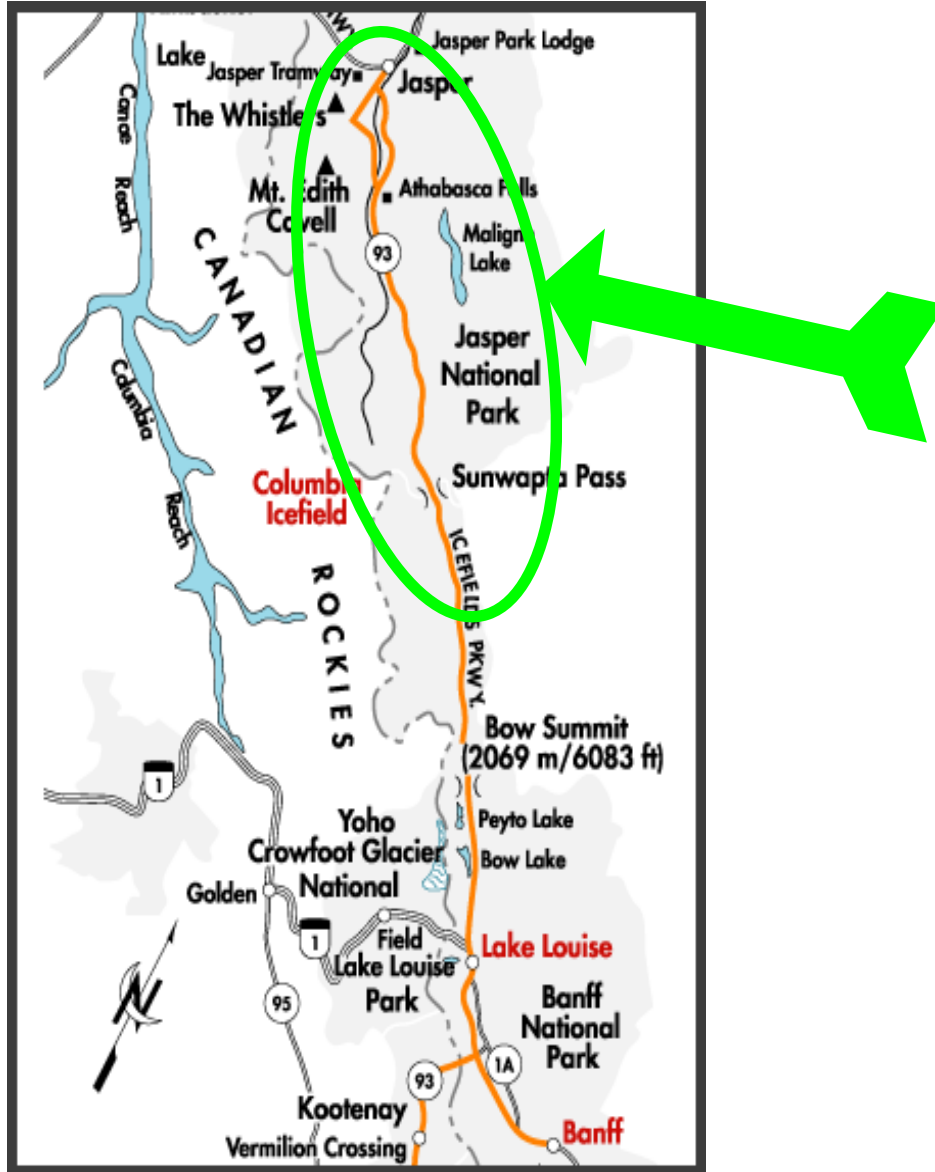
### Stage S6: Waterfowl Lake - 18.3 km - Moderate

As you roll away from the Waterfowl Lake Viewpoint, you begin a slight climb for 1.4 km after which you can cruise on a long slow decline for 4.8 km. This makes it easy to take in the views. No excuses. There is a small incline at the 5.2 km mark. So can you see why the mountain on your right at 6.5 km is called Totem Mtn. The course then levels out until just past the 10K mark where you begin a long steady decline for the next 6 km of this stage.

You pass the Warden Station at 16 km and a bridge at 16.4 km. With any luck you will see the resident herd of mountain sheep as you pass the intersection for the David Thompson Highway. This also tells you there is only 2 km to go to the finish of the southern phase of the race. It is a bit of an incline to get there though.



## Northern Phase: The Crossing to Jasper

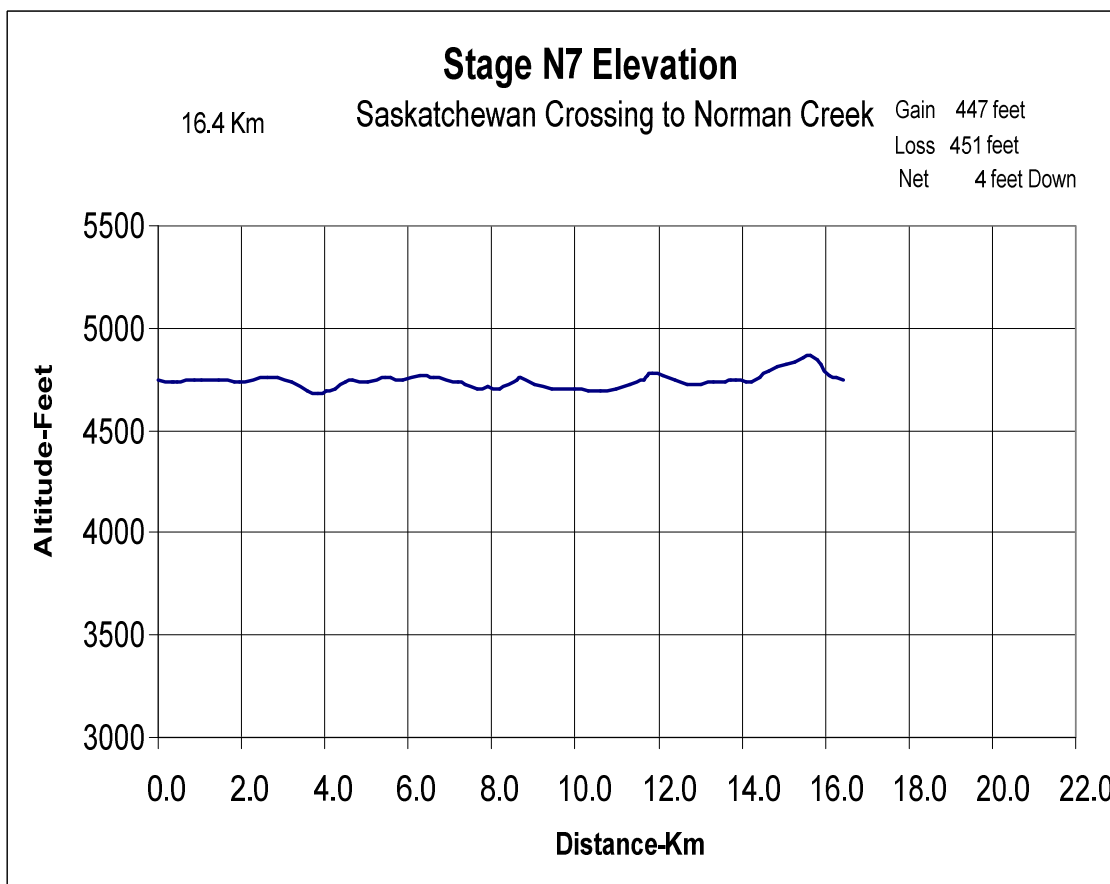


## Stage N7: Sask. River Crossing - 16.4 km - Easy

Runners will gather at the Saskatchewan River Crossing for the 7:00 am start. As you head to the start take time to appreciate the view across the highway from the parking lot. A wide angle lens would be very useful right now. Invigorated yet?

As the lucky runners of this stage, you get to head out on a 3.5 km steady decline. For the next 8.3 km runners cruise over gentle to moderate undulations along the Saskatchewan River Valley to the Rampart Creek Hostel. Mt. Erasmus and Survey Peak are to the left, Mt. Wilson to the right, and Mt. Murchison is behind you.

You finish off the remaining 4.6 km on a downhill of different degrees as you cruise by Mt. Colman. Be careful not to let the spectacular views here stop you. There are lots more when you are done. You hit the top of your last hill at 15.3 km and get a nice down hill cruise to “take it home” in fine fashion.

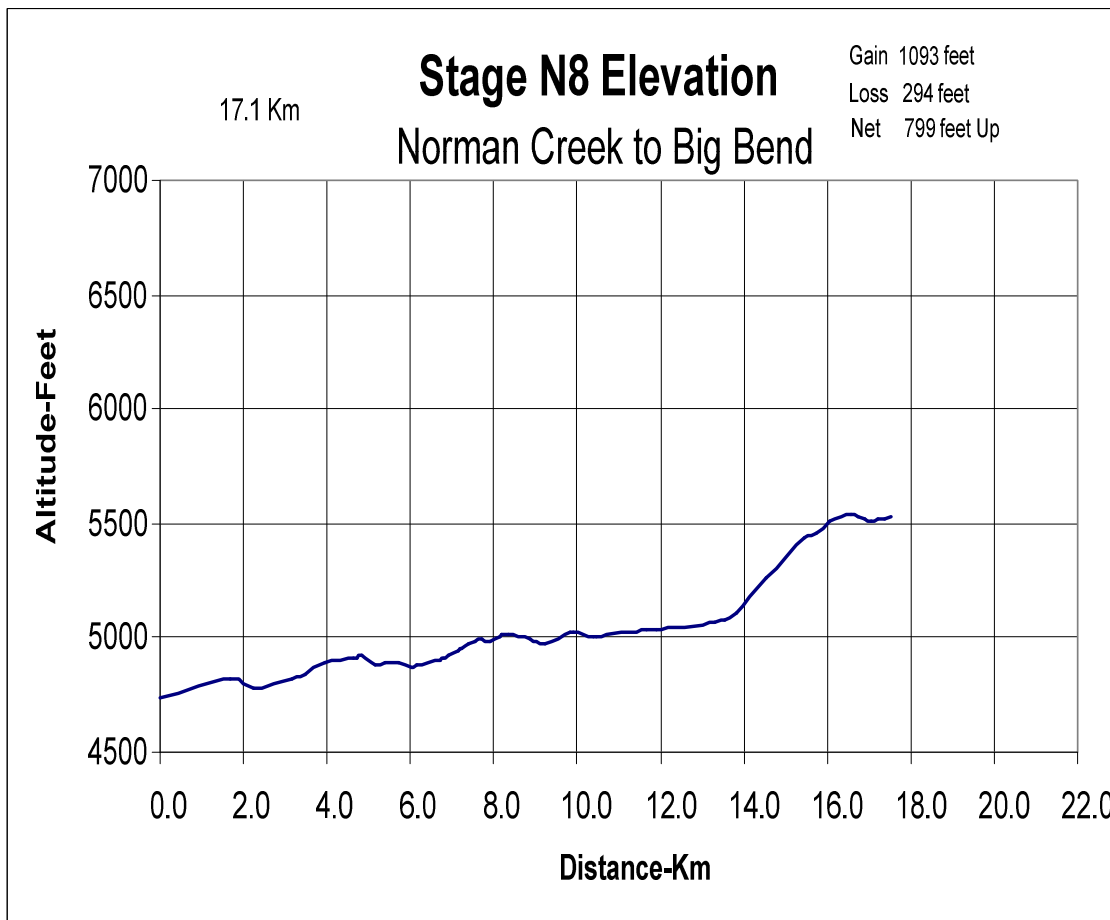


### Stage N8: Norman Creek - 17.5 km - Hard

Stage N8 follows the gently rolling valley between the North Saskatchewan River, here little more than a creek, and Cirrus and Coleman mountains.

You start flat and have your first downhill to the river flats at 0.4 km. You gain a slight hill, getting you to 2.0 km, after which you drop soon again. You gain hilltops at 5.0 km, 7.5 km, and 9.5 km.

After passing the Cirrus Mountain view point at 10.2 km you will cruise along some flats by the Weeping Wall, on your right at 11.9 km, after which you will start to gain again going by the Nigel Creek Bridge at 15.6 km. This is almost a 3 km climb so save your legs for it. After hitting the top at 16.3 you have downhill cruise to the finish. Now take the well earned time to enjoy the surrounding beauty while you recover.



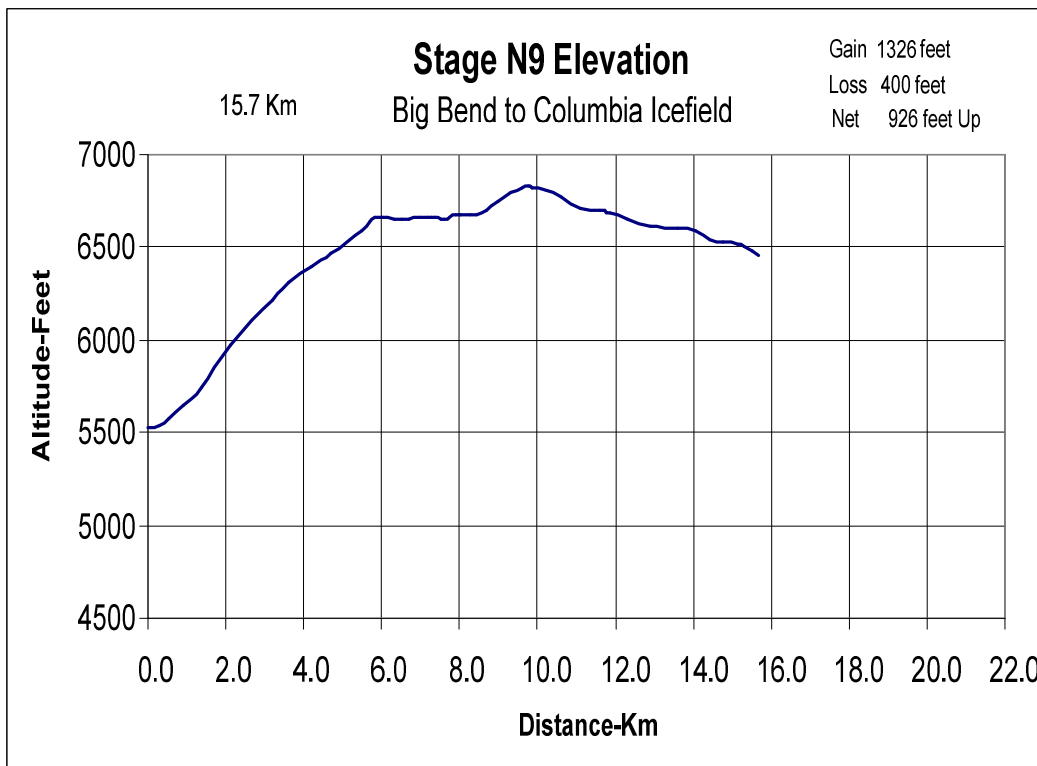
### Stage N9: Big Bend - 15.7 km - Very Hard

This stage is one of the most beautiful and challenging stages in the Banff-Jasper Relay as it climbs relentlessly and takes you to the Columbia Icefield.

The first 5.8 km takes you up the most serious part of the climb, with a very narrow shoulder so be extra cautious. As you crest the hill what breath you have left will be taken away by the view of Mt. Athabasca and the glacier in the centre of your view. At the halfway point, you will pass the Hilda Creek Hostel followed by a short flat stretch until the 8.4 km where you will ascend for another kilometer.

You pass from Banff National Park into Jasper National Park at 10.8 km, with Nigel Peak on your right. You have just gone through Sunwapta Pass which is the high point of the North Phase at 2030 meters. Just in front of you is an alpine meadow with the Columbia Icefield ahead. At 12.6 km, you pass the Wilcox Creek trailhead.

We know you have been climbing and are looking for the finish but on your left, you will be passing the Columbia Icefield. Do have a look, as it is quite impressive. After passing the Columbia Icefield Campground at 13.8 km you are rewarded with a slight downhill to the finish.



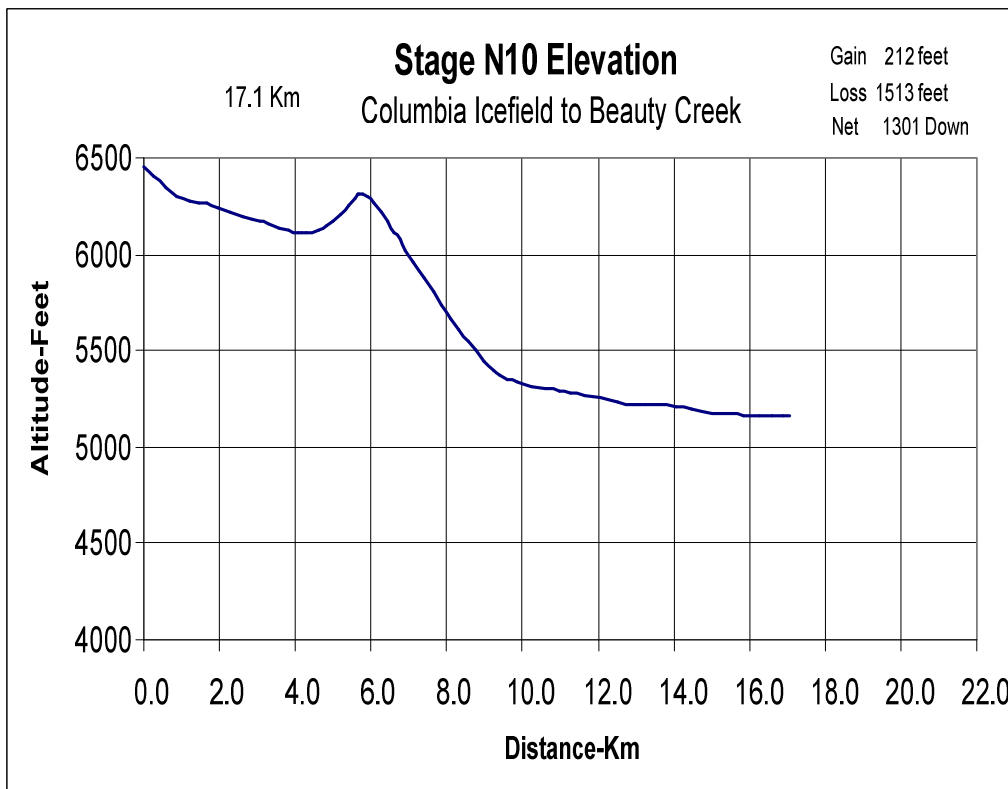
## Stage N10: Columbia Icefield - 17.1 km - Moderate

While you are waiting to start your stage get psyched up by taking in the views of the icefield and mountains Athabasca, Snowdome, and Kitchener, just to name a few.

Now get ready to pick up speed as you are about to drop a lot of elevation. Your knees need to be strong and ready. Right from the start, you head downhill but at 4.2 km, you find yourself at the bottom of a rather steep incline for 1.5 km.

After cresting the top you start to decline rapidly. ***This drop has a narrow shoulder due to the guardrail so do be cautious.*** Don't miss the magnificent view of the Tangle Falls over your right shoulder at 6.7 km. Some severity of the drop eases off at the Stuttfield Glacier Viewpoint at 8.5 km. Don't miss out on the view here so look over your left shoulder.

After just another kilometer, the road actually flattens out. The final 7.3 km are relatively flat so don't leave everything on the downhills. Along the way, you will see another waterfall at the 13 km point. You finish off at the Beauty Creek Hostel.

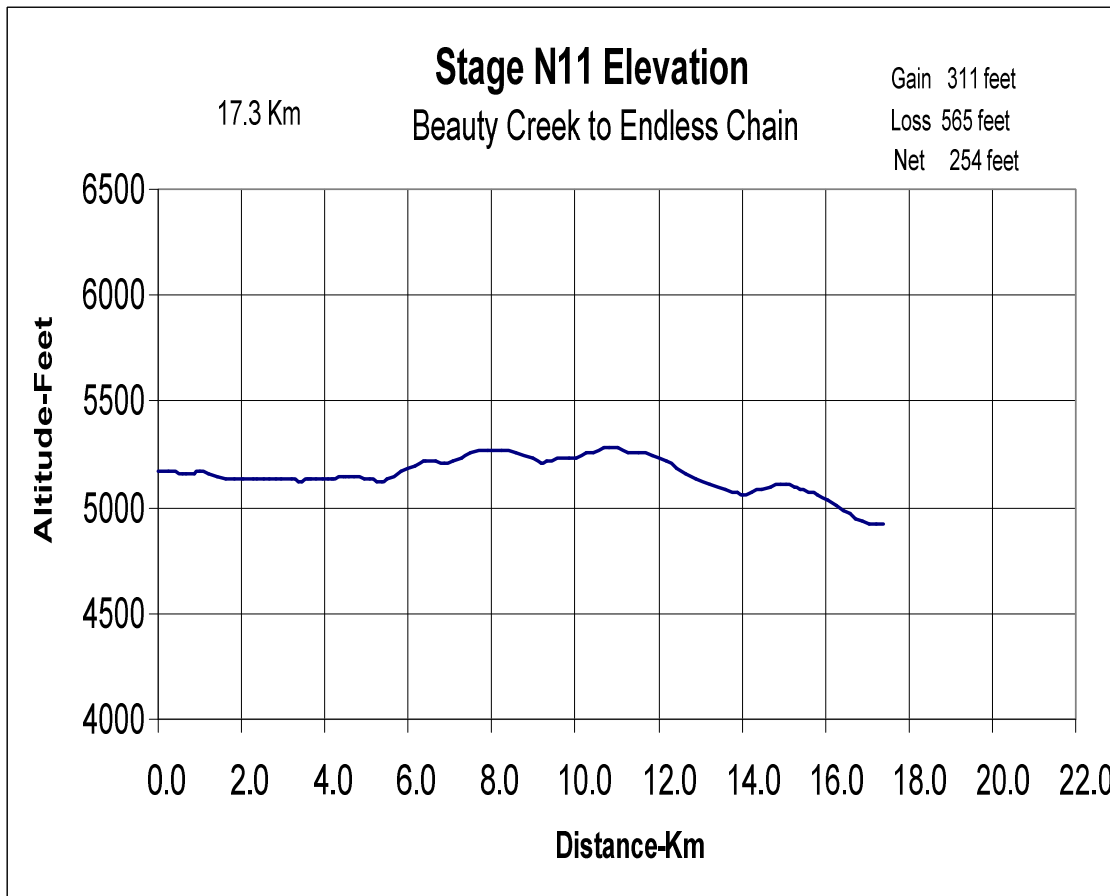


### Stage N11: Beauty Creek - 17.3 km - Easy

Starting from the Beauty Creek hostel, you pass the Mushroom Peak and Tangle Ridge Viewpoint at 1.6 km and then go along the Sunwapta Valley flats until the 2.4 km mark. The vistas here are more open and continuous along the river valley. There you begin undulations thrown until the 7.9 where you get a 1 km downhill ending at the Jonas Creek turnoff.

Your run undulations continue again until the 10.6 km where it levels off. Rest your legs to take advantage of the decline starting at 11.7 km.

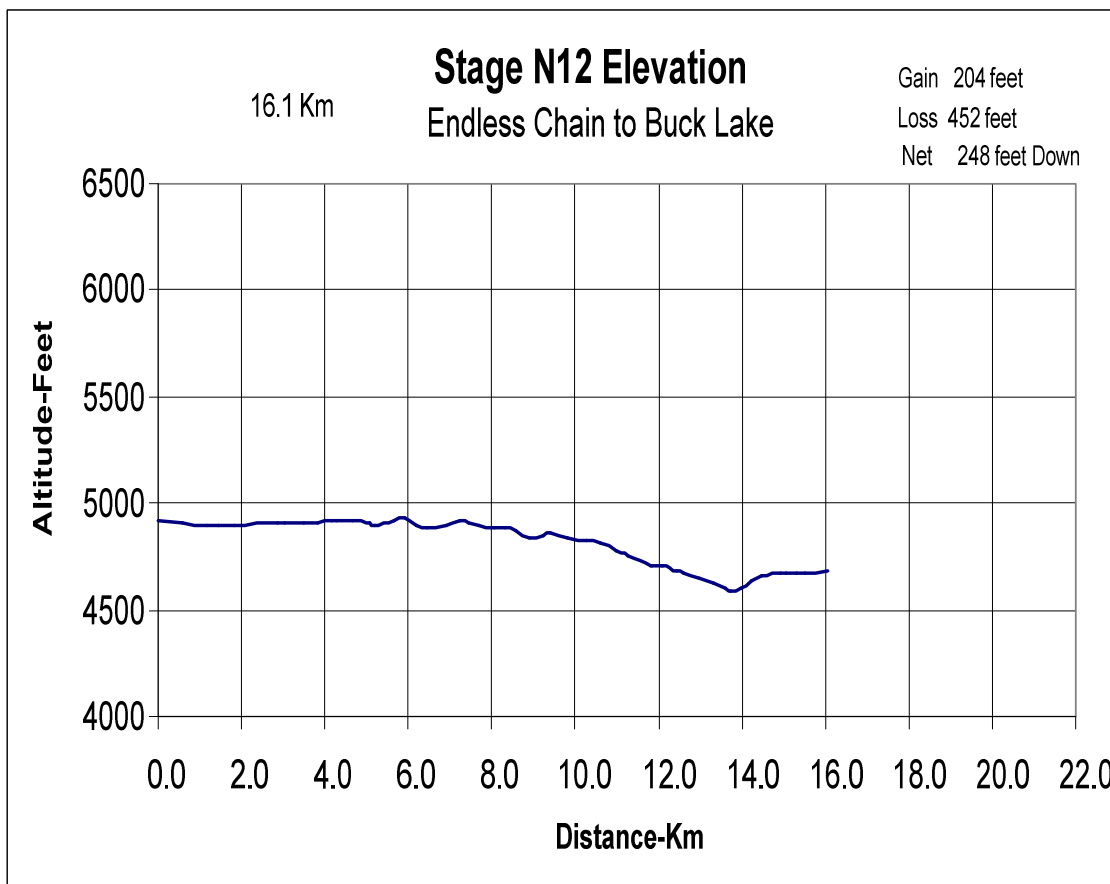
Halfway down this hill you pass the Poboktan Creek Campground and the Warden Station at 13.9 km and continue downhill to the finish at the Endless Chain exchange point.



### Stage N12: Endless Chain - 16.1 km - Easy

Stage N12 follows along the Endless Chain Ridge. The road rolls gently to moderately, generally losing altitude, passing the Bubbling Springs picnic site at 7.7 km continues rolling until the 9 km point. As you pass Bubbling Springs straight ahead of you is Edith Cavel in all its splendor.

At the 9 km mark, you start a gentle drop to 13.6 km at the Sunwapta Falls turn off. To finish off you climb until the 1 km out point where you have flat road to the Buck Lake/Osprey Lake turnoff and the stage end.

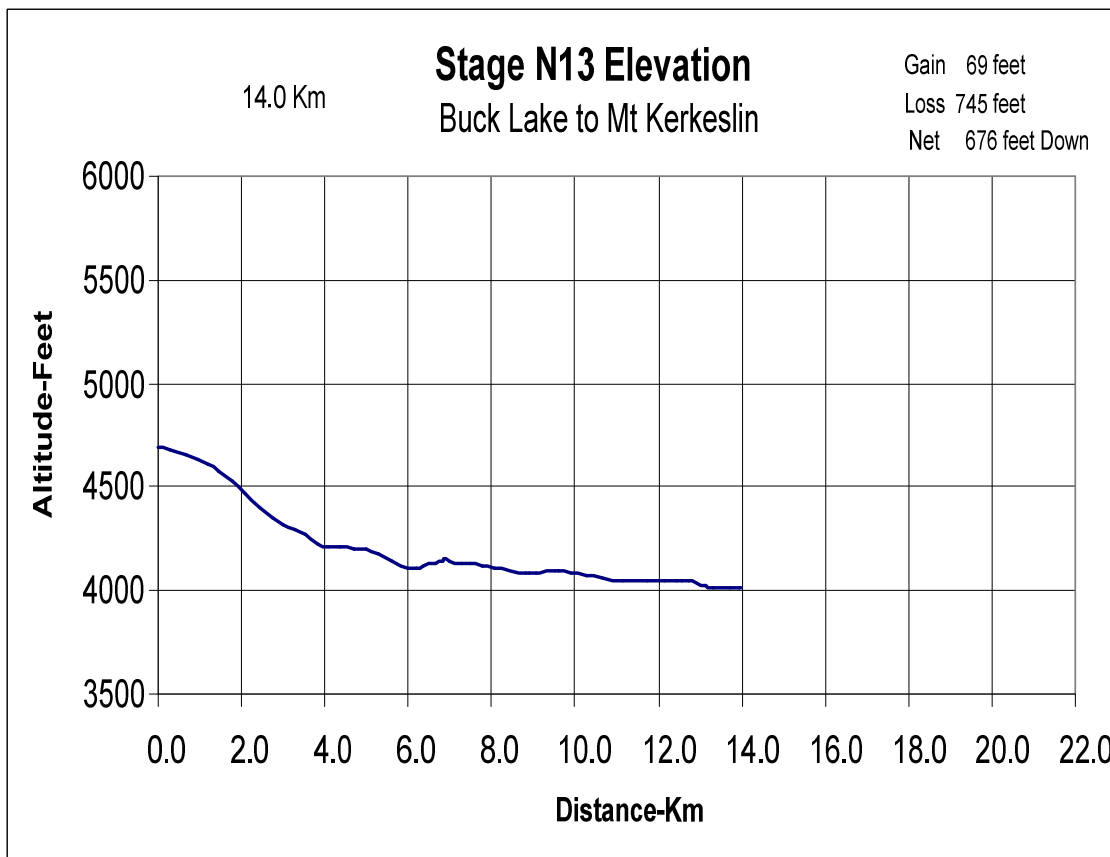


### Stage N13: Buck Lake - 14 km - Easy

Stage N13 declines 500 feet in the first 6 km then is followed by gentle to moderate undulations. There are splendid views of mountains Brussels, Fryatt, and Christie to the left and the Endless Chain Ridge on the right.

You start with a fairly flat 1.5 km cruise before the drop starts. There is a significant drop at the 3.8 km point with a short incline just after the Ranger Creek Campground.

At 4.4 km, you cruise by the Ranger Creek trailhead where you may want to give a quick glance back over your shoulder to see what you just came down. There are gentle undulations along the Athabasca River valley floor and for the next 9.5 km. You will pass the Athabasca River Viewpoint at 6.1 km and the Mt. Christie picnic site at 10.9 km.



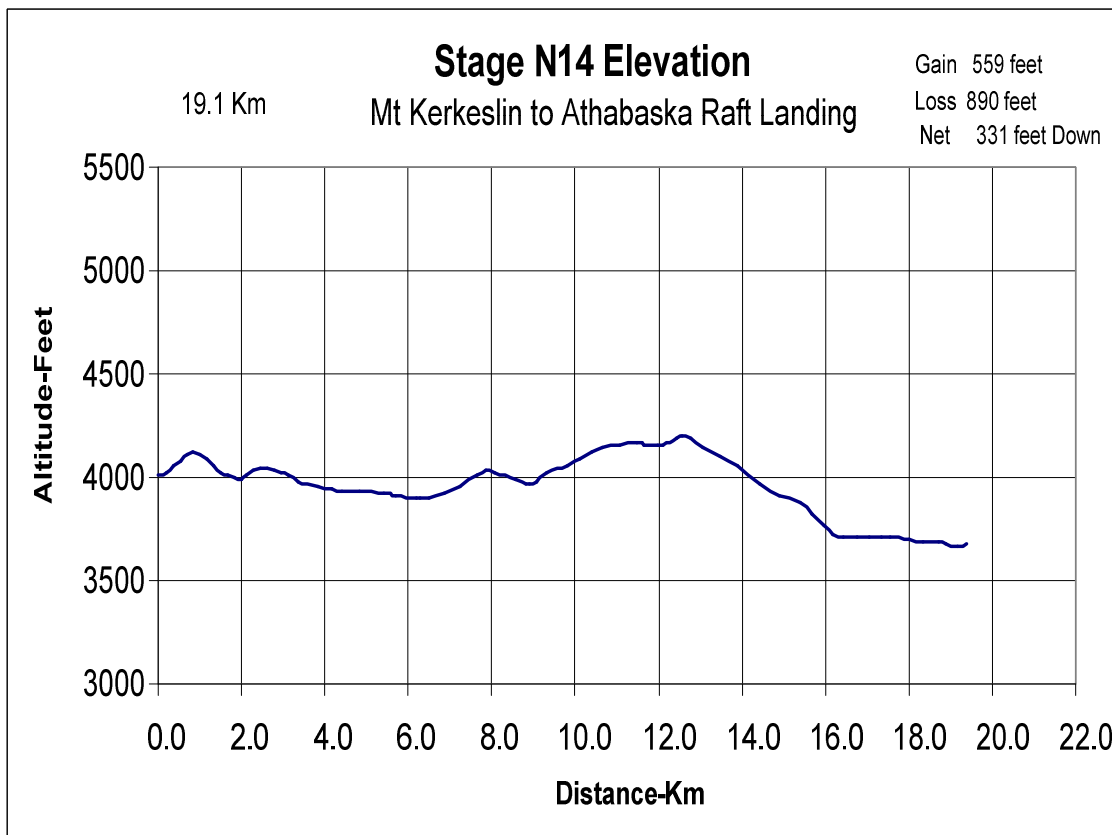
### Stage N14: Mt. Kerkeslin - 19.1 km - Moderate

Leaving the turnoff, climb 0.8 Km past the Mt Kerkeslin viewpoint and then drop for a kilometer. Ascend to the 2.3 km point and then drop fairly steeply to the 3.2 km mark while passing the Kerkeslin campground

The road flattens out while it passes the Warden Station at 5.7 km, the Athabasca Falls Youth Hostel at 6.1 km, and the Athabasca Falls picnic site (as well as the Highway 93A junction) at 6.9 km.

The road is now undulating until the Horseshoe Lake trail head at 10.2 km where the road does a couple of inclines up to the Athabasca Pass Viewpoint at 12.3 km.

The next 3 kilometers are gently rolling decline. The final 3.2 kilometers are along a curving road with mild undulations finishing off with a gentle drop to the stage exchange.



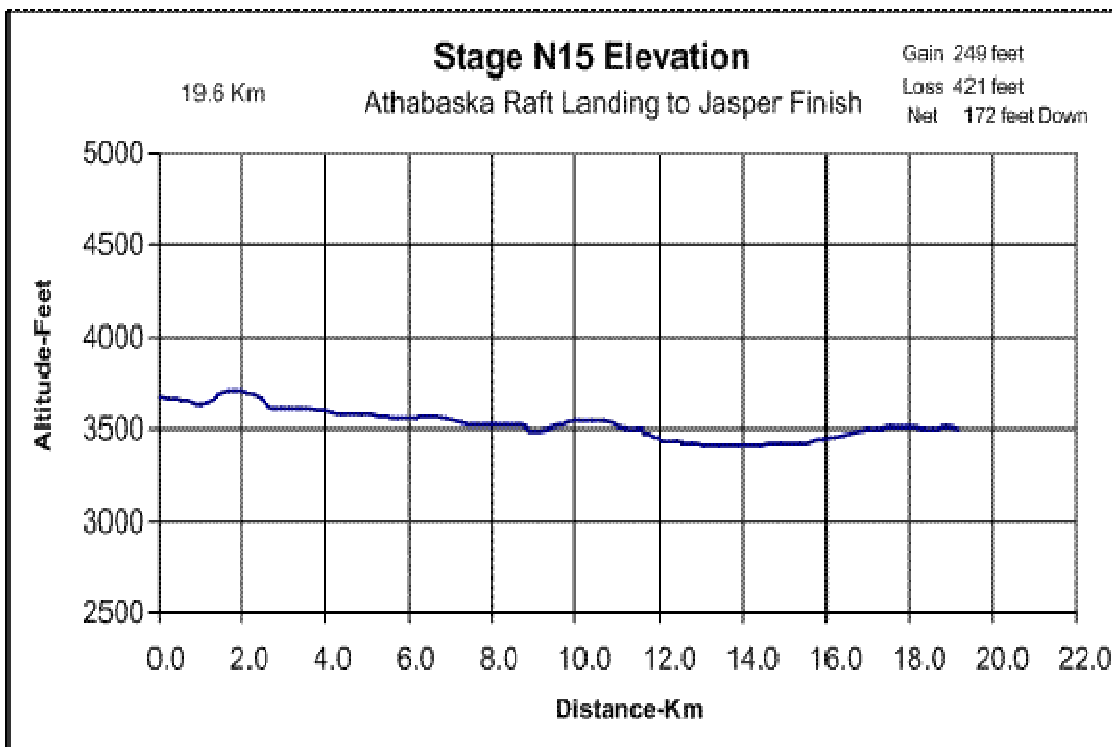
### Stage N15: Athabasca River - 19.6 km - Moderate

Starting from the Athabasca River raft landing you head around a sharp right turn. The stage is long, open, and flat, with broad shoulders.

The beginning of this stage is flat, following the Athabasca River valley and offering splendid views of the mountains: Edith Cavell, Hardisty, Kerkeslin, Fryatt, Brussels, and Christie.

At the 2.7 km mark you start to climb for almost 1 km topping out at the Wabasso Lakes Trail head and then you drop for much the same distance to the 4.3 km mark. At the 12.6 km point, you will pass Becker's Chalets and start a short climb and descent. The balance of this stage is considered flat.

Other landmarks along the way are: Athabasca River bridge, 10.2 km (about 1 km past halfway); junction with Highway 93A, 16.3 km; Jasper House at 15.0 km; and the Whistler Campground at 15.9 km.



At 17.7 km, watch out for traffic at the intersection with Highway 16. Taking a few extra seconds to be extra careful here is prudent as you may be oxygen deprived. Volunteers and the RCMP will be staffing this intersection to ensure your safe crossing. They will endeavor to make your crossing of this intersection a priority.



If for any reason they must stop you, any hesitation to follow their instructions will disqualify your team. You are less than 2 kilometers from the finish.

You are now entering the town of Jasper. You enter the town at the bottom of the map at right.

You will leave Connaught Drive and run onto Pine Ave with 1 km to go. With just 0.5 km to go you will veer right as you cross the intersection onto Pyramid Lake Road. The finish line will be off the road to your left in a parking lot across the street from the Jasper Activity Centre. The evening's festivities will be in the Activity Centre.

Awesome job!

Your team has just completed the Banff-Jasper Relay. See you at the party...



## Team Equipment List

To ensure we all have an enjoyable and memorable event, being prepared to spend a day in the mountains is critical. We will be running through two of the most majestic National Parks in Canada. Mountain ranges anywhere are known for their unpredictable weather patterns and the Canadian Rockies are certainly no exception. One side of the Bow Summit may see you start your stage running in shorts under a warm sun only to find driving snow greeting you as you gain the pass. Let's be prepared. Following is an equipment list intended to ensure your team and all its members are prepared.

- **High Visibility vests, 2 or 3 per team vehicle (see Race Rules)**
- Parks Canada Vehicle Pass (*see Race Rules*)
- Race number pins
- Rain gear
- After run clothes (full change)
- After race party clothes!
- Warm sweater/sweats
- Hats (sun and cold weather)
- Gloves/mitts
- Water (lots of water)
- Ice
- Food supply (for before, during, and after running)
- First aid supplies
- Sun screen
- Equipment bags for Stage S1 and Stage S2 runners (*see Race Rules*)
- Note pads and pens
- Note: cell phone coverage is on less than 10% of the race course
- Cameras, and lots of film or memory cards
- Hiking gear for the other days you are in the parks.

### Lake Louise

Approximately 2 million people visit the Lake Louise area annually. On peak days in July and August 20,000 people may visit the two icons in the area - Moraine Lake and Lake Louise.



## Stage Timing Charts:

Use the following timing chart to plan your team's stage assignments, logistics of runner drop off and pick up, and just where the southern half of your team will meet up with the northern half to cheer them on over the last couple of north stages. The times used to calculate this chart are from the previous runnings of the race. It is intended to help in planning and not to predict the actual first and last place teams.

**Important:** The course closes as the runners progress up the course. The exchange stations and finishes will remain open until the last runner has arrived, **or** until the time indicated in the following timing chart, which ever occurs first.

**Note: All stages will have forced starts.**

## Timing Chart for Team Planning

Leg	Distance Km	Arrival Times		Forced Starts	Stage Closure
		Fast Est	Slow Est		
<b>S1</b>	14.90	8:06	8:46		8:55
<b>S2</b>	17.70	9:23	10:20	<b>8:20</b>	10:30
<b>S3</b>	20.60	10:46	12:23	<b>10:10</b>	12:30
<b>S4</b>	16.56	12:03	14:00	<b>12:15</b>	14:10
<b>S5</b>	17.50	13:21	15:24	<b>13:30</b>	15:35
<b>S6</b>	18.33	14:50	16:33	<b>14:30</b>	16:40
	105.59				
<b>N7</b>	16.40	8:11	8:52		9:00
<b>N8</b>	17.57	9:23	10:24	<b>8:30</b>	10:35
<b>N9</b>	15.78	10:30	11:52	<b>10:10</b>	12:00
<b>N10</b>	17.09	11:40	13:26	<b>11:40</b>	13:35
<b>N11</b>	17.33	12:57	15:07	<b>13:10</b>	15:15
<b>N12</b>	16.07	14:04	16:52	<b>15:10</b>	17:00
<b>N13</b>	13.99	15:05	18:15	<b>16:40</b>	18:25
<b>N14</b>	19.39	16:23	19:30	<b>17:30</b>	19:40
<b>N15</b>	19.69	17:49	20:32	<b>18:30</b>	20:40
	153.31				
<b>Km</b>	<b>258.90</b>				
<b>Miles</b>	<b>160.88</b>				

feb 19/11

Note: Arrival times are estimated based on past races' actual results.



## Stage S1 and S2 Bus Procedures:

Due to environmental and safety considerations, the first two Stages on the South Phase will be **unsupported** by teams. No team vehicles will be permitted on the Bow Valley Parkway from Banff to Lake Louise. To facilitate this, buses will be provided to transport runners to their start positions for Stage S2 and from the finish of Stage S1. Stage S1 runners will be dropped off at the Lake Louise Shopping Plaza on the west side of Highway #1 accessible by the overpass. The procedure is as follows:

1. Stage S1 and Stage S2 runners will congregate at Castle Mountain Junction prior to the scheduled start (7:00 am). Prior to 6:40 am, Stage S1 runners will deposit their gear, **clearly marked with their team number**, on one of the buses.
2. Prior to 6:40 am, all Stage S2 runners will board one of the buses for transport to the Stage S2 start area.
3. At 6:50 am, all Stage S1 runners will be escorted to the start line on Highway 1A, in preparation for an 7:00 am start.
4. After the Stage S1 start, the buses will leave Castle Mountain Junction for transport to the Stage S2 start area.
5. When the buses arrive at the Stage S2 start area, all the Stage S1 runner's gear will be off loaded, sorted by team number and placed in a storage area (covered tent) at the Baker Creek Chalet parking lot. Stage S2 runners will off load the buses and prepare for their Stage S2 start. The storage area will be monitored by volunteers checking team numbers for security purposes. Only runners with bib numbers will be allowed to retrieve gear.
6. Prior to their start, Stage S2 runners will place their gear in the storage area. Each gear bag will be prominently labeled with the runner's team number. The second bag will be matched with the Stage S1 runner's so that the Stage S1 runner will retrieve both bags.
7. As Stage S1 runners complete their stage each will collect their gear, **and the gear of their teammate**, and board one of the buses. When a bus has about 40 runners on it, it will depart for the Lake Louise Shopping Plaza.
8. At the Lake Louise Shopping Plaza, Stage S1 runners will leave the buses to meet their support vehicle and proceed to the start of Stage S3 **with their Stage S2 runner's equipment bag**.

