

IMPORTANT RACE INFORMATION

PRE-RACE MEETING

There is a mandatory pre-race meeting at 7 am in the Barkerville Parking Lot. The race will start promptly at 7:30.

POKER RUN on 5 PEAKS

There is a deck of cards split into individual envelopes in a cookie tin on each summit. Each Summit has a unique deck so don't take more than one card from any one summit. On Bald Mountain the Deck is in a cookie tin at the **brown sign post** as you reach the Bald Mountain meadow. On all other peaks there is a **rock cairn** and inside, or at the cairn is a cookie tin with a ziplock bag containing the envelopes with the cards. On some mountains there are also beads from our 7 Summits in 7 days hiking program...You don't need these beads for this race.

FUEL/WEATHER

Bring lots of snacks and fuel! Expect cool. It can be zero degrees in Barkerville at 7 am and the first hour is in shade. Some years you can expect snow patches on the summits, and wind. Bring lots of layers, gloves, a spare pair of socks, and a hat. Also a headlamp. You can leave some food supplies at The Frog on the Bog in Wells, and pick them up on the completion of the first leg. In addition, we supply one power drink and one hot drink, in addition to a hot lunch! We also will supply you with one Cliff Bar and one Granola Bar for the second leg! Don't short yourself...you will use all your fuel! Don't forget, it will be cool again at the end of the day too.

WATER

You'll need lots of water. You can re-water in Wells at the ½ way point, and again at the base of Slide. Go up Slide with FULL WATER. There is no water available on this route.

SAFETY There is a truck at Coopers Cabin...1/2 way to groundhog with a first aid station in it. In addition we have mobile first aid. Contact a Volunteer in case of emergency, they all have radios to initiate a response to a problem.

CAUTION: The road from Groundhog Lake to Coopers Cabin is steep, winding and hazardous. Large loose bike-stopping boulders are widely scattered along the road, often hidden on curving descents. Descend with EXTRA CAUTION!

POLES AND FOOTWEAR

Some people are bringing shoes to change in and out of. I ride with light hikers only(I don't think runners are enough). There are wet sections to the hike, and there are some steep ascents and descents. Good ankle support, especially when you're tired is important. We also HIGHLY RECOMMEND hiking poles, especially on the Murray/Slide section. Collapsible ones can be carried on the whole trip. Non-collapsible can be left with us at the Frog and picked up at the Base of Slide Mtn. Then you can drop them off again at the base of Murray Mountain so you don't have to ride with them, if you don't want to.

ROUTE NOTES

There is a new trailhead at the base of Slide. It is one hundred metres past the original trailhead and avoids the 'Crux'.

We have permission from all mine owners to travel through their properties where necessary. Keep to the route but ignore the "Do Not Enter" signs.

There MAY be inescapable water at the beginning of the bike trip to Slide(at the One Mile Bridge). **Be prepared to have your feet wet almost immediately after leaving the Paw and have a solution(spare socks/shoes?) before you start up Slide!**

There are lots of boulders on the steep sections up to Groundhog Lake. Feel free to drop your bike, and hike any time after Coopers Cabin that you feel frustrated by the terrain. It won't get better! Enjoy the ride down if you like the terrain, but please use caution!

Don't miss the cut-off times (See notes next page)

YOUR ENTRY FEE INCLUDES:

- **Never before seen 7 Summits SWAG**
- **Snacks/Lunch:** Powerade, granola bar, cliff bar, Nice Lunch is served until 2 pm...then we're off the menu grid until we start serving dinner as required, starting at 5 pm.
- **Donation** to the Friends of Barkerville and Goldfields Historical Society
- Volunteer Appreciation (Feel free to thank the volunteers profusely)

Agenda: Assuming you all run smoothly, then we will start the awards and prizes at 7 pm. Besides first, second and third, we've also got poker run prizes and a beautiful prize for the “Most Average Time”.

Dinner is served on an “as requested” basis this year.

Dinner is **not included** in your registration fee. You must pre-pay for it no later than the night before, or registration morning (least preferred option). We serve dinner rotationally. If you're in a rush to go somewhere, you might grab your dinner early. Otherwise, you might wait for a group of people to come in or even till the awards moment before eating. It's up to you.

Dinner is \$27, plus tax (unless it was prepaid), or \$30 plus tax for supporters....also included is:

- Rack of BBQ Ribs, served with roasted mini potatoes and heaping roasted vegetable medley, a bun, Caesar salad, Carrot Cake/brownie, tea/coffee
- We also have a supply of Vegetarian Dinners....same meal as above except substitute an Enchilada with Black Turtle Bean/Basmati Rice/Corn/Fire-Roasted Salsa, sour cream for the ribs. (Make sure you ask for no bacon bits!)
- We've got lots of cold beer, wine and non-alcoholic drinks. It's all extra!
- Ice-cream, snacks, cold drinks, even WiFi, are available at the Frog On The Bog Gifts next door.

Below is a chart showing reasonable goals for various locations on the trail. The times on the chart are not definitive, and you can travel slower than this and still finish the race on time. **They are meant as a guide** to help you to keep a relaxed pace over the route. The **Cutoff times LISTED BELOW are the definitive numbers** for you to keep in mind. FINALLY - CHECK IN WITH US AT THE FINISH SO WE DON'T THINK WE HAVE TO RESCUE YOU!!

Reasonably Good Total Times	Reasonably Good Loop times	Reasonably Good	Reasonably Good	Reasonably Good	Reasonably Good metres	Distance (km)
		Place	Latitude	Longitude		
0	0	Barkerville	N53 04.17	W121 30.92		
		Summit Rock	N53 02.040	W121 31.761	1556	1.4
1hr 25 min	1hr 25 min	Groundhog Cabin1	N53 00.442	W121 32.906	1786	5
2hrs 15 min	2hrs 15 min	Mt. Agnes Summit	N53 00.133	W121 32.133	1986	6.1
		Bald Mtn Summit Sign	N53 00.189	W121 31.327	1895	
		Pwdrhs/groundhog trail junction	N53 00.90	W121 31.30	1854	7.9
3 hrs 40 min	3 hrs 40 min	Groundhog Cabin 2	N53 00.442	W121 32.906	1786	5
5 hrs	5 hrs	Cow Mountain Summit	N53 05.191	W121 34.180		
5hrs 30 min	5hrs 30 min	Wells – Frog on the Bog	N53 06.147	W121 33.991		26
6 hrs	0 hours 2 nd loop	Slide Mtn Trailhead	N53 08.999	W121 30.654	1296	
	2 hr 20 min	Slide Summit	N53 09.984	W121 28.868	1926	42
		Murray Summit	N53 07.862	W121 27.339	1989	
10 hours	4 hrs	Yellowhawk Trailhead	N53 06.380	W121 29.245	1140	45.3
10.5 hours		Wells				

CUT-OFF TIMES

For your safety there are cut-off times at 3 locations. If you arrive at these checkpoints after the cutoff time, your likelihood of finishing on time, and in day-light is low. You **MUST** withdraw from the event at this point.

- 1. Bear's Paw after the Agnes Loop – 1:30 pm**
- 2. Base of Slide Mountain Hiking Trail – 2:20 pm**
- 3. Top of Slide Mountain – 4:30 pm** (Please return back the way you came)

You will be asked to sign a sheet if you arrive at these locations after the cutoff time acknowledging you understand risks of proceeding, and deregistering with us. Note that even if you proceed upward if you are close to the cut-offs you can jeopardize your own safety **and the safety** and comfort of the volunteers on the summits of the mountains.