



Athlete Information Sheet

**Thank you for your support of the 19th Annual BMO Grouse Grind Mountain Run on
Sunday, September 20, 2009!**

We look forward to seeing you achieve your goal on race day!

Your Registration fee includes:

- \$10 donation to the Adopt an Athlete Program
- Skyride download pass (Race bib may be used to download)
- One spectator pass valid on race day (\$37.95 value)
- Admission to a variety of mountain top activities on race day
- Complimentary bag transfer to the finish line
- Timing Chip
- Finish Line Aid Station
- Valid on race day, race bib may be redeemed for 20% off at *Grouse Mountain Outfitters* located on the main floor of the Chalet

Eligible for draw prize if signed up by Friday, September 18th, 2009.

Package Pick-up

Date: **Tuesday, September 15 – Friday, September 18, 2009 from 8:00am – 8:00pm**

Date: **Saturday, September 19, 2009 from 8:00am – 12:00pm**

Location: Grouse Mountain Guest Services (Valley Plaza)

**We strongly encourage package pick-up before Sunday, September 20th to avoid long lines on race day.*

Date: Sunday, September 20, 2009

Location: South paved parking lot

Time: **8:00am to 9:30am**

Event Schedule – Sunday, September 20th, 2009

8:00 to 9:30 am - Day of Registration at the base of Grouse Mountain in the south paved parking lot

8:00 to 9:30 am - Bag Transfer

9:40 to 9:45 am – Race Briefing

9:45 to 9:55am – Warm Up

10:00 am - Race Start

10:30 am to 1:00 pm - Bag pick-up located at the Mountain Top Plaza Finish Area

10:45 am to 1:00 pm – Finish Aid Station

~12:30 pm - Awards Ceremony (may commence before all participants have finished)

Wave Start

Participants will be assigned in waves based on estimated/best time. You must include your estimated/best time on your registration form. Those who do not provide a time, or register on race day, will be included in the final wave of the day. Estimated best time cannot be changed once submitted. Any participant who jumps waves may be disqualified.

Adopt an Athlete

This year's event supports our Adopt and Athlete program. \$10 from each entry fee plus all net proceeds from event shirt sales go directly to this program. Additionally you have the opportunity to enter into our fundraising draw to win some great prizes. Tickets are \$10 each and can be purchased in Guest Services. The winner will be drawn at the conclusion of the awards ceremony.

Through our **Adopt an Athlete program**, you can offer three Team Canada hopefuls the support they need to train, attend qualifying competitions, maintain their equipment, and travel in the name of sport. Grouse Mountain has brought on board three “adopted” athletes who are literally on the brink of international glory. We believe that the only thing our athletes should have to worry about is their commitment to giving it their best. **Adopt an Athlete** is committed to raising \$50,000 for our three hopefuls.

We're confident that with your help, we can not only reach, but surpass this year's fundraising goal and witness history as these inspiring athletes represent us next year.

Your support will make an incredible difference to these athletes.

Parking

Pay Parking is available in the north paved lot at Grouse Mountain, while complimentary parking is available in the gravel lot to the east of Grouse Mountain.

Bag Transfer

Complimentary bag transfer is available to all participants. Please drop off your bag at the designated area by 9:30am. Your bag will be tagged with your race number. Bags are available for pickup at the Mountaintop Plaza across from the Peak Chalet (finish line area).

Washrooms

Public washrooms are available at the Start and Finish areas.

Timing & Results

- Race Headquarters will be providing the timing for the 19th Annual BMO Grouse Grind Mountain Run.
- *Reminder: Be sure to pick up your timing chip at **race check-in** on Sunday, September 20th, 2009.*
- Results will be posted within 24 hours at www.raceheadquarters.com
- Competitors can only qualify for 1 category. Ex: Elite or team divisions do not qualify for age category results and prizing

Master of Ceremonies

Eileen Bistrisky will be acting as Master of Ceremonies at the finish line/awards and Eric Lorenz at the start.

Categories & Awards

Prizes are awarded in the following categories:

Individual

Open Elite (CASH)
 12 and under (top 3)
 13-19 years (top 3)
 20-29 years (top 3)
 30-39 years (top 3)
 40-49 years (top 3)
 50-59 years (top 3)
 60-69 years (top 3)
 70-75 years (top 3)
 76+ years (top 3)

Team

Corporate Open (1st place)
 Corporate Coed (1st place)
 Open Men (1st place)
 Open Women (1st place)
 Coed (1st place)
 Emergency Services Open (1st place) – NEW
 Emergency Services Coed (1st place) – NEW
 Masters Men (40+)
 Masters Women (40+)

Team Category

The total combined time will be the deciding factor in determining the winner.

Corporate Open:	All must be employed by the same organization
Corporate Coed:	2 men, 2 women (any age) employed by the same organization
Open Men:	4 men (any age)
Open Women:	4 women (any age)
Coed:	2 men, 2 women (any age)

***Please Note: Team athletes do not qualify for age category results or prizing**

Open Elite

There is a \$5,000 Cash purse for the male and female Open Elite categories. This is the breakdown for both male and female:

1st place: \$1,500
 2nd place: \$500
 3rd place: \$275
 4th place: \$150
 5th place: \$75

***Please Note: Elite athletes do not qualify for age category results or prizing**

Race Rules and Regulations

1. All participants must wear their assigned competition number on the front. The number must be visible at all times.
2. Competition numbers are not transferable.
3. All participants must sign a release of liability form prior to participating in the BMO Grouse Grind Mountain Run. If a signed release of liability form is not received, entry will not be accepted and the entry fee will be refunded.
4. Participants under the age of 19 must have the consent of a parent or guardian before participation in the event and any children 12 and under must be accompanied by a paying adult throughout the race.
5. Prizes must be accepted as awarded. No substitutions.

Failure to comply with the race rules may result in disqualification or ineligibility for future Grouse Mountain events