



Thank you for registering for the 7th Annual Seek the Peak Relay presented by Merrell! We look forward to seeing you achieve your goal on race day and raising valuable funds for Rethink Breast Cancer.

Since its inception in 2004, Seek the Peak Relay has raised over \$200,000 for Rethink Breast Cancer. With your help, we can reach our 2010 goal to raise \$50,000 for Rethink Breast Cancer's innovative research and awareness programs. At 30%, Breast Cancer is the most frequently diagnosed cancer in Canadian women. Together we can make a difference now. Don't forget to invite your friends, family and co-workers to pledge. Raising pledges for this worthy cause has never been easier. Go to www.seekthepeak.ca and follow the fundraising links.

What follows is some general information you will need to know:

Race Package Pickup:

June 29 – July 2	Grouse Mountain Guest Services	8:00am to 8:00pm
July 3	Grouse Mountain Guest Services	8:00am to 12:00pm
July 4	Ambleside Beach, Main Concession	6:30am to 7:30am

To avoid delays on race-day we strongly urge you to pick up your race package by July 2.

Race package will consist of: race bib, disposable timing chip, event shirt (if ordered), racer bag with sponsor goodies and one General Admission pass to bring a spectator guest. The spectator guest pass is only valid on event day. Your race bib will be your general admission pass allowing you access on the tram on event day.

You will also be required to sign an event waiver.

NEW FOR 2010! DISPOSABLE TIMING CHIPS: To speed up race-day check-in and to provide an event keepsake we will be using disposable timing chips. These will be issued to you at package pickup and will be attached to a Velcro strap. It is very important that you keep these in a safe place and bring with you on race day.

PLEASE NOTE: Solo and Team participants will each have their own timing chip. Relay participants will only have ONE timing chip that will be exchanged at each checkpoint.

No timing chip = No time

PLEASE NOTE: Relay Teams must pickup their race packages by July 2 to ensure all members receive bibs and sign & return waivers before race day.

Regardless of your category of participation in Seek the Peak (individual, team, relay), you must check in on race day! Please select your appropriate check-in point and time from the list below.





Race-Day Timeline:

6:30am Event Day Registration begins at Ambleside, Main Concession
6:15am First bus leaves Grouse Mountain for Ambleside Park
6:30am Second bus leaves Grouse Mountain for Ambleside Park
6:45am: Third bus leaves Grouse Mountain for Ambleside Park
7:00am: Fourth bus leaves Grouse Mountain for Ambleside Park
7:30am: Event Day Registration closes at Ambleside, Main Concession
7:45am: Stage 2 Shuttle bus departs Ambleside
8:00am: Introduction and Pre-Race briefing
8:05am: Race Warm-up
8:15am: Race Begins
11:00am approx: Awards Ceremony.

Relay category check-in:

Stage 1 Relay participants: Must be at Ambleside for the start of the race. If you are pre-checked in then you just need to be ready for the 8:15am start. If you have not picked up the relay team timing chip, then you will need to do so by 7:30am.

Stage 2 Relay participants: Required to check-in at the Checkpoint #1 tent (end of Keith Road, East of Taylor Way, West Vancouver) prior to the start of your leg of the relay. The shuttle bus will get you to this location with plenty of time to check-in and get ready. The estimated time of arrival for the first participant to reach Checkpoint #1 is **8:25am**.

*Stage 2 Relay participants do not need a timing chip at check-in. Your timing chip will be passed to you by your Stage 1 teammate at transition.

Stage 3 Relay participants: Required to check-in at the Checkpoint Tent at Checkpoint #2 (base of the Grouse Grind at Grouse Mountain) prior to the start of your leg of the relay. Please allow ample time to arrive at Checkpoint #2. The estimated time of arrival for the first participant to reach Checkpoint #2 is 8:50am.

*Stage 3 Relay participants do not need a timing chip at check-in. Your timing chip will be passed to you by your Stage 2 teammate at transition

Stage 4 Relay participants: It is required to check-in at the Checkpoint Tent at Checkpoint #3 (top of the Grouse Grind at Grouse Mountain) prior to the start of your leg of the relay. Please allow ample time to arrive at Checkpoint #3 and remember to factor in the Skyride. The estimated time of arrival for the first participant to reach Checkpoint #3 is 9:30am.

*Stage 4 Relay participants do not need a timing chip at check-in. Your timing chip will be passed to you by your Stage 3 teammate at transition.

PLEASE NOTE: Your bib will grant your Skyride access.



Transportation:

Courtesy shuttles will be leaving Grouse Mountain base at 6:30, 6:45, and 7:00 from the North Paved Parking Lot at Grouse Mountain to take Solo, Team, and Stage 1 & 2 participants to the Start at Ambleside Beach Main Concession, West Vancouver.

Stage 2 Relay Participants – Shuttle bus will depart from Ambleside to CP1 (check point 1) at 7:45am. (CP1 is the end of Stage 1 and starting location for Stage 2).

Stage 1 Relay Participants – Shuttle bus will depart from CP1(checkpoint 1) back to Grouse Mountain at approx. 9:30am or when all Stage 1 participants have arrived and completed the first stage.

PLEASE NOTE: there is no shuttle back to Ambleside after the race.

Parking:

At Ambleside

There is plenty of parking available at Ambleside Beach. Please note that there is no shuttle back to Ambleside from Grouse Mountain after the race. Racers are responsible for getting back to the start if they have parked there.

At Grouse Mountain

Pay Parking is available in both paved lots at Grouse Mountain. Complimentary parking is available in the gravel lots to the east of Grouse Mountain.

At Checkpoint #1

There is limited parking available at Checkpoint #1. You will need to park 200 metres away and walk in if you want to watch.

PLEASE NOTE: There is no parking north of Klee Wyck Park on Keith Road (200m from Checkpoint #1)

Bag Transfer:

Complimentary Bag Transfer is available to all participants. Please check your bag by 8:00am at either Grouse Mountain Guest Services or at the designated area located at the start of the race. Your bag transfer number will coincide with your race bib number. After you have completed the event, please bring your race bib to the Mountaintop Plaza across from the Peak Chalet (finish line area) to pick up your bag.

PLEASE NOTE: Do not use this service if you do not intend to make it to the finish line (i.e. relay participants).

Directions to Start (Ambleside Beach, West Vancouver)

- From Highway 1 – Take Taylor Way Exit (South); south on Taylor Way to Marine Drive (third set of lights). Turn right onto Marine Drive and head west for approximately 1.5 km until you reach 13th Street. Turn left onto 13th St. and follow the Ambleside Beach signs to the parking area.
- From Downtown Vancouver – Head west on Georgia Street, onto the Stanley Park Causeway, and over the Lions Gate Bridge. Stay in the left hand lane and follow signs that read “Marine Drive West / Horseshoe Bay.” Once on Marine Drive, continue west for just over 1.5 km until you reach 13th street. Turn left onto 13th St. and follow the Ambleside Beach signs to the parking area.

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Directions to Grouse Mountain (6400 Nancy Greene Way, North Vancouver)

- From Downtown Vancouver – Head west on Georgia Street, onto the Stanley Park Causeway and over the Lions Gate Bridge. Take the North Vancouver exit to Marine Drive, then left heading up Capilano Road (which turns into Nancy Greene Way) for 5km (3.1 miles).

Washrooms:

Public washrooms will be available at the start, finish, and near the beginning of stages 3 and 4.

Aid Stations:

There are 6 Aid Stations along the route:

1. Start - Ambleside Beach (Whistler Water & Powerade only)
2. 4km - Checkpoint #1 (Whistler Water & Powerade only)
3. 9.5km - Cleveland Dam/Top of Palisades stairs (Whistler Water & Powerade only)
4. 10km - Checkpoint #2 (Whistler Water, Powerade & assorted snacks)
5. 13km – Checkpoint #3 (Whistler Water, Powerade & assorted snacks)
6. 16km - Finish Line at the Mountaintop Plaza (Whistler Water, Powerade & assorted snacks)

Awards:

The awards presentation of this event will take place at approximately 11:00am at the Mountaintop Plaza (across from the Chalet). Awards may commence before all participants have reached the finish line.

Prizing Categories:

- Overall male & female
- Solo – Top 3 in each age category (under 20, 20-29, 30-39, 40-49, 50-59, 60-69, 70+)
- Team – Top team in each category (open men, open women, masters men 40+, masters women 40+, corporate, co-ed)
- Relay – Top Relay Team in each Category (open men, open women, masters men 40+, masters women 40+, corporate, co-ed)

Draw prizing:

Draw prize winners will be determined by race Bib #'s. They will be posted at the Information & Prize Table. Only participants who have registered by Friday, July 2nd will be entered in draw prizing. Prizes will be available for pickup from the prize table at the Mountaintop Plaza (finish area) on race day. Prizes must be picked up by 12:00pm on race day.

Timing and Results:

Race Headquarters will provide timing and result services for the 7th Annual Seek the Peak Relay. Results will be posted at www.raceheadquarters.com within 12 hours of the event.

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Course Orientation Sessions:

Want to know what to expect on race day? Join us for a series of orientation sessions to get you acquainted with the course. These are primarily intended to instill you with a sense of confidence on the Seek the Peak terrain as it is quite varied and each segment presents its own unique challenges. These sessions are complimentary with your event registration.

Dates:

- 1) Stage 1 + 2 Sessions: June 16, 23, 28
- meet at Field 'E' at Ambleside Park. Sessions will begin at 5:45pm
- 2) Stage 3 + 4 Session : June 30
- meet at the Grouse Grind trailhead for a 5:45pm departure

Sign up :

Please contact Grouse Mountain Guest Services to confirm your attendance: 604-980-9311

For further information, directions or information on transportation and carpooling, please contact Orientation Run Leader, Eric Lorenz at eplorenz@gmail.com.

Race Rules and Regulations:

1. Participants must wear their assigned bib number on the front. The number must be visible at all times. Bib numbers are not transferable. Participants' numbers must correspond to the stage they are running except in the case of a substitution.
2. Participants must stay on the left side of the road facing oncoming traffic unless directed to do otherwise (i.e., Keith Road – runners must stay to the right shoulder).
3. Each relay team of 4 participants may be granted one substitution during the race by another member of that team. This substitution will incur no penalty.
4. Vehicles may park on the right side only, where it is permitted and safe to do so. Parking is not permitted on the left side of the road or on the marked areas directly opposite the hand off point at each exchange.
5. Throughout the relay, team support vehicles must not stop to assist runners unless there is designated parking or room to pull off the road.
6. Cutting corners on the course is strictly prohibited. Racers violating this rule will be disqualified, without exception or appeal.
7. Obey all signs and instructions from traffic control personnel en route. Be extremely cautious around exchanges; watch carefully for runners, pedestrians, and vehicles.
8. Obey all liquor laws. Alcohol is strictly prohibited on the course.
9. Participants under the age of 19 must have the consent of a parent or guardian before participation in the event and any children under 12 must be accompanied by an adult.
10. Prizes must be accepted as awarded. No substitutions.

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

Good Luck...Be Careful...Show Respect for Residents...Have Fun!

Please direct any additional inquiries to labet@grousemountain.com

