



APPLETON RUM PEAK TO VALLEY RACE

March 26 & 27, 2010

RACE FORMAT & RULES

Team Captain Meeting: *Thursday, March 25th from 5:00 - 7:00 pm at Dusty's, Whistler Creek Base.* A team representative must attend. Waivers will be available for signing or to take away for team members not present. All team members are welcome. This is the *last opportunity* for any team changes. In order to prepare a fair start list in advance, we need to know team members ages and which team members will run on Friday and on Saturday.

Racer Meetings: Bib pick-up and final Event waiver signing opportunity on *Friday, March 26th and Saturday March 27th from 7:30 - 8:30 am at Dusty's, Whistler Creek Base.* Any changes in race route will be announced at these morning meetings.

Bibs: Bibs are to be picked up during Friday and Saturday morning Racer Meetings at Dusty's, Whistler Creek Base. Racers must wear bibs during race run. Bibs must be handed in immediately after race run, before leaving the finish area, or racer (and therefore team) will be disqualified.

Mountain Access: We will have access up the Whistler Creekside Gondola, weather permitting, on Friday and Saturday at 8:15 am. NO EARLIER, please. We ask that you remain patient if weather conditions are hampering morning uploading.

Course Inspection: The course will start at the Saddle and finish at the Whistler Creek Base. **The lower section of the course – from Highway 86 down – will be closed to inspection in order to conserve snow for race runs.** It will be fenced and we expect all racers to respect the snow and the rules.

All course inspection must be done outside the gates. Skiing sections of the course and practicing turns parallel with the course (shadowing the course) are not allowed and will result in a racer disqualification. Please do not sideslip the course when inspecting as this will make things very rough when it comes your turn to race. **Course inspection must be complete and course cleared by 10:30 am – 30 minutes prior to race start.**

Race Start: Celebrity forerunners on Friday and Saturday start at 10:45 am. First racer on Friday and Saturday at 11:00am sharp! Start interval - 60 seconds per racer. Consecutive start order is crucial. Plan your arrival to the start area accordingly.

Post Race Friday: Nothing formal is planned for Friday night. If you wish to watch the day's video and see the team standings, come and join us for a Finish Line Party at Dusty's, Whistler Creek Base. Video and results will be available after 4 pm.

Post Race Saturday: Awards Dinner Party in the Roundhouse Lodge with Gondola uploading from 6:45 – 7:15 pm. You will receive your individual Awards Dinner ticket when you pick up your bib on race morning. Additional tickets, purchased in advance, will be available for pick up at the Team Captain's Meeting on Thursday night and during the Friday morning Racer Meeting.

SAFETY RULES

Movement during the event: During the event, there is to be limited movement at the race site. Course inspections on or adjacent to the course may not take place while the event is in progress. All skiers descending along the side of a course must proceed slowly and under control. All participants and spectators must comply with the Alpine Responsibility Code at all times.

Pre and Post Race Skiing: All participants must respect the Alpine Responsibility Code. Be aware that course workers and officials will be on and near the race site before and after the race. All travel on, across or along side the course must be slow and in control. Watch for ruts and use extreme caution especially when approaching rolls, breakovers and drop offs. **Racers are permitted to ski at speed and on the race line only during their run.** Skiers are not permitted to attempt to ski the line even after the gates have been pulled.

Passing: When overtaking, racers must inform others on which side they are passing and exercise due caution. The passing skier is responsible for ensuring that they are passing safely. **Missing a gate to pass a skier is not allowed and racers will be disqualified.**

Personal Safety: Helmets and mouthguards are strongly recommended for participants in the race.

COURSE RULES

Missed Gates: There will be gatekeepers on the course and racers will be disqualified if they miss a gate. If a gate is missed, the racer must hike back through the missed gate and cross the imaginary line (the line between the pole of the turning gate and outside gate of the same colour) with both feet, before continuing their run. **This includes missing a gate to pass a skier – we will be watching and racers will be disqualified for missing gates under ANY circumstances.**

Outside Help: Do not accept it. If you lose a ski or any other piece of equipment, you must retrieve it on your own. Any outside assistance from fellow racers or course workers will result in a disqualification. All course workers and gatekeepers are aware of this rule.

Re-runs: There will be no re-runs. Gates down and people or equipment on the course are natural hazards in a race of this nature. Make every effort to ski the race track in the event of a missing gate.

Course Maintenance: If the conditions require, we may ask racers not racing that day to help with sideslipping the course for team mates. Only when working with an Event Department Slip Crew, will racers (not racing) and spectators be allowed on the race course.

Coats/Packs at the Start: Please make arrangements with your teammates for getting gear to finish.

Finish Area: *NO ONE*, other than those racing, shall pass through the finish gate - including racers and workers sideslipping the course. **Unofficial** times to be posted in the finish.

** * Note * * These rules are subject to change and revisions will be made available to all participants at the Team Captain Meeting on Thursday night, and the Racer Meetings on Friday and Saturday mornings. It is the responsibility of each individual participant to be aware of and adhere to the up-to-date Event rules.*

GOOD LUCK TO ALL!!

