**Don’t Get Lost in the Woods Race FAQ 2018 – Sunday, September 16, 2018**

**This event is a challenging cross country race on the ski trails at Wapiti Nordic Ski Centre approximately 8 km south of Grande Prairie on Hwy 40.**

**1. How do I know if I'm registered?**

You will receive a confirmation email from **Zone4.ca.**  Registration closes Thursday, Sept 13 at 11:59pm.

**2. May I walk the events?**

Yes. There are separate categories for walking and running in all four distances of 21K, 10K, 5K, or 3K. Please note that runners can run AND walk in their event **BUT WALKERS CAN ONLY WALK**, which means that you must always have one foot on the ground; with running there is a brief period with both feet off the ground. Please respect this as we do have observers on the course. The reality (and beauty) of this sport is that there will always be people who are faster than you, and there will always be people who are slower than you! With this in mind, always be aware that faster competitors may pass you at any time.

**3. Where does the race start and what time?**

**\*\*VERY IMPORTANT - EVERYONE must check in when they arrive so that we know you are on site.**

8:00 a.m. – 21K walkers start (typically there are few walkers in this category so the pre-race announcement will be just prior to the start of their event)

8:45 a.m. - Mandatory – Race Welcome and Announcements for 21K runners and 10K walkers

9:00 a.m. – 21K runners and 10K walkers start

9:15 a.m. – Mandatory – Race Welcome and Announcements for 10K runners and 5K walkers

9:30 a.m. – 10K runners and 5K walkers start

10:30 a.m. – Mandatory – Race Welcome and Announcements for 5K runners and 3K walkers

10:45 a.m. – 5K runners and 3K walkers start

10:55 a.m. – Mandatory – Race Welcome and Announcements for 3K runners

11:00 a.m. – 3K runners start

11:05 a.m. – Announcement for Little Kid’s race – it will take place in the Stadium at the Steve Cooper Lodge (approx 400 metres) at 11:15 a.m. – parents and/or guardians need to ensure that they complete a registration form for their child

\*\*\*If you feel that you would not complete the course in any event, prior to 11:30 a.m., you have the option to start at an earlier time. For example, if you think you might take longer than 3 ½ hours to run the 21K course which starts at 9:00 a.m., you can choose to start at 8:00 a.m. instead.

***Please arrive 45-60 minutes prior to your race so you have time to park and familiarize yourself with the area (and pee!)***

**4. Is there a Little Kid’s race?**

We do have a ***Free*** 400m Little Kid’s race. It will start at 11:15 a.m. We will have paper registration forms at race package pickup and on race day at the Lodge for parents and guardians to complete***.***  The route will be a maximum of 400 meters. There are no age limits or restrictions and race bunnies will lead and follow them. **Please note - you must supervise your own children at all times.**

**5. Where do I go for package pick up? Can I pick up my buddy’s race package too?**

Race package pickup is at Ernie’s Sports Experts on Saturday, Sept 15 (11500-100 Street) from 2-5:30 pm. If you cannot make it on Saturday to race package pick up, please send someone else to get it for you. Race day is hairy-scary enough without worrying about getting your race package at the last minute. **IF** you don’t pick up your race package and show up to get it on race day morning, there will be a $20 charge for us to hand it over to you. So put that reminder in your cell phone – ***race package pickup, Saturday Sept 15 from 2-5:30 pm at Ernie’s Sports Experts***.

**OUT OF TOWN ATHLETES ONLY (30 minutes drive or more from Grande Prairie)** may pick up race packages on race day morning by showing up **one hour prior to your event start time**.

**6. Where is Wapiti Nordic Ski Centre?**

Wapiti Nordic Ski Centre (WNSC) is located approximately 8 km south of Grande Prairie on Hwy 40. Turn right at Twp Rd 704a (across from Camp Tamarack). Take a quick left and follow the road for approximately 1 km to the Steve Cooper Lodge on the left hand side of the road.

**7. Where can I park?**

There are two parking areas – one is at the Steve Cooper Lodge and the other is 200 metres further up the road on the right hand side in the parking lot by the Maintenance Building. The start/finish line is at the Steve Cooper Lodge.

**8. I’m injured. Can I get my money back?**

No, the race registration fee is non-refundable. We will donate your fee to the Mountain Bike group at WNSC which is the volunteer group that is helping us with the race as a fundraiser. You can feel good about your contribution to a very worthy cause.

**9. Can I change events - 21K, 10K, 5K, 3K?**

Up until the registration deadline of 11:59pm on Thurs, Sept 13, you may change the event you initially registered for at no charge, by sending an email to: **lbrough@telus.net .** After that, there will be a $20 fee for any changes.

**10. Can I register on race day?**

Absolutely, **no** race day registrations or changes – the people that look after timing really frown on that and we need to keep them happy!

**11. How will my race time be recorded?**

**Your time will be recorded using your race number and the WNSC people at the finish line and in the Timing Tower**. Race results will be posted on the wall of the Timing Tower as soon as they are available from the timers and on the Zone 4 website once they are uploaded to the site.

 **12. Where can I get a map?**

An updated map will be available on the WNSC website[**www.wapitinordic.com**](http://www.wapitinordic.com)**.**  Just click on Don’t Get Lost in the Woods. Extra copies will be available at the package pick up. To get the most out of the event, be sure to familiarize yourself with the course.

**13. Are there course markers along the route?**

Yes, there will be directional arrows along the route and a few course marshalls, as well. Please ensure you pay attention to these arrows and do not jump over any V-boards – they are there to guide you. We do not want you to Get Lost in the Woods! Please pay attention to your surroundings!

**14. Is there bag check available on race day?**

Yes. Bag check will be outside on the deck area of the Steve Cooper Lodge.

**15. Where are the First Aid stations?**

First Aid will be onsite at the start/finish area. **Please note:** If you have a pre-existing medical condition, please indicate this on the back of your race bib (in waterproof ink) in case of a medical emergency.

**16. What if I can’t finish my event?**

If you have to drop out of the race for any reason – please let the nearest course volunteer know. They will then let the timers know. We want to ensure that we have everyone accounted for at the end of the day.

**17. Where are the Water Stations?**

There are 4 on the course – 1. at the west end of the Stadium and just up the hill at the Russ Bowen firepit area, as the 21K runners come through that area twice, 2. along the route approximately 1.5 K from the Lodge on the 5,10,21K route, 3. at the old Chalet approximately 4.5K from the Lodge, and 4. on Blue Moon approximately 8K from the Lodge. We will also have water at the start/finish line.

**18. Are there portable toilets on the course?**

Outhouses are near the start/finish area, near the old Chalet, and one located approximately 6.5K from the Lodge near Antler Junction. There are no portable toilets on the first half of the 21K course but the route goes near the Lodge at about the 5K marker and the outhouse is nearby. There are no outhouses on the 3K route.

**19. Is there a possibility of encountering an animal on the course?**

Yes, animals are sometimes seen on the WNSC trails (deer, moose, bears) so you need to be aware of your surroundings at all times. Bring a whistle, talk loudly, sing, anything to ensure that animals in the area know that you are there. They don’t want to cross paths with you, any more than you want to with them. However, with lots of people around that day, the chance of an encounter is unlikely. Just be aware.

 **20**. **Can I wear my iPod or other device for music?**

We want to ensure the safety of our athletes and this means ALL athletes need to be able to HEAR everything and be aware of their surroundings. We do not encourage the use of headsets.

**21. Can I bring my pet or baby stroller in the race?**

NO - For your safety, your baby's safety, your dog's safety and for the courtesy and safety of your fellow racers, the answer is **no**. **Only registered racers are allowed on the course**. We suggest you find a sitter for the time that you’re out on the course or bring your family to look after your child or pet while you race.

**22. Is there an official photographer?**

There will not be an official photographer on the course but make sure you’re smiling as you cross the finish line, – we are sure there will be someone to catch you in action! Hopefully, pictures will be shared on our Facebook page.

**23: What about my wonderful family and friends – where can they watch me finish the race?**

They can cheer you on at the Steve Cooper Lodge, or park at the north parking lot across the road from Camp Tamarack and walk up to the old Chalet. They can bring lawn chairs and signs. For everyone’s safety – please remind them to stay off the course, though! **Children and pets must be supervised at all times. Pets MUST be leashed and cleaned up after.**

**24. Where do I go at the finish line?**

All racers are welcome to enjoy our post-race snacks on the deck at the Steve Cooper Lodge. And stay for the award presentation!

**25. Where will race results be posted?**

Tentative results will be posted at the Timing Tower near the start/finish line area throughout race morning, and will then be available online after the race once they are received from our timing people.

**26. When and where are the awards presented?**

Our awards ceremony will be near the start/finish line if weather cooperates or on the deck at the Lodge, if not. All awards must be picked up at the event. They will not be mailed.

27. **Are there finisher medals?**

Yes, there will be unique finisher medals for everyone crossing the finish line, in a fashion that represents the type of event that this is!

**28. Are there medals if I place?**

Yes, medals are presented to the 1st, 2nd, and 3rd place finishers for males and females in each age category for both runners and walkers. The draw prizes and medals will be presented starting at approximately 12 noon.

**Thanks for reading this - from your Race Organizers – Lori & Laurie**