

Barebones 2010 Relay Registration

- You should make teams if possible from your club (or your region, or your country).
- You must submit your team lists to Registration before Sunday July 11th, noon.
- There is no forking
- Runners may run only one leg
- Maps will be collected at the finish line.

Team name: _____ Class: _____

Club: _____ Total Points: _____

Leg	Name	SI stick	M/F	Age	Points
1 2.6km difficult					
2 2.0km Intermediate					
3 3.4km difficult					

Classes

- 0-2 points, 3-5 points, 6-8 points, 9+ point
- Awards will be given in each class to: 1st overall, top 3 club teams

Points values are based on your age as of 31st December this year as follows:

Age	Male	Female
Under 15	3	3
15-16	2	2
17-20	1	2
21-34	0	1
35-49	1	3
50-59	2	4
60-69	3	5
70 & over	5	6

Non-relay courses

This relay is not suitable for those 14 years old and under. We will have a mass-start race for these kids at 8:30am. The courses will be around the stadium and allow for lots of cheering.

For adults not wishing to take part in the relay we will allow that you run individually on Leg 1 as part of the mass start, however we will have limited maps. Please come to the start area immediately after the 9:00am mass start.

July 12th – Updated Schedule

The race planned for Whistler Mountain has been cancelled because of persistent deep snow. In its place we will hold a relay race in the valley. The BBQ on the mountain will go ahead as planned. Unfortunately we are not able to offer refunds since the gondola & BBQ tickets have already been purchased. However we promise a trip up the mountain will be a fabulous use of the price of a ticket, and encourage everyone to take part in the Relay in the morning and then enjoy a trip up to the alpine in the afternoon, including a jaw-dropping trip between Whistler & Blackcomb mountain on the Peak2Peak.

RELAY MAP:

Nester's Hill. Scale: 1:4,000 Contours: 2.5m ISSOM 2005

TERRAIN:

A steep hillside, with detailed rock and contour detail on top. Relatively dense trail network, popular with mountain bikers. Forest is generally slow on the hillside, and faster on top.

SCHEDULE:

8:00 am – registration open

8:30 am – kids' race mass start

9:00 am – Relay mass start

11:00 am – course closing & awards

1:30 pm - BBQ at the Roundhouse (allow 30 minutes for gondola ride)

2:30 pm – Brandywine Middle distance awards

5:00 pm – final gondola ride from Roundhouse back to Whistler Village

DIRECTIONS:

The event center is at Myrtle Philip School.

There is no parking allowed at the event center – all the parking is reserved for other school users. We have been granted permission to use this area only if all participants walk from Whistler Village. Please do not cause trouble by attempting to park at the school or in the surrounding residential areas.

If driving to Whistler:

Park at Day Lot 4 in Whistler Village.

Walk along Lorimer Road west and north for 1.3km.

Allow 25 minutes.

If walking from Whistler Village:

Walk north to Lorimer Road and turn west (crossing highway 99)

From Aava Hotel approx 1.7km.

Allow 30 minutes minimum.

BBQ on Whistler Mountain

The BBQ will take place at the Roundhouse on Whistler Mountain starting at 1:30pm.

Whistler Mountain race maps

If you registered for the mountain race, you will be able to pick up your race map at the BBQ.

Clean maps from other races will be available for purchase for \$2/each.

Barebones Store & Silent Auction

There will be a Silent Auction of Olympic Memorabilia at the BBQ in support of Canada's High Performance Program. Please bid generously and support the HPP in its efforts to develop and support talented young athletes.

There will also be various Barebones and COF items for sale, including Barebones shirts (\$25)