



SINISTER
7

Sinister 7 Ultra

Racer Information Package 2015

Updated November 24, 2014

TABLE OF CONTENTS

WELCOME FROM THE RACE ORGANIZERS	2
NEW FOR 2015	3
ABOUT CROWSNEST PASS	4
Accommodation Information	4
DIRECTIONS TO THE RACE.....	5
HOST SITE INFORMATION	6
Race Package Pick-up	6
Start Line	7
Shuttle Busses (To Start, Finish, TA1)	7
Additional Camping on Site	8
Dogs.....	8
RACE WEEKEND AGENDA.....	9
RACE INFORMATION.....	10
Safety.....	10
Medical and Health Concerns	10
Cutoff and Start Times	11
Race Start and Finish.....	11
Transition Areas	11
Drop Bags.....	11
Transition Information for Relay Runners	12
Checkpoints	12
Course Markers	12
Food and Water on Course	12
Race Rules	13
Mandatory Gear List	14
Additional (Non-Mandatory) Gear	14
Restricted / Prohibited Items	14
ROUTE MAPS + DESCRIPTIONS	15
Leg 1 – The Frank Slide.....	16
Leg 2 – Hastings Ridge	17
Leg 3 – Willoughby Ridge	18
Leg 4 – Saddle Mountain	19
Leg 5 – Mount Tecumseh.....	20
Leg 6 – Crowsnest + Seven Sisters	21
Leg 7 – Wedge Mountain.....	22
SUPPORT CREW INFORMATION	23
Support Crew's Role	23
Support Vehicles	23
Support Crew Directions and Instructions.....	23
Medical Help	23
Stuff to Bring	23
DRIVING DIRECTIONS TO TRANSITION AREAS	24
QUESTIONS AND NOTES	30



WELCOME FROM THE RACE ORGANIZERS

Welcome to the *Sinister 7 Ultra*. The event has become a tradition for many people and we will do whatever we can to live up to your expectations.

We live and play in the Crowsnest Pass so we are constantly reminded that the *Sinister 7 Ultra* course is truly magnificent. The race combines some of the best trails in the area with viewpoints and scenery that only a few people ever get to enjoy. With 5,687m of elevation gain across the 161km of rugged terrain that makes up the course, this race is not for the weak of heart. ***We cannot stress enough the fact that this race is incredibly difficult. Be prepared for one of the toughest experiences of your life.*** Both solo and relay runners alike will find this race challenging.

We hope this package will cover all of the information you need to know and more. It was written with the über-planner in mind, so we hope it covers all of the details. We want to provide an amazing experience from start to finish. We're racers too and know it can be frustrating if something seems to be missing or vague. Contact us at any time and we will be happy to answer your questions or clarify race details for you.

Thank you again for signing up and we look forward to seeing you before the race.

Brian Gallant
Race Director

(403) 563.5766 (Crowsnest local) | Email: info@sinister7.com



Photo by Raven Eye Photography

NEW FOR 2015

The following changes to the course and race format all come from racer requests and our own logistical concerns. Everything is detailed elsewhere in the document but here is an overview.

- **Transition Area Changes:** We are making slight changes to all of the TAs, but TA1 and the new TA4 will be substantially different. TA1 will be a wider area and runners will leave on a different trail, rather than back up the same direction they came from. At TA4 we will be limiting vehicle access and creating a new lane for runners for the short distance where the two must overlap.
- **Cutoff Times:** We have looked at our cutoff times and we are going to loosen a few of them up a bit. Note that the overall duration of the race is still 30 hours.
 - Leg 4 – must start by 19:30 hrs Saturday (extra 30 minutes)
 - Leg 5 – must start by 23:30 hrs Saturday (extra 60 minutes)
 - Leg 6 – must start by 04:30 hrs Sunday (extra 60 minutes)
 - Leg 7 – must start by 11:30 hrs Sunday (extra 30 minutes)
- **Volunteer Incentive:** Because of the popularity of this program, we have to define it a bit more. If any solo or team brings a volunteer to the 2015 race, and that volunteer commits to helping for at least eight hours over the weekend, we will give that volunteer's solo/team a priority spot for the 2016 race. Think of it as paying it forward. The volunteer must register online via our volunteer signup by no later than June 15. The volunteer can be a relay runner as long as they are able to commit to the eight-hour minimum (when signing up to volunteer please state the time period when you are NOT available). Note that it doesn't have to be one person for eight hours - it could be two people for four hours each, as long as we get the time out of you! Four hour minimum spots are required (ie: *not* eight people for an hour each). If the required volunteer positions are filled, we will have to cut off registrations.
- **Age Categories for Solos:** We will be introducing age results for soloists. These categories will not receive awards, however it will be recognized in the results.
- **No Saturday Morning Registration:** Very few people have used the Saturday morning registration option so we will not be offering this in 2015. Since racers can have someone else register on their behalf, we do not feel it is necessary. We still require a mandatory waiver to be signed by each participant, but this can be brought to the race already completed. If you are concerned, please get in touch with us and we can work out something with you if need be.
- **Race Rules:** We have updated the wording and condensed the Race Rules, which will hopefully make everything clearer.

ABOUT CROWSNEST PASS

Crowsnest Pass may be Alberta's best-kept secret. Located in the southwestern corner of the province, the Pass is nestled into the Rocky Mountains just outside of the Continental Divide. Home to stunning views, abundant wildlife, challenging terrain, and a supportive community, it was only natural to bring the *Sinister 7 Ultra* to the area.

In the early days, the Pass was a community focused on resources. The extraction of coal and timber drew many people to the area, who then settled into one of the many towns now making up the district. Although faced with many tragedies, such as the Frank Slide of 1903 and the Hillcrest Mining Disaster of 1914, Crowsnest Pass became a well-populated and thriving community. Today the community is made up of the neighbourhoods of Bellevue, Hillcrest, Frank, Blairmore, and Coleman. The ruins of former towns, like Lille, stand in testament to the legacy of the area.

Supported by a strong volunteer base, Crowsnest Pass offers many amenities to its visitors and residents. Attractions such as the Frank Slide Interpretive Center, the Crowsnest Museum, and the Bellevue Underground Mine welcome visitors for daily tours.

Crowsnest Pass offers boundless recreational opportunities. Whether your interest is running, mountain biking, rock climbing, ice climbing, scrambling, road biking, white water paddling, cross country skiing, snowboarding, downhill skiing, or fly-fishing, there are endless opportunities to get out and play.

Accommodation Information

Book your accommodations early; rooms fill up fast here in the summer. You will be hard pressed to find a bed after January. We have a user generated accommodation database on the *Sinister 7* website: <http://www.sinister7.com/accommodations.php>. Listings are posted for both home-stays and formal accommodations. This database will grow throughout the year so keep checking back.

Most of the accommodations in the community are B&Bs and Holiday Homes. Please visit the Crowsnest Pass Holiday Home Association website: <http://www.crowsnestpassholidayhomes.com/>.

Also check out the Chamber of Commerce web page for a full list of accommodations and services in the area: <http://www.crowsnestpasschamber.ca/memberscategory.html>.

There is some free camping in town near the host site and at TA2/TA3 and next to the Finish area in Coleman. You must book ahead to reserve and we will release details in January. The community maintains a free campsite in Bellevue, just off Hwy 3, on a first come, first served basis. You can also camp for free anywhere in the forest reserve that surrounds the town. Some racers with RVs like to camp at TA5/TA6.

If you cannot find a room and you do not mind driving a little further, also check in the towns of Fernie, Sparwood, and Pincher Creek. .

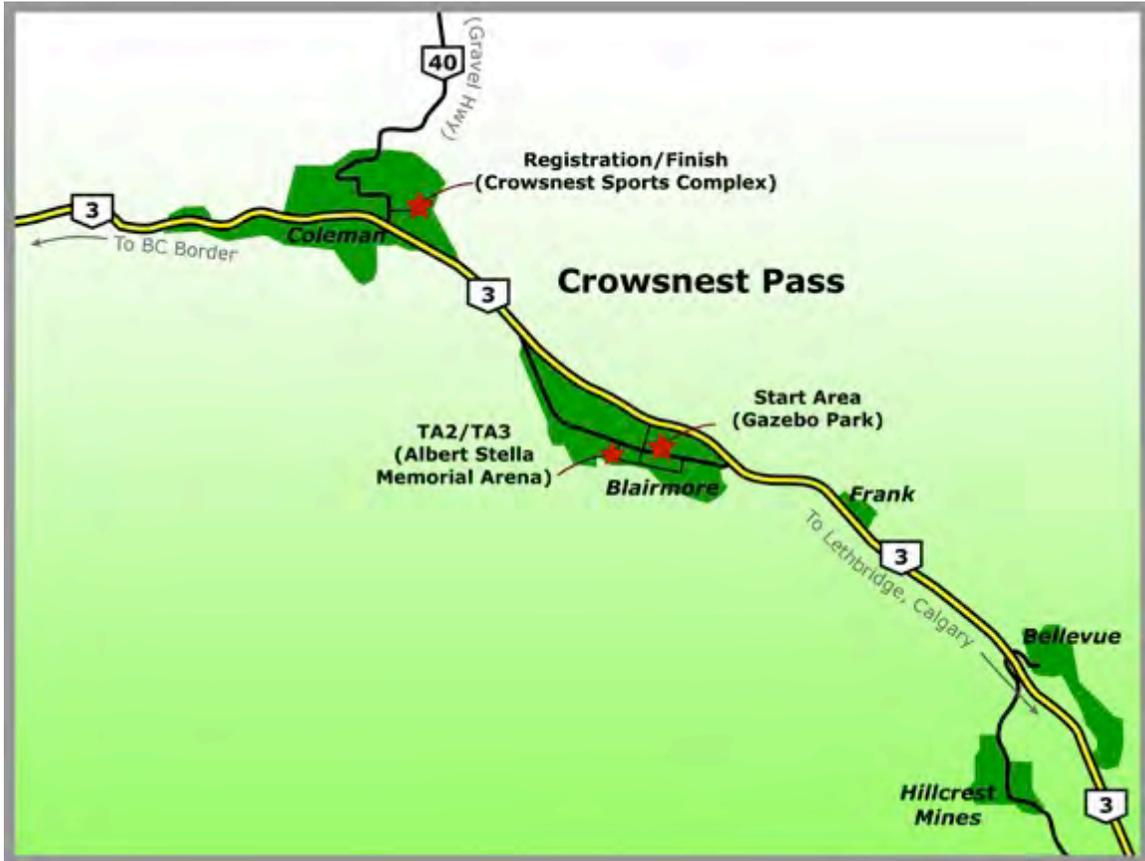
DIRECTIONS TO THE RACE

Air Travel

The closest airports to Crowsnest Pass are in Calgary and Lethbridge, Alberta or Cranbrook, British Columbia. A wide variety of domestic and international carriers service Calgary International Airport. Both Calgary and Cranbrook airports are approximately a two and a half hour drive from Crowsnest Pass and Lethbridge is one and a half hours, however fewer airlines fly there.

Driving Directions

Please use this map for basic driving directions to the Crowsnest Pass or go to our website: <http://www.sinister7.com/travel.php>.



HOST SITE INFORMATION

Race Package Pick-up

Race package pick-up and sign in will be held at the **Crowsnest Sports Complex in Coleman** from 13:00hrs to 21:00hrs on Friday, July 10, 2015. Solos will also check in drop-bags, if necessary, at this time. We do not accept drop-bags on Saturday morning. The Sports Complex is also the **Finish Line and the post-race awards dinner** will be held here. You are allowed to bring an RV and camp in a designated area or tent on the adjacent grounds. The Boys and Girls Club runs camping and a fee will be taken for RVs, which goes to help fund this deserving charity. Vehicles are not allowed in the tenting field so you must walk any gear to the site. Please see the map below. You are welcome to store gear in the Sports Complex but we do not have people to monitor anything that is left behind.



Start Line

The race start is located on 20th Avenue in Blairmore, in front of Gazebo Park. This is just to the east of the centre access to the area. Several blocks will be shut off to vehicles to allow us to have the start here. Please look at the map for parking areas. We suggest that you park at the Albert Stella Memorial Arena (TA2/TA3) and walk over from there – it is only a few blocks and there is a lot more room in this area.



Shuttle Busses (To Start, Finish, TA1)

We have arranged three shuttles to assist runners:

- **Shuttle from Crowsnest Sports Complex to the Start Line:** This bus will depart from the host site at 6:15hrs and will drop runners at the start line.
- **Shuttle from Start Line to TA1:** All Leg 2 runners must take a shuttle from the start area to TA1 (end of leg 1). We are doing this to minimize the traffic on the road, which is shared with the runners for a few kilometers. The busses will leave at approximately 7:15hrs, which will give you plenty of time to make it there before the first runners.
- **Shuttle from Finish Line to TA2/TA3:** For any unsupported solo runners who wish to camp near the start line, you may park and camp near the Albert Stella Memorial Arena, which is TA2/TA3. We will have a van available to shuttle these runners back to their vehicles from the finish. Please do come back to the finish line for the awards!

Additional Camping on Site

There is additional camping available northwest of the Albert Stella Memorial Arena. This site has limited parking and RVs are not allowed in the parking lot. RVs may camp in the fields north of 19th Ave for a small fee, which goes to the Boys and Girls Club. Note that you are not allowed to camp within 50' of the CP Rail tracks. Vehicles are not allowed in the tenting field so you must walk your gear to the tent site. As mentioned above, for unsupported solos who choose to camp at TA2/TA3, we will have a shuttle van going back and forth from the finish area to the Albert Stella so you can leave your vehicle here if you need to.



Dogs

We love dogs (we have two) but please consider leaving your pets at home. They can cause a great deal of disruption for racers and create extra mess that is not appropriate around the areas that make up the host sites. If you do bring your dog, it must be on leash at all times around the host site and all transition areas throughout the race. **Dogs are not allowed inside the Albert Stella Memorial Arena or Crowsnest Sports Complex at any time.**

RACE WEEKEND AGENDA

Friday, July 10

- 13:00 hrs – 21:00 hrs Race check in opens (Crowsnest Sports Complex, Coleman). This includes getting your race number, timing chip, submitting the mandatory waiver, picking up gift bags, and checking in any drop bags. Drop bags will not be accepted on Saturday morning.
- 17:00 hrs Welcome meal begins (Crowsnest Sports Complex, Coleman)
- 18:30 hrs – 19:30 hrs Pre-race meeting (Crowsnest Sports Complex, Coleman). All competitors should attend. If teammates are not available, the captain may act as a designate but must communicate all information to the team.

Saturday, July 11

- 06:15 hrs Shuttle bus leaves from the Crowsnest Sports Complex (Coleman) for the start area at Gazebo Park. This shuttle is primarily intended for unsupported solos who camp or park at the Sports Complex.
- 06:30 hrs – 06:45 hrs Runners should congregate at the start area.
- 07:00 hrs ***Sinister 7 begins!***
- 07:15 hrs Relay runners for Leg 2 must board the shuttle to TA1 just west of the Start Area. It is approximately a 20-minute drive.

Sunday, July 12

- 12:00 hrs Post race meal begins (Crowsnest Sports Complex, Coleman)
- 13:00 hrs ***Sinister 7 ends!***
Awards ceremony begins

Pre-Race Meeting and Welcome Dinner

All racers should plan to attend the pre-race meeting the day before the race. We will talk about the course, safety, and any last minute changes that may occur due to trail conditions, weather, or animal activity.

Most importantly, this will give you a chance to check in without stress and allow us to welcome you with a dinner hosted by the race organizers and our sponsors. The meal is included as a part of your registration. Extra meals will be available for purchase online prior to the race.

Post-Race Awards Ceremony

Celebrate the ***Sinister 7*** with your fellow Sinners. Competitors receive tickets to the post-race meal and awards as part of their registration. Extra meals will be available for purchase online prior to the race. Everyone is welcome, whether or not you finish the race, so please do stay and share your experiences. We will also honor racers for achievements such as “first blood”, the Marty Lund Spirit Award, and more. Stick around – who knows what awards you may qualify for.



RACE INFORMATION

Be prepared; the *Sinister 7 Ultra* may be the toughest experience of your life. We do not want to downplay the intensity or severity of this race in any way. You need to be ready through training and planning.

During the race, you will be in some very isolated areas and may not have immediate access to facilities, or assistance of any sort. If you are running solo and cannot complete the 161km in the less than 15 hours, you will be running in the dark. The *Sinister 7* is as mentally demanding as it is physically grueling. When you have been running for hours on end, your mind will give you a million reasons to quit - you have to decide that it is more important to finish.

Relay racers can expect to run from 11km to 36km on rugged trail, depending on the leg you chose. Runners on legs 4, 5, 6, and 7 may be running in the dark, depending on how fast you, or how fast your team runs. Each leg is a little different and some will take you far out in the wilderness. We cannot stress enough that you will need to be self sufficient when you are out there and the help you receive on course is very limited.

Please note that any course descriptions in this document are subject to change due to environmental factors, weather, and animal activity. We will do our best to update you if changes arise prior to the race but we will confirm all of the details at the pre-race meeting.

Safety

You will be running in remote wilderness, and the chance of injury is very real so prepare to be self-sufficient. We hire top-notch medical staff but they cannot be everywhere at once. If you are injured out on the course, be ready to hunker down for a few hours until a course sweeper or medic comes by. If you are injured but able to move, try and make it to the nearest Transition Area or Checkpoint. If not, try and send word with another racer. Race marshals on foot, bike, and ATV will sweep the course approximately one hour after all runners have started the leg. Please take the time to read the Emergency Protocol document on our website.

There are definitely bears and cougars in the area. If there is reported activity around the course prior to, or during the race, we may modify the course. We cannot predict random animal activity so please stay alert. Take note of the information pamphlets, which will be available at registration, on what to do if you approach a bear or cougar on the trail. We may dress up in bear suits to “motivate” runners; please do not pepper spray bears if they are wearing *Sinister 7* t-shirts and running shoes.

If you drop out of the race, it is essential that you contact the race directors at either the nearest Transition Area or the race HQ (Albert Stella Memorial Arena). If you do not, we will assume you are lost or injured and we will be out looking for you. If we mobilize a search party, you will be charged for any search and rescue fees that are incurred as this takes up valuable resources. Please just take a few minutes to check in. Even if you do drop out, we want you to join us at the awards lunch so you can share your stories and let us wish you on your way.

Medical and Health Concerns

If you have a medical condition or take medications that may affect your race in any way, you should consult your doctor before competing. We will have medical staff on site to help with first aid, search and rescue, and emergency transport only. They will not assess if you are capable to run. If you do have a condition that our medics need to know about, please fill out the Medical Form on our website. This is confidential and only used by our medics in case of emergency.



Cutoff and Start Times

Both solos and teams have 30 hours to complete the *Sinister 7*. After that, you will not be able to continue the race. Each leg also has a cutoff time; you must keep up with these times or you will not be able to finish in 30 hours. In addition, you must also start each leg by a specified time or you will not be allowed to continue. Please see pages 15-22 for details.

Race Start and Finish

The start area is located in front of Gazebo Park in Blairmore. Parking for the start is located at the Albert Stella Memorial Arena, and along the railroad trails just off of 20th avenue. The finish area is located at the Crowsnest Sports Complex in Coleman. You can see more information about these sites on pages 6-8.

Transition Areas

Between each stage of the race is a Transition Area (TA) where you will be able to access supplies, meet your support crew or relay runner and take a break in relative comfort. TAs will also have some basic facilities such as portable washrooms, snacks, water, and shelters. For more information on TAs, including directions for relay runners and support crews, please see pages 23-29.

When you finish a leg, there will be a chute that you will follow in order to check in, get your time, and continue on the next leg. This is also where relay runners will tag off. These chutes are extremely visible and will have large signs stating the end of the leg and where to go for the start of the next leg. Staff and volunteers will be waiting at the chutes to assist you if required. Some TAs are used multiple times so it is critical that you follow instructions in order to avoid confusion. We know you will be tired and probably delirious, but please be aware of the signs.

Drop Bags

All solos are allowed to have a drop bag at TAs. Up to four drop-bags are allowed and they will be placed at the appropriate TAs. If you are running relay, please try and have any necessary gear with your teammates but you are still allowed drop bags. Drop bags are placed at the following locations:

- TA1; note that this is only 16.5km into the race
- TA2 and TA3; these are in the same location and share a drop bag
- TA4
- TA5 and TA6; these are in the same location and share a bag - this is a critical point as it is extremely remote and follows one of the toughest sections of the race; think about warm clothing and special foods to keep you going.

Look at the course and plan your drop bags accordingly. We will provide labels for your bags at racer registration. Racers must submit their drop bags on Friday before the race. ***No bags will be accepted on Saturday morning.*** Bags will be placed in a line at the TA in whatever order they come off the truck so make your gear noticeable. Use a weatherproof bag, as we may not be able to shelter this gear. We also will not transfer drop bags, or any gear, from place to place so put what you need where you want it. If you feel you can get by without support or drop bags at every location, this is perfectly acceptable.

Drop bags are intended to act in lieu of a support crew. If you have a support crew, please do not leave a drop bag with us unless absolutely necessary. Any gear left with us will be returned at the end of the race.

Transition Information for Relay Runners

You will need to meet the previous runner on your team at the TA that ends their leg. For example, if you are running Leg 2, you need to meet the runner from Leg 1 at TA1. There is a designated chute for racers to enter and leave a TA. Please do not linger at the entrance or exits to the chutes – this holds up everyone else and creates a traffic jam.

Try to be at the TA, ready to meet your runner, 30 minutes before they are expected. **We are not able to give ongoing updates as to where runners are on the course so it is up to you to be ready.** If you are not at the TA when your runner comes in, you do not get any time credit. There are also several cutoff times, which are listed on pages 15-22. If a team cannot keep up with these times, they will be given a forced start or disqualified. In the event of a forced start, relay racers are more than welcome to run but without an official time. If this is the case you still must start by the specified time.

Checkpoints

The course is further divided by several Checkpoints (CPs) staffed by race marshals. These locations are typically remote and act as safety points. All CPs are equipped with a radio and some have emergency supplies. You can expect at least one checkpoint per leg and the distances vary.

Course Markers

The Sinister 7 course will be well marked with flagging, paint, reflectors, glow sticks for night sections, and coloured direction signs. There should be no guesswork when it comes to following the proper route. We cannot flag every 100m of the course but we will put markers in critical areas. All trail and road junctions will have a number of markers to eliminate any doubt as to the right direction.

We will talk about course markings at the racer meeting. Remember: It is still up to you to stay alert and watch for these signs. We will do our best to make them frequent and visible, but the rest is up to you. We highly recommend reviewing the route on our website and making a visit to the area to run the course ahead of time. If you have a GPS, the routes are available for download on our website at <http://www.sinister7.com/course.php>.

Food and Water on Course

We will have a variety of snacks available at all TAs and some “real” food later in the race. We cannot accommodate every need so please plan to bring anything you really want via support crews, drop bags, or your next racer if you are on a relay team.

Any CP that is accessible by road will also have water and snack food. Water stations are marked on the course maps on pages 15-22.

We strongly recommend that you be prepared to drink from streams or rivulets if you need water when higher up in the mountains. The water in the area is generally clean, and besides, illnesses like Beaver Fever take about two weeks to manifest symptoms so you should be fine for the duration of the race!

Also note that all food and supplies are for racers and volunteers only. Relay runners are welcome to eat at aid stations on their leg but bring your own if you are visiting other TAs as a spectator; we do not want to run short.

Race Rules

1. Racers are required to sign a waiver provided by the Full Moon Adventure Company prior to commencing the race. You are not considered a participant without a signed waiver.
2. Racers are responsible for their own medical coverage and any costs incurred through any form of treatment or hospitalization if they are injured during the race.
3. The race officially begins at 07:00hrs on race day.
4. All teams and solo athletes have 30 hours to complete the course for an official ranking. If you cannot finish your current leg by this time, you may be instructed to pull out of the race.
5. If a relay runner does not arrive at a Transition Area before their previous runner finishes a leg, the team's race time continues to elapse. No time credits will be given if your runners are late showing up at their Transition Area.
6. The only means of travel on the course is by self-powered on foot (running, walking, crawling); if you accept or partake in any other means of travel, other than those stated above, you will be disqualified.
7. Pacing by a runner not registered in the race is prohibited; pacing off of registered runners is permitted.
8. You must adhere to the minimum gear requirements; all solo athletes and relay runners must be carrying the minimum gear requirements through all legs of the race. Any violation of the minimum gear requirements will result in disqualification.
9. Headphones are not allowed on the racecourse. The event is in the wilderness and you must be aware of your surroundings at all times.
10. The timing chip provided at registration must be returned at the end of the race.
11. Your race number must be visible and worn on the front of your body.
12. All runners must check in at all checkpoints and transition areas. Your number and time will be recorded before you continue on the course.
13. The course is marked and runners must adhere to the designated route; any deviance or short cuts will result in disqualification.
14. During any road sections racers may not run on the pavement or gravel unless directed to do so; you must stay on the marked course. Racers may only cross highways and roadways at designated marshaled locations when safe to do so. Watch for traffic; while we will have warning signs, the roads are not closed to vehicles.
15. If any act of nature and/or uncontrollable act takes place that inhibits your progress on the course (e.g. train crossing, rockslide) no time credit will be given; these factors are a part of the race.
16. You are allowed assistance (i.e. support crew, volunteer, race marshal or bystander) only at designated Transition Areas (TAs). This assistance can in no way help you in covering mileage on the course or give you required items after the race start (see rule #6 and #8). Accepting assistance outside a TA from anyone besides a registered racer or medic will result in disqualification. You can receive assistance from registered Sinister 7 runners or appointed race medics anywhere on the course, even outside of designated transition areas, providing that the assistance is not in the form of transportation.
17. You are not allowed to cache food or gear along the course except at designated Transition Areas.
18. Littering on the course is unacceptable and will result in immediate disqualification.
19. Any racer found using, or supplying performance-enhancing drugs to other racers, will be disqualified and permanently barred from the *Sinister 7*. See <http://list.wada-ama.org/> for banned substances.
20. Any competitor that drops out of the race must notify the nearest race marshal or director at the earliest opportunity. Do not drop out of the race without telling race officials as this will result in a costly search and you will be billed (see #21).
21. If emergency evacuation is required, the cost will be the responsibility of the individual in need of assistance. This includes the cost of airlifting and helicopter or ground search if required.
22. Medical staff and or Race Directors may remove any racer from the racecourse if they feel it is unsafe for the racer to proceed (e.g. natural hazards, hypothermia, dehydration, frostbite, debilitating injury).
23. Unsportsmanlike conduct will not be tolerated and may result in disqualification at the discretion of the race director.
24. Any disputes with the racecourse, race results, course management or the actions of other racers must be submitted to the Race Director, in writing, within 30 minutes of the end of the race. If not received within this time, complaints will not be considered.
25. The Race Director will determine if there has been a violation of these rules and will be the final authority in assigning penalties.

Mandatory Gear List

You are required to carry the following gear at all times throughout the race unless otherwise specified by the organizers on race day. This is for safety purposes as the weather conditions in the Rockies can change dramatically in a short period of time. A light drizzle combined with 80km winds will cause hypothermia in short order, unless you are properly equipped. Some of the higher areas of the course will still have snow in July. You may be on your own for several hours if something goes wrong. The gear listed here will help keep you warm and dry. These items only weigh a few pounds and will fit in a small pack or pouch. Our sponsors at **UltraAspire** make several suitable packs and waist pouches to carry your gear.

- Headlamp w/ new batteries (must be carried after 8:00pm)
- Full water bottle or hydration pack
- Wind/water resistant jacket
- Toque or warm hat
- Whistle
- Space blanket
- Timing Chip (assigned at registration)
- Race number (assigned at registration)

Additional (Non-Mandatory) Gear

While the list above is for mandatory gear, please consider bringing extra kit that will help you in case of foul weather or crushing heat. These items can be stored in your support vehicle for easy access. Also see the Support Crew Information on page 23 for other TA ideas.

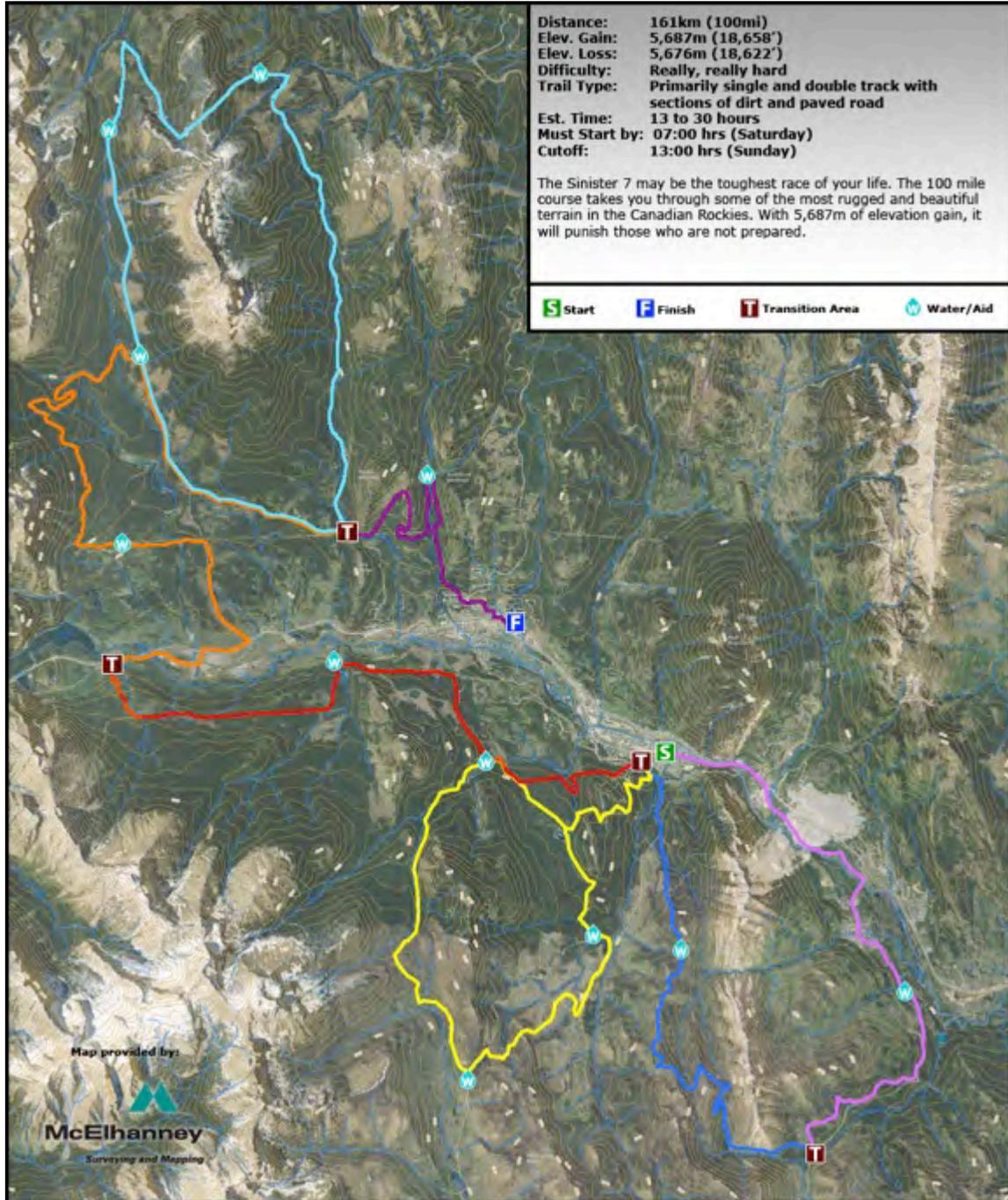
Restricted / Prohibited Items

1. Headphones: These are officially banned. You are in the wilderness and need to be aware of your surroundings. We have had several instances where our race marshals were unable to communicate with runners because of headphones. If you really require music, consider a small, clip on, external speaker for your media player. This may even help keep away the bears!
2. Performance-Enhancing Drugs: We will not be doing drug testing but any racer found using, or supplying performance-enhancing drugs to other racers, will be disqualified and permanently barred from the *Sinister 7*. Please see <http://list.wada-ama.org/> for a list of banned substances. If you have concerns, please contact us.

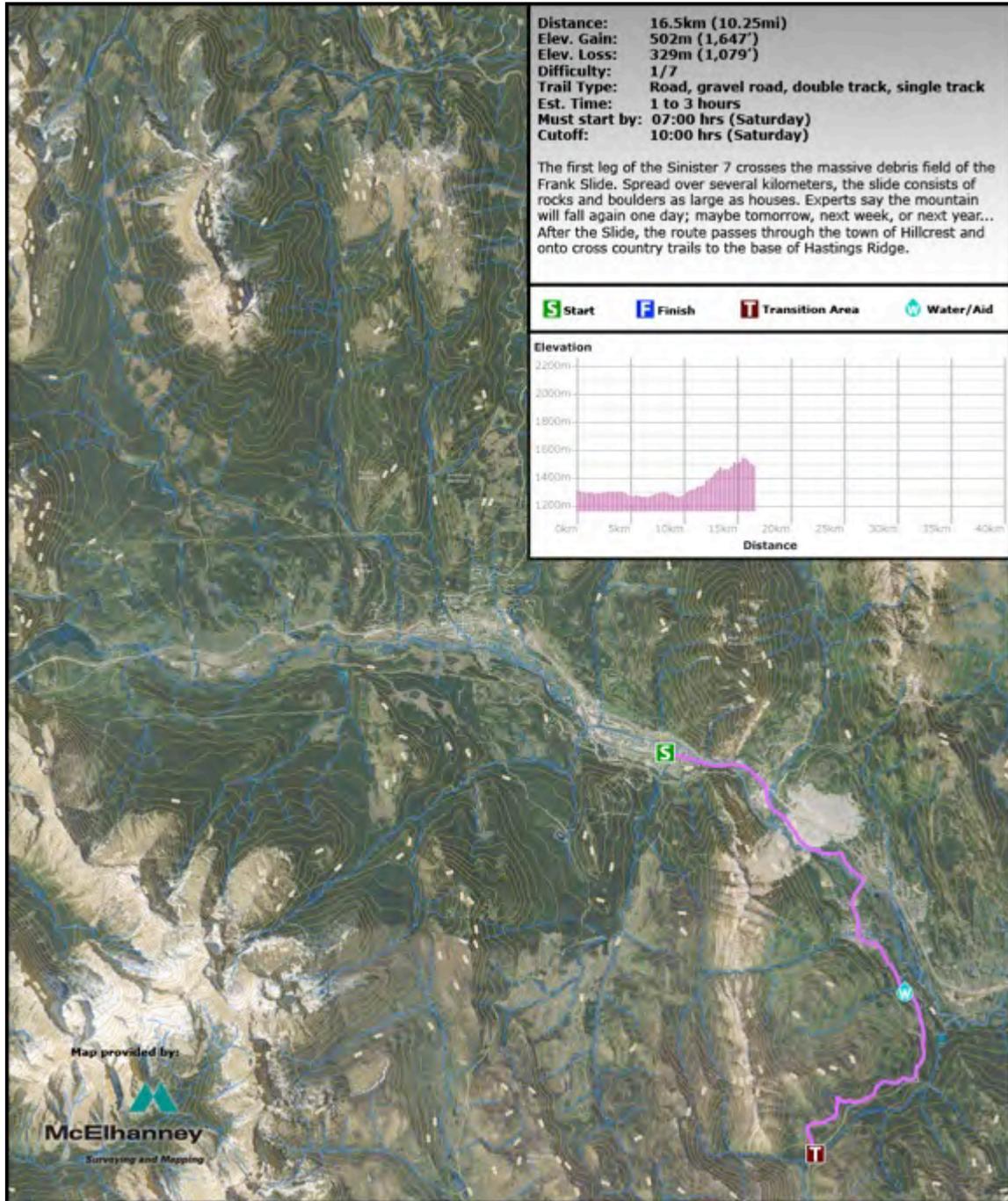
ROUTE MAPS + DESCRIPTIONS

Total Distance: 161km (100mi)
Total Elev. Gain: 5,687m (18,658')
Total Elev. Loss: 5,676m (18,622')

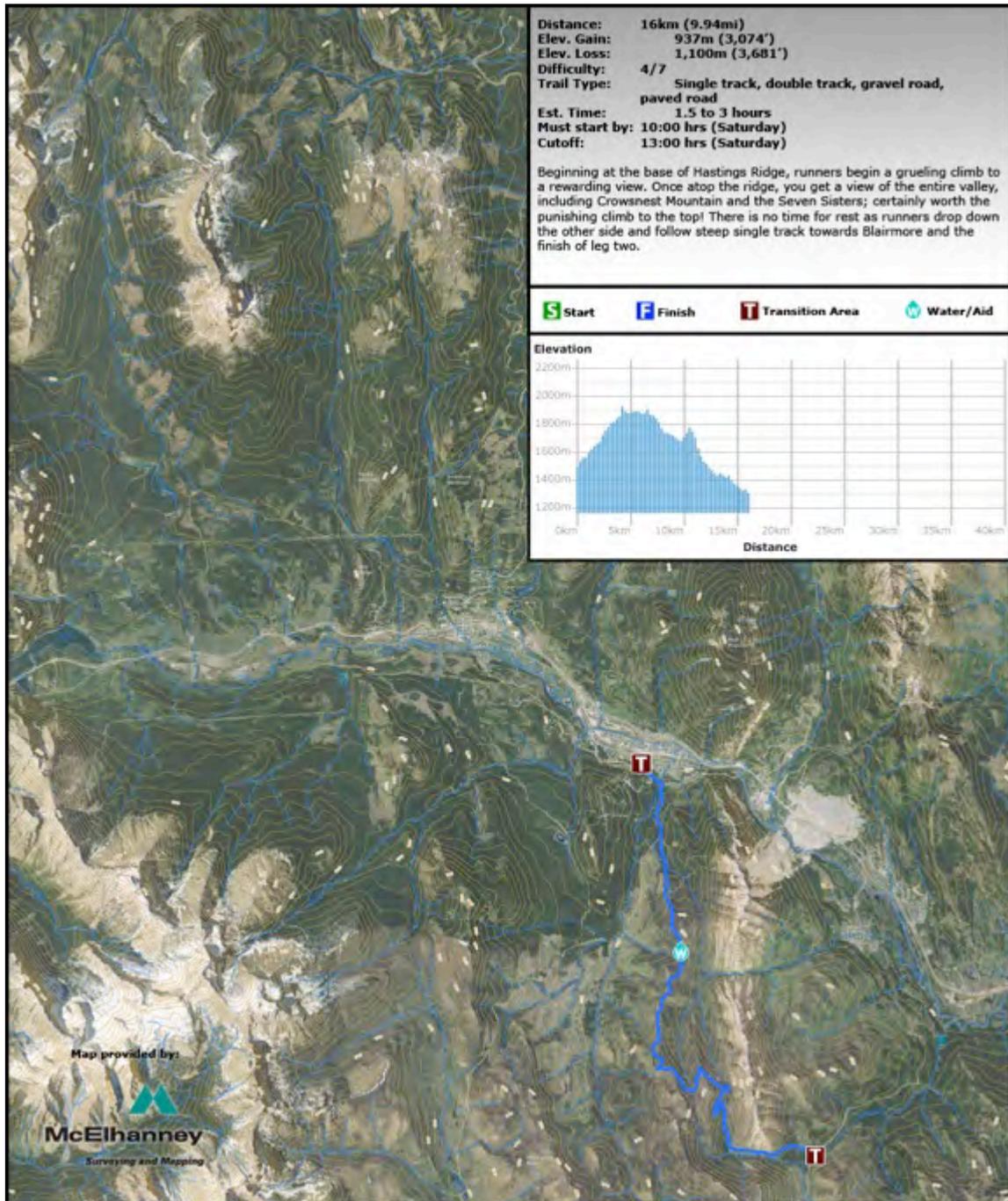
For the full elevation profile or to download the GPS coordinates for each leg, please visit our website at <http://www.sinister7.com/course.php>.



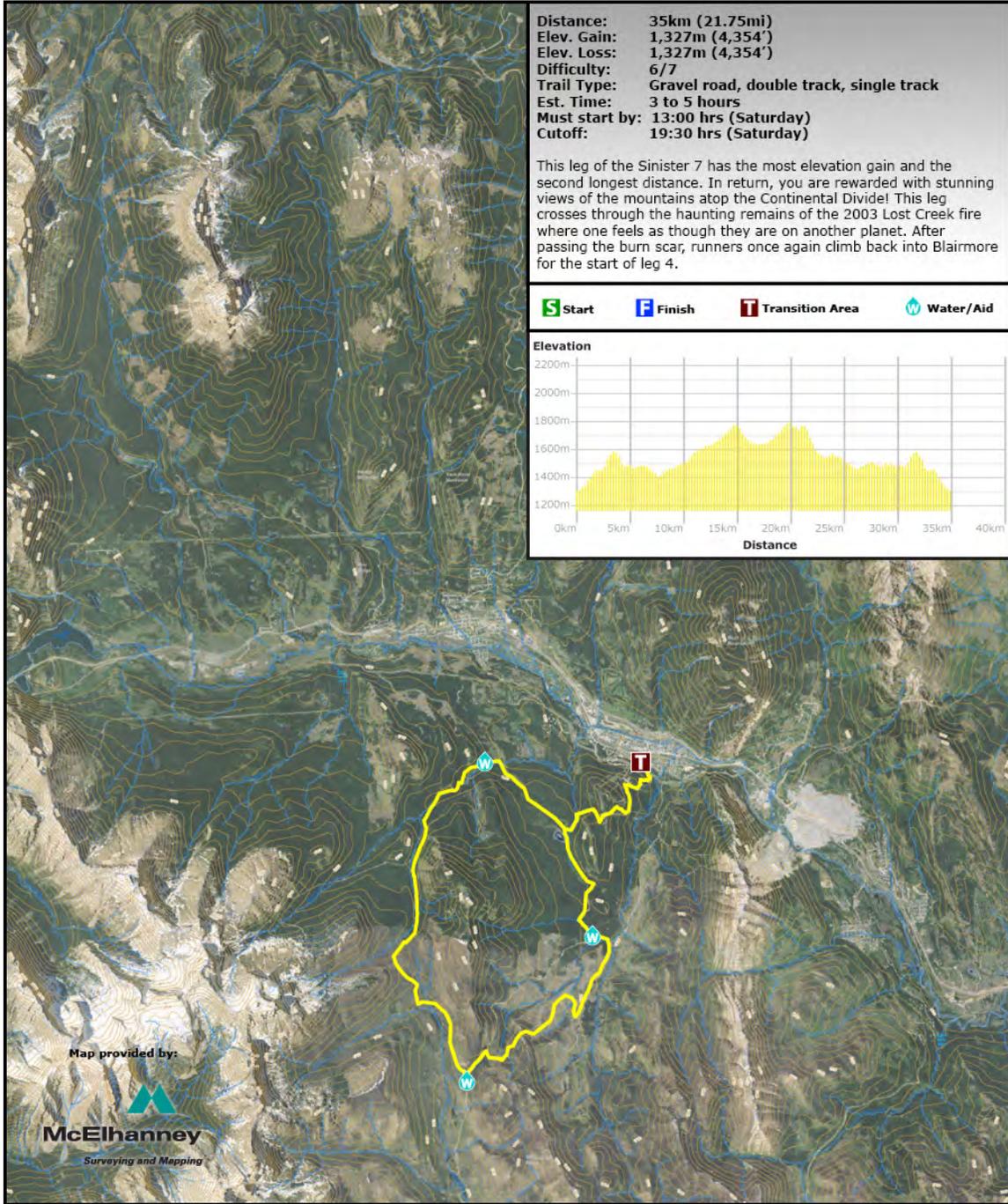
Leg 1 – The Frank Slide



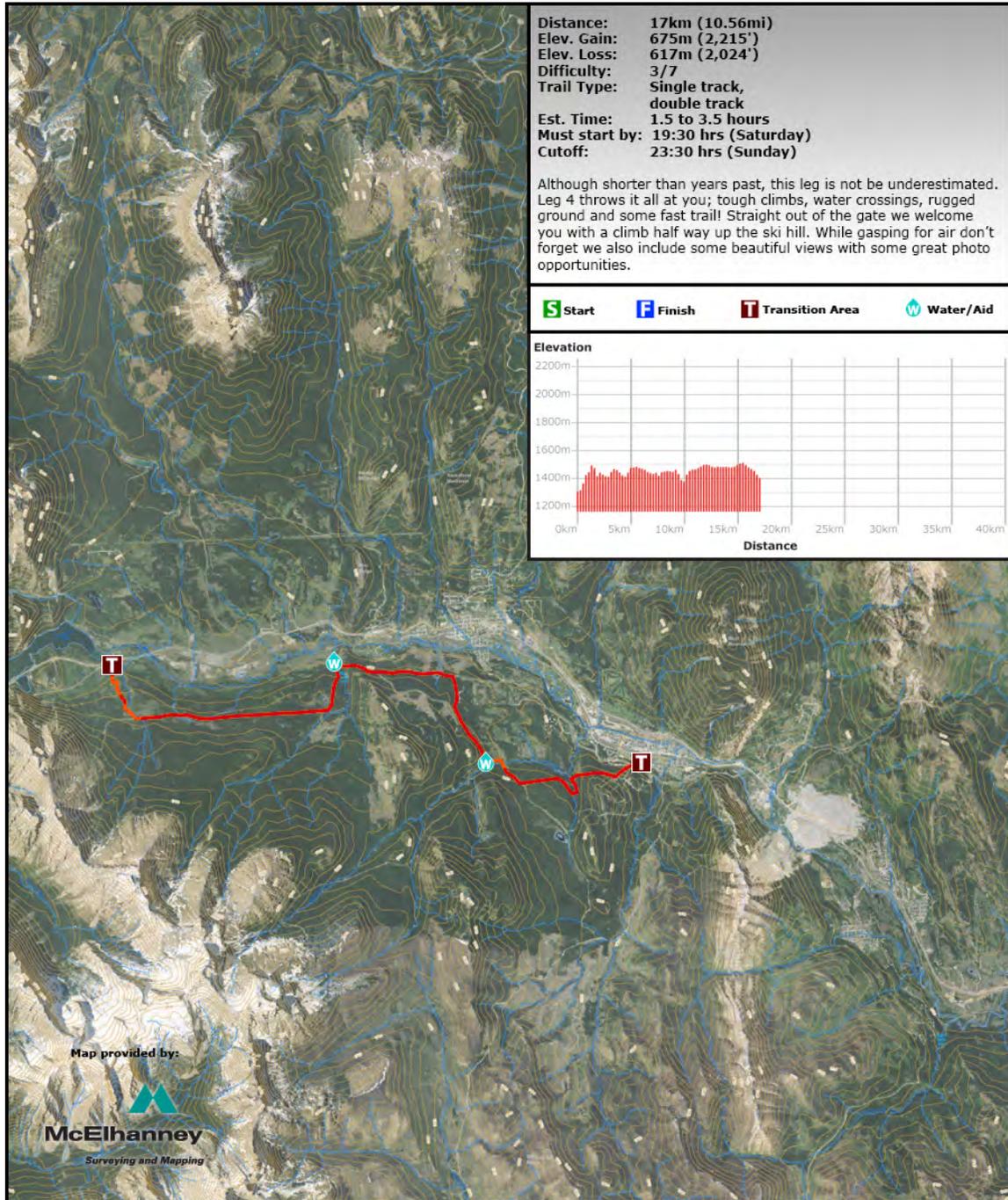
Leg 2 – Hastings Ridge



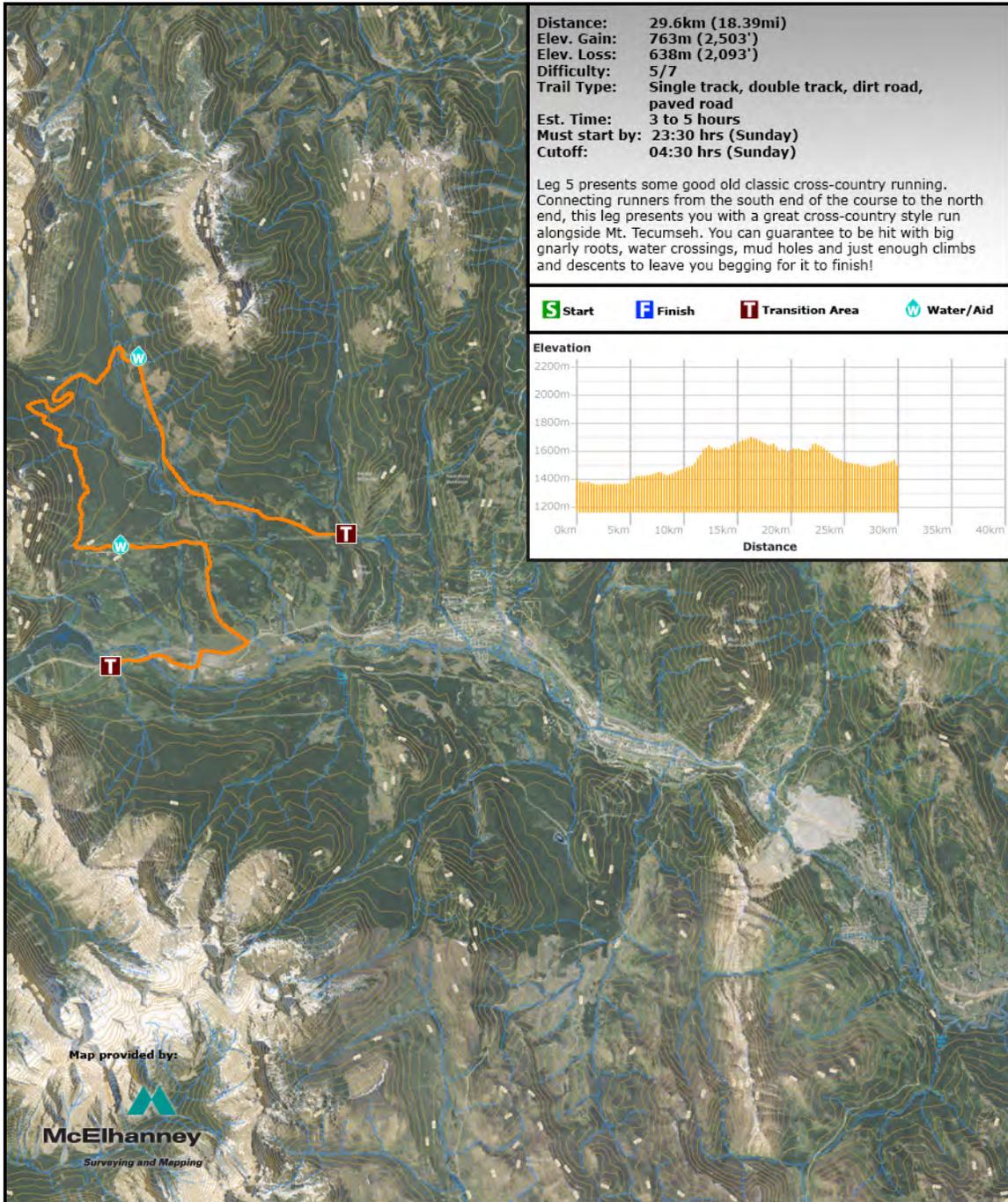
Leg 3 – Willoughby Ridge



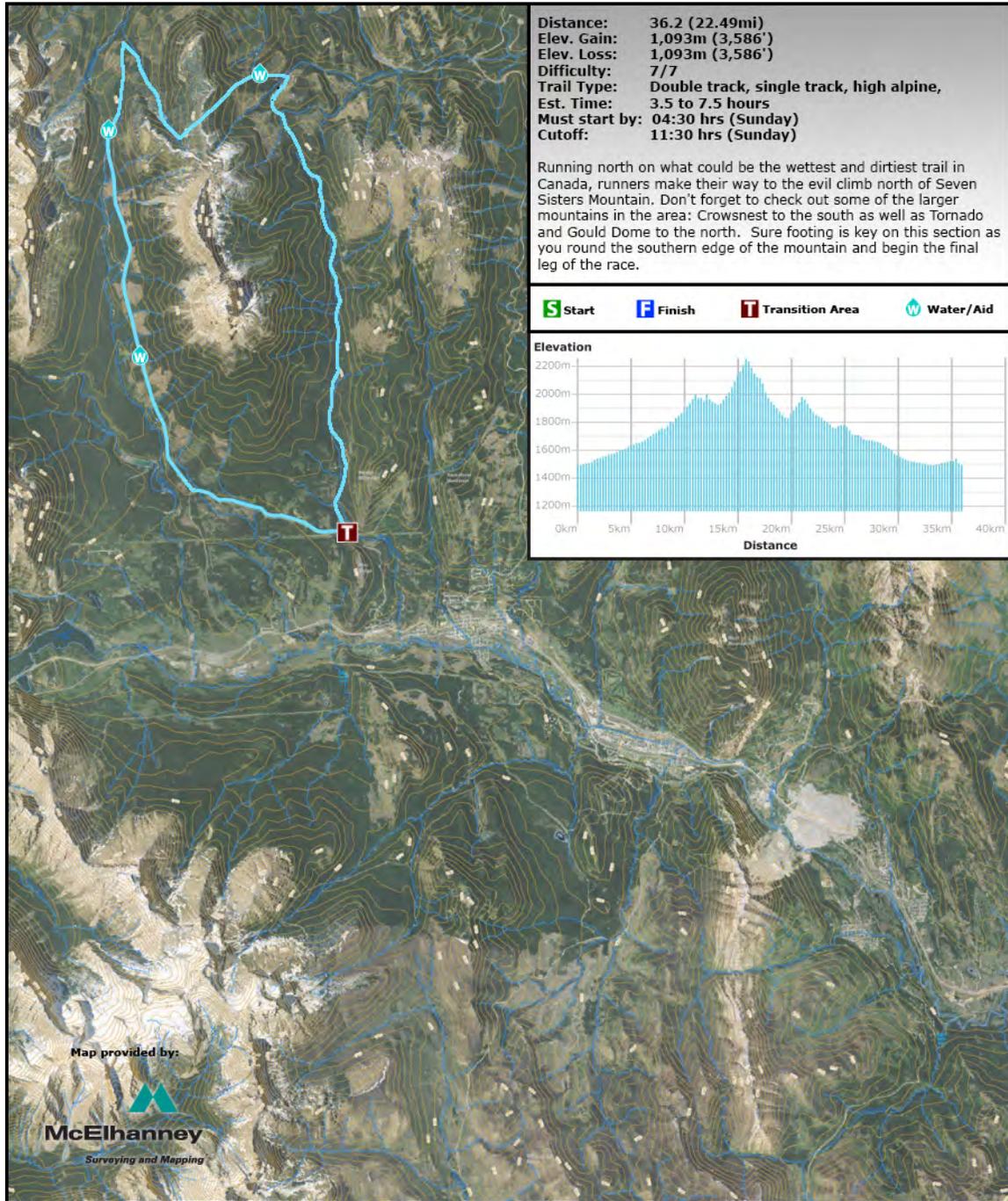
Leg 4 – Saddle Mountain



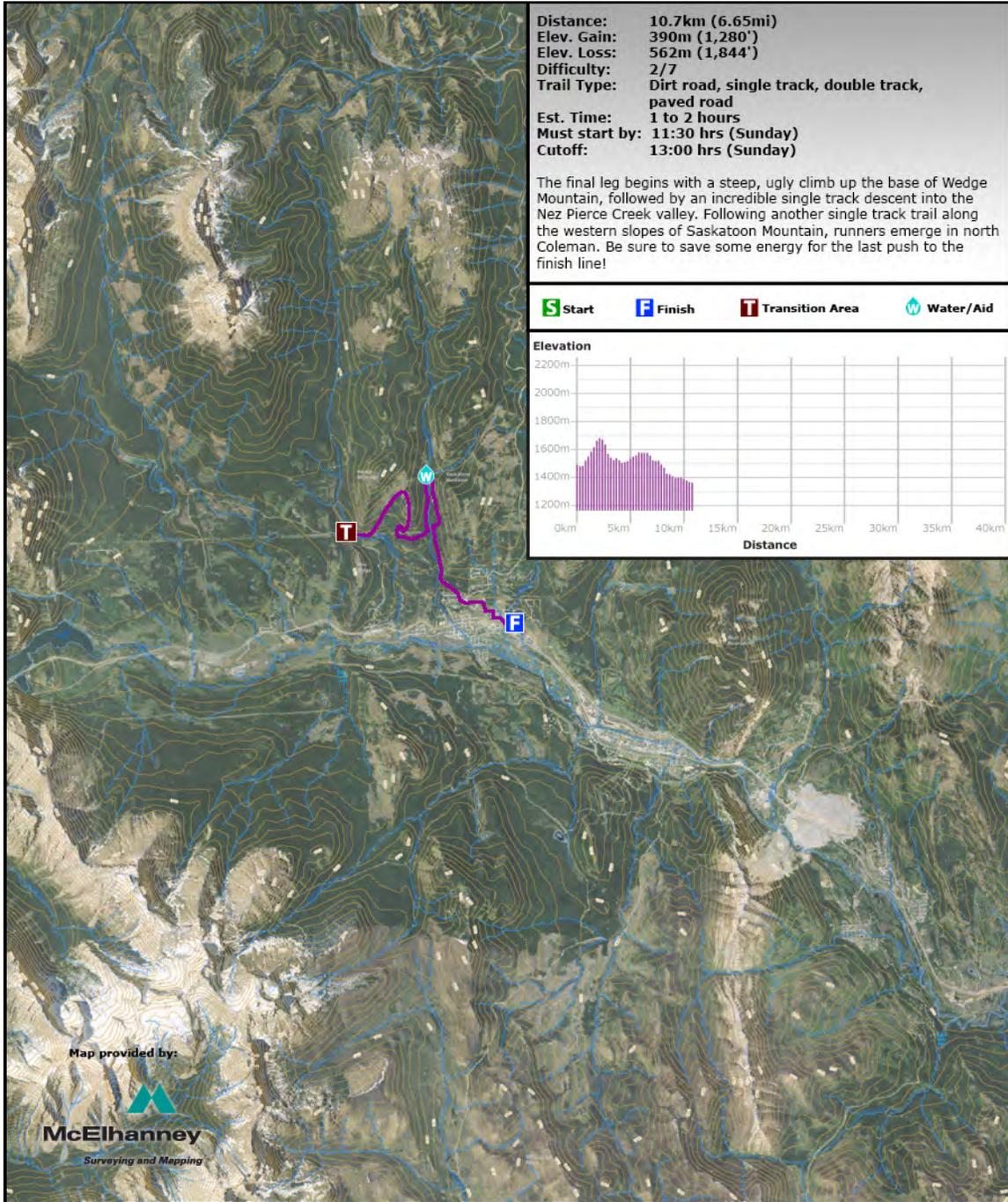
Leg 5 – Mount Tecumseh



Leg 6 – Crowsnest + Seven Sisters



Leg 7 – Wedge Mountain



SUPPORT CREW INFORMATION

Support Crew's Role

Support people (aka Support Crews) are typically only required for solo runners as most relay runners do one leg and hand off to a teammate at the Transition Area. A good support person can truly be the lifeline for a solo racer. Nothing beats coming into a TA where there is food, fresh gear, and encouraging words waiting. Support people help keep their racer moving. If you intend to support a racer, do not be afraid to ask questions – we want your experience to be as rewarding for you as it is for the competitors.

Support Vehicles

Some Transition Areas (TAs) are tight and excess traffic makes it difficult for everyone, so please try and keep the number of support vehicles you have to a minimum. You do not need a 4x4 to support this race, but a vehicle with good ground clearance will make it easier on you. Trailers and RVs are acceptable but, again, some TAs are tight and you will find it difficult to maneuver. You will be moving at odd times during the race, so be prepared to drive at night. You will drive primarily on pavement, but some TAs are accessed by gravel roads. Be sure you have a good spare tire, a jack that works and know how to use them. You will be out of town for a long while so bring what you need to be comfortable.

Support Crew Directions and Instructions

A full set of directions to all TAs is located on pages 24-29. Once your racer starts on a leg, you should make your way to the next TA and set up for their arrival.

Do not plan on cell phone coverage while in the more remote TAs. Any emergency communications should be done through Race Staff, who are all equipped with a radio. We do not have the ability to track all racers on the course at all times so please refrain from asking for competitor updates.

Medical Help

If your racer doesn't look well (delirious, dehydrated, or somehow broken), please contact our staff. The racer will not be disqualified for receiving medical aid.

Stuff to Bring

Many of the TAs we use are random campsites with no services. Please keep your campsite simple; in some cases there is not a lot of room. Please do not light fires at the TAs. Whenever possible, we'll have a porta-potty if facilities aren't available. Make sure you have enough gear to keep yourself comfortable during the race. You will be in the mountains and it can get pretty cold at night. There can also be blistering heat during the day. Suggested crew gear:

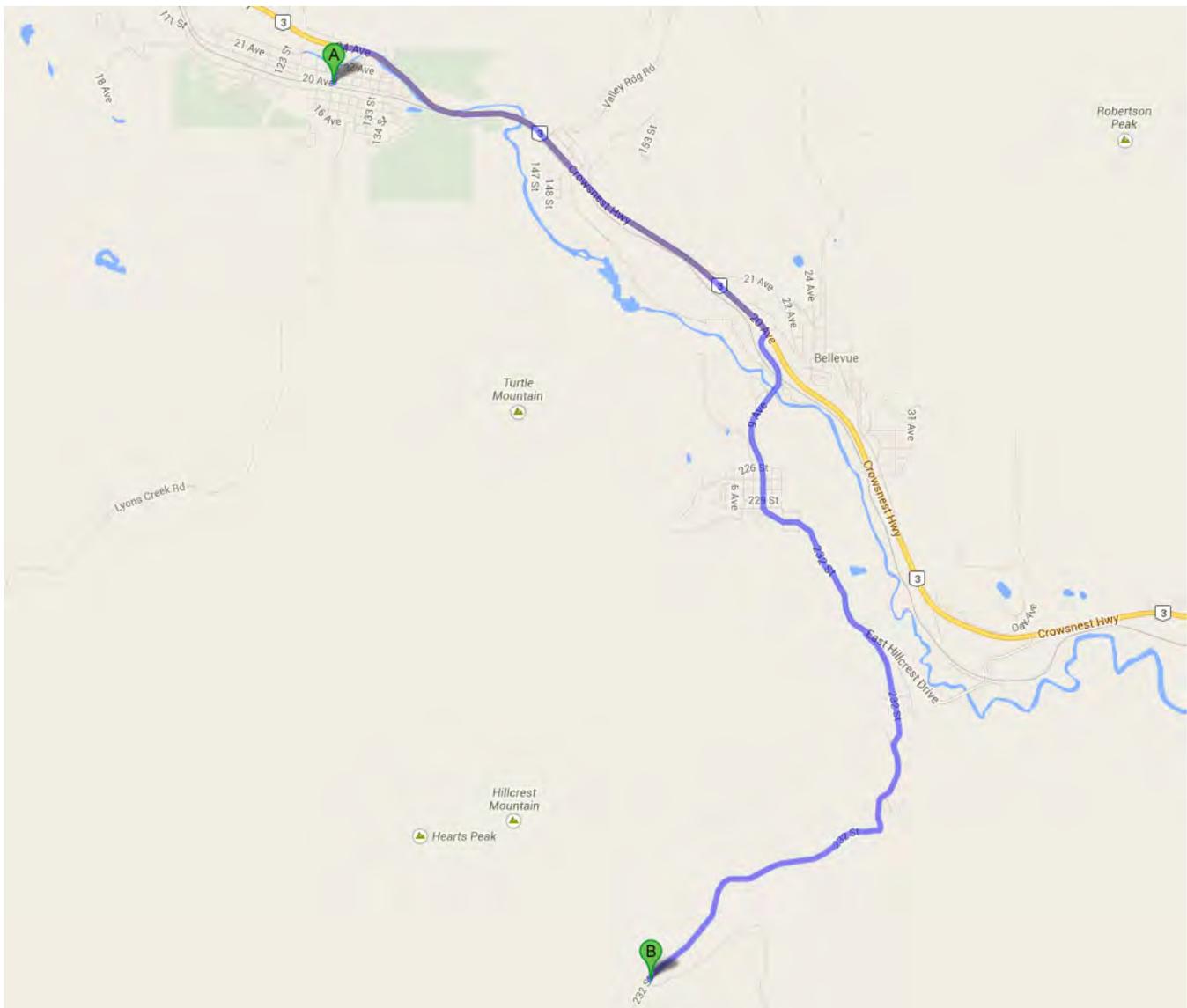
- Headlamp and batteries
- Lantern
- Warm jacket (it's cold at night even in July)
- Rain gear
- Tarp or ground cover
- Sleeping bag
- Sleeping pad
- Tent or shelter
- Camp stove & cooking gear
- Food & water (for yourself)
- Toiletries, and other personal needs
- Folding chairs
- A folding table is really handy
- A book or magazine to read while waiting
- A medical kit and the skills to use it
- Sunscreen
- Bug repellent (trust us, you want this)
- Salt tablets / hydrating drink
- Jugs of water
- After bite itch reliever
- Lots of towels
- Several changes of clothes and shoes

TA1 – Hastings Ridge Trailhead

Only Support crews for Solo runners should drive here. Leg 2 relay runners should take the shuttle at 7:15am from the Start Area near Gazebo Park in Blairmore. Watch for runners on the road.

Directions from the race Start to TA1

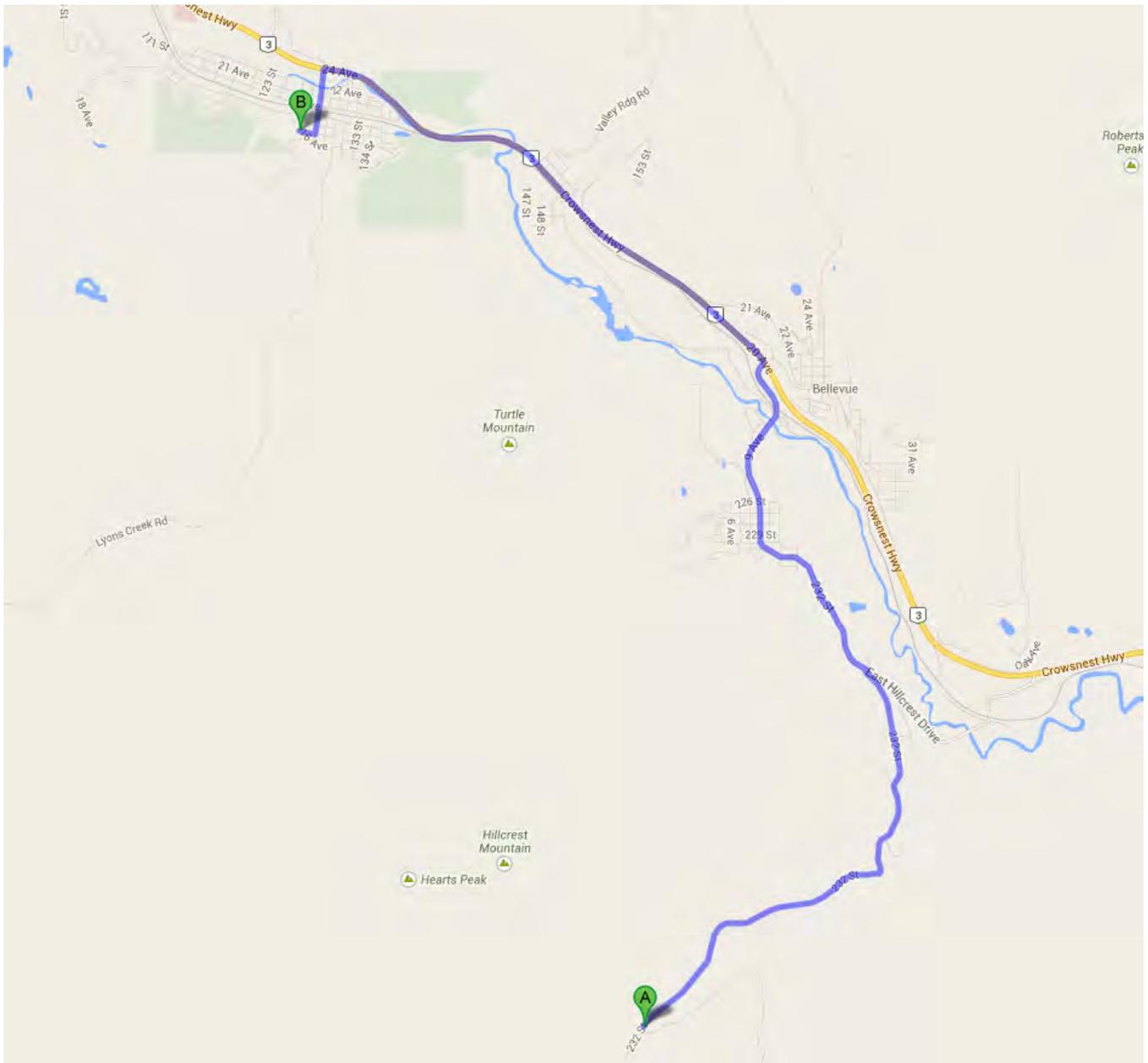
- From the Start Area, drive north to HWY 3
- Turn right onto Hwy 3 and continue for approx. 4.7km to the right-hand exit for Hillcrest Mines
- Turn right onto 9 avenue and drive 1.3 km to the fork in the road
- Take the left fork and continue 0.75 km to the corner of 9 Ave and 230 street
- Reset odometer and continue south through the intersection, now driving on 232 street Hillcrest
- 232 street leaves town - drive out of town for a total of 1.8 km from the intersection
- Drive 1.8km to the fork in the road and turn right onto the gravel road
- Drive 5.6 km south to the TA
- Parking is very limited in this area so please park on the road and do not block the entrance



TA2 / TA3 – Albert Stella Memorial Arena

Directions from TA1 to TA2 / TA3

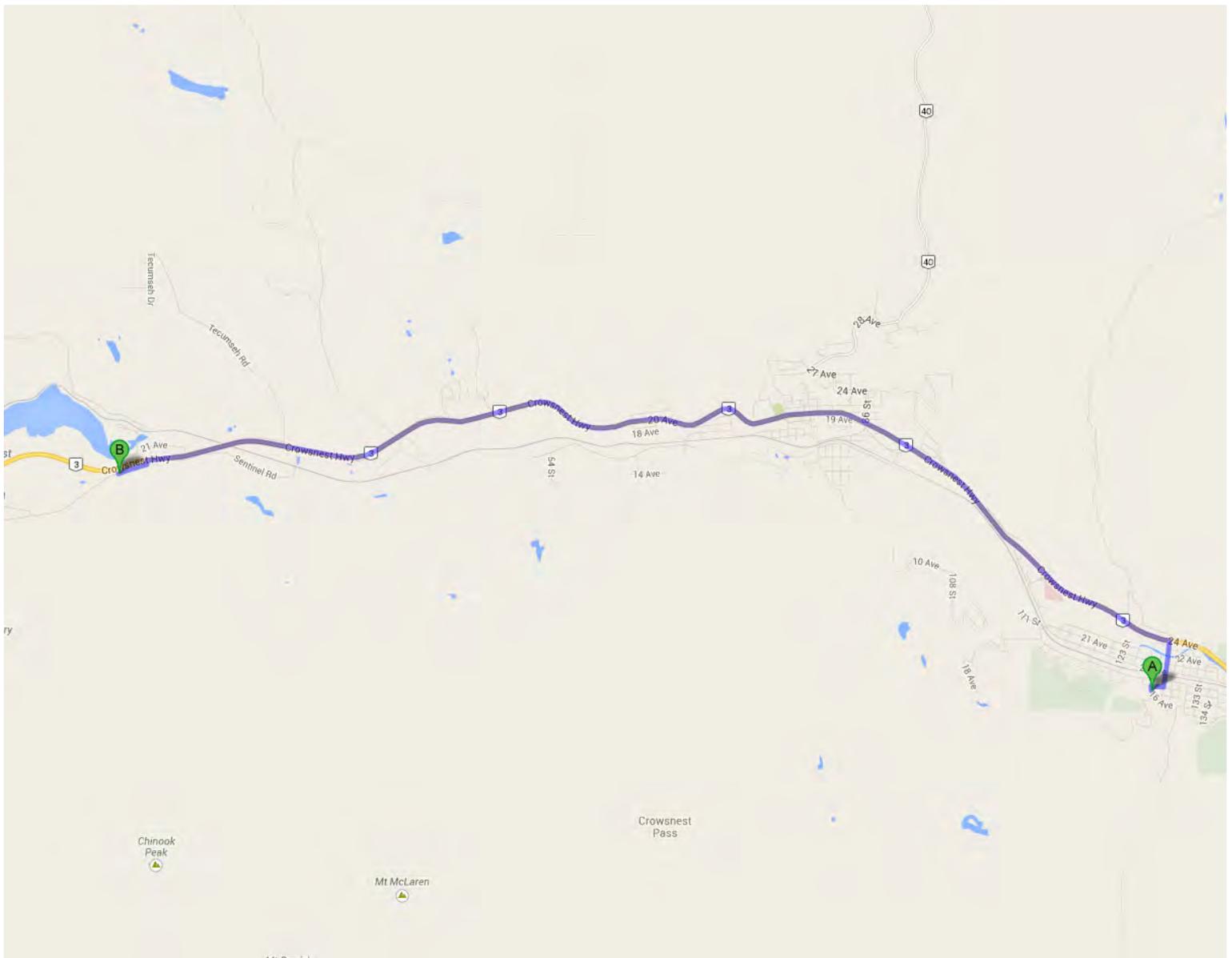
- Drive north (back the way you came) for 5.6km and turn left when you reach the paved road
- Drive 1.8km to Hillcrest Mines and follow 232 St. into town
- Follow 9 Ave north to Hwy 3
- Turn left onto the highway and make your way to the first exit for Blairmore (20 Ave)
- Follow 20 Ave to 129 St and turn left
- Follow to 19 Ave and turn right
- Park in the designated area along the railway tracks
- Walk one block south to the Alberta Stella Memorial Arena for TA2



TA4 – Visitor Information Centre Area

Directions from TA3 to TA4

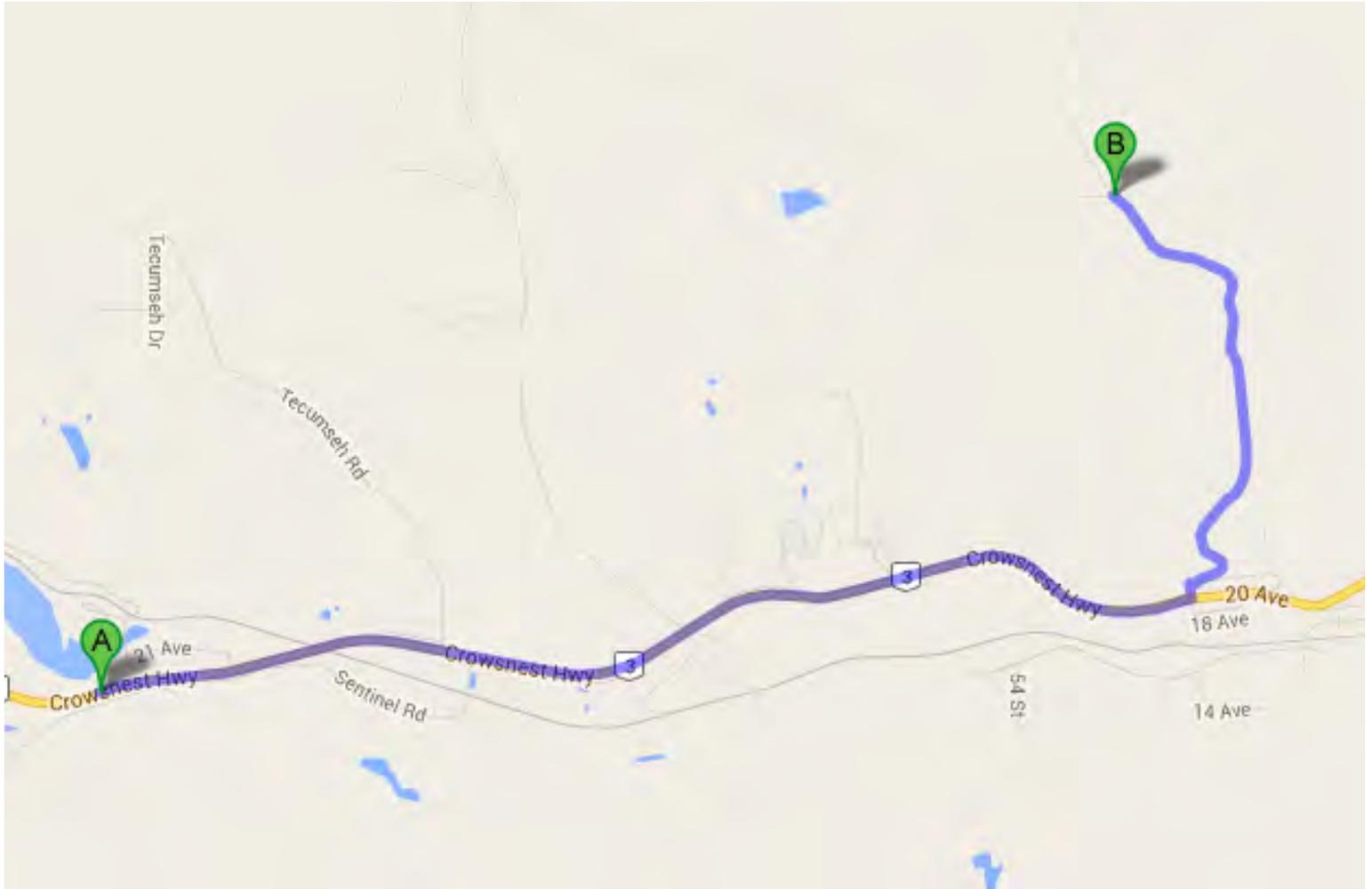
- Make your way north to Hwy 3 and turn left (west)
- Drive through Coleman staying on Hwy 3 heading west for approximately 13.9km to the Visitor Information Centre
- Turn left onto the service road for the Visitor Information Centre
- **Watch for racers on the road!**
- Take an immediate right onto the gravel service road and drive west for 350m
- If your vehicle can make it up the short hill, turn left into the field – if not, park on the road west of the entrance to the TA
- Park in an area designated by race staff



TA5 / TA6 – McGillivray Staging Area

Directions from TA4 to TA5 / TA6

- Return to Hwy 3 and turn right (east)
- Drive approximately 6.5km to 61st Street – look for signs for the gun club and the Snowmobile Staging Area – if you pass the RV storage area you have gone too far
- Turn left (north) and follow the main route (take no side roads) for 2.5km where you will enter the Forest Reserve and reach a large clearing under a huge power line
- Look for the TA in the clearing to the left and park in an area designated by race staff
- This area can get very congested to please obey all parking signs



Finish – Crowsnest Sports Complex, Coleman

Directions from TA6 to the race Finish

- Make your way south to Hwy 3 and turn left (east)
- Drive approximately 3km to the left hand (north) turn for HWY 40 / 86th St. (at the Subway)
- Drive north on 86 St. to 22nd Ave
- Turn right (east) onto 22nd Ave and proceed to the end of the road at the Crowsnest Sports Complex
- Park in a designated area and get ready for the big finish!

