



GENERAL GUIDELINES

2018

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Age Groups

For the purpose of age group standings, the finishing field will be subdivided into ten-year age groups, based upon the athletes' age at December 31st of the race year. Separate divisions for men and women will be provided. Age Group prizes will be at the discretion of the organizers. All participants must have reached their 21st birthday by December 31st of the race year.

Aid Stations

Since the use of support teams is required throughout the event, event officials will not provide aid stations. Water and limited toilet facilities may be available at the start/finish lines of each stage; however, athletes and crews should not rely on such facilities being readily available.

Application Process

This is an Invitation Only event. Organizers will Select and Invite 35(thirty-five) athletes on a first come, first served basis as the applications are received and if otherwise qualified. Due to what has become an overwhelming interest in Ultra520K Canada Event, we open the Application Process to include 2 years in advance. This allows athletes to plan their schedules well in advance of the event including qualifying events if required and has enabled organizers to change the refund and roll over policies (see FEES section of these guidelines).

Qualifying: Special emphasis will be placed on the applicant's endurance activities to date, and the demonstrated ability to finish all three stages. The applicant must have finished at least an iron distance event at some time in the previous 3 years to the Ultra520K Event being applied for; and the finishing time for the qualifying race should be under 14 hours and 30 minutes. Results outside of the qualifying time may be considered along with the circumstances under which the result was acquired. Events that consist of distances that are of at least iron distance in some disciplines but not all three may be considered when combined with other events that contain at least the iron distance of the discipline missing from the first event.

Awards

Each "Finisher" will receive a distinctive award. Only athletes who have made each cutoff and completed all portions of the course will be designated as a "Finisher". Each "Participant" will receive an award. Any athlete who does not reach the designated finish line before the cutoff, or has not completed all portions of the course, will be declared a "Participant". Disqualified athletes are not eligible for any awards. The right to limit or expand the awards, based on the number of entries is reserved. All Awards will be presented at the Awards Dinner the day after the completion of Stage 3 (three). Attendance by athletes, crews, friends and family to the Awards Banquet is HIGHLY recommended as the format is unique to ULTRA520K, and this completes the experience. This is an interactive function with a large degree of participation by all in attendance.

Bike Equipment Inspection

As part of the pre-event preparations, each athlete must have certain aspects of their bike inspected **prior** to starting Stage 1 of the event. A Bike Safety Inspection Certificate is included in the Bike Manual which

will be issued prior to the event. Any competent bike mechanic may do this inspection. The Inspection Certificate must be presented prior to the start of Stage 1 and preferably at Athlete Check-In and Registration. It is the responsibility of each athlete to ensure that all aspects of their bike are safe to the user, other athletes, team members, officials, and the general public at all times during the event. Any equipment which the officials deem to be unable to meet minimum standards may not be used until the problem is corrected. All repairs are the responsibility of the athlete and must be paid upon completion of the work.

Categories

All athletes, whether officially registered by a national governing body as amateur, elite or professional will participate in the age group category.

Cell Phone Requirement

All Athletes/Teams **must** provide a **domestic (Canadian) cell phone number** at registration. It is recommended for non Canadians to arrive with an "unlocked" phone and purchase a temporary "SIM Card" and a Time/Text/Data plan upon their arrival in Canada. If you are using a local crew they should be able to supply the appropriate phone number on your behalf. Cellular telephone numbers will be taken at Registration, listed then distributed to each crew and event support vehicle before the start of Stage 1.

Check-In Procedure

At the beginning and end of each stage or segment thereof, each athlete and team captain must check in with the event Registrar who will be located adjacent to the respective start/finish line. In addition, at the start of the swim, the swim escort must check-in along with the team captain to the event Registrar. Failure to follow this procedure may preclude further present or future participation in the event.

Contingencies

If conditions develop prior to or during the event which necessitate a change in plans, the following action(s), in order of severity, will take place: (1) postponement, (2) course modification, (3) cancellation. If it is unsafe to conduct the swim as scheduled, this portion of Stage 1 may be postponed until the morning following the end of Stage 3. If the event or any portion of it is postponed, modified, or Cancelled, there will be no refunds.

Course

The responsibility for following the official event course rests with the athlete and crew. No time credits or adjustments in finishing results shall be made for athletes who fail to follow the proper course for any reason. **Time penalties or disqualification may result from failure to follow the proper course.** Every effort will be made to mark each intersection on the course. Detailed course descriptions and route maps will be made available to each athlete and crew.

Credit Cards

Provisions for payment of event entry fees, additional meal and function tickets, and retail items by credit card are available. Only Master Card or Visa is acceptable.

Cutoff Times

For safety and insurance reasons, the following cutoff times have been established: Stage 1 Swim – 6 hours plus Stage 1 Bike - 6 hours, Total Stage 1 - 12 hours; Stage 2 Bike – 12 hours; Stage 3 Run – 12 hours (Total Event 36 hours). Any athlete who does not reach the designated finish line before a cutoff will be declared a “Participant” and will be asked to leave the course if they are unable to reach the finish line within 15 minutes after the cutoff time. Athletes may be allowed to continue onto the next stage as a “Participant” only if they cooperate with this request and receive the clearance to do so from event organizers; including medical or monitoring staff if available. Only athletes who have made each cutoff and completed all portions of the course will be designated as a “Finisher”. The run course has additional cutoffs at 42 KM – 6 Hours, and 63 KM – 9 hours. Athletes unable to make the cutoffs will be asked to leave the course. Any athlete not cooperating with this request will be disqualified and not eligible for any awards nor be allowed into any future ULTRA520K Events. Cutoff times may be modified if course conditions warrant.

Disqualification

Athletes or team members not adhering to the rules and regulations and guidelines of the event are subject to disqualification for the athlete. Disqualified athletes may not continue on any part of the course except at the sole discretion of event organizers. In any case, no disqualified athlete will receive any “Finisher” or “Participant” Awards.

Distances

Stage 1 (Day 1) - 10.0 km (6.2 mile) Swim, followed by 149.8 km (90.0 mile) Bike.

Stage 2 (Day 2) - 275.8 km (171.4 mile) Bike.

Stage 3 (Day 3) - 84.4 km (52.4 mile) Run.

All distances are approximate and subject to modification.

Drafting

This is an individual endurance event; therefore, drafting of any type, during any portion of any stage, including the swim is prohibited.

Fees

Our pricing for the event is an inclusive price for staging the event **\$2,000 plus 5% GST = \$2,100 Canadian**. The price includes the athlete and 2 (two) land crewmembers, the minimum crew requirement for the event. Included in the fees are the following:



- 3 Prerace Breakfast Tickets (1 Athlete and 2 Crew)
- 3 Award Banquet Tickets (1 Athlete and 2 Crew)
- 3 Princeton Breakfast Tickets (1 Athlete and 2 Crew)
- Welcome Reception for all members of your team (snacks and beverage offered)(This is not a meal)
- 3 Massages (one at the end of each stage for the athlete)
- 2 Crew Shirts
- Event Medal or similar (Each Athlete)
- Finisher or Participant Award
- Finisher Garment for Official Finishers
- Participant Garment for Non Official Finishers
- Registration Gift Bag

NOT INCLUDED are the following: Accommodations while in Penticton and Princeton, transportation to and from Penticton, meals other than those listed as part of the entry fee, nutritional needs, other race supplies, and vehicle rentals. Note that you are responsible for your evening meal in Princeton. Also not included are the costs of any additional crew you may bring, or swim escort and boat requirements. Information on these fees will be made available with the Official Invitation Kit.

Entry fees will be charged in accordance with a schedule as laid out in the Application Information Kit for each year on the website.

- 1) Athletes must meet the payment deadlines or their Invitation will be withdrawn and their place may be awarded to another athlete.
- 2) Applications must pay immediately the Cumulative Amount to date depending on their application submission date.
- 3) Withdrawal from the event will result in the forfeiture of any fees paid to date, regardless of reason including medical, personal, travel, family, work, military service, etc. and no further payment of fees will be required. However it is the responsibility of the athlete to ensure notification of withdrawal from the event is received by the organizers prior to another payment date otherwise fees will be charges as per the payment schedule.
- 4) Application to Rollover will be considered depending on circumstances, time of application and availability of space in a future event. Any Rollover must be approved in advance by the organizers.
- 5) Rollovers will not be allowed if applied for after May 1st. of the event year.

Filming

Filming of the event will not be permitted whether for personal or commercial purposes unless prior written authorization is obtained from Event Organizers. Such authorization may be withheld if the filming is in conflict with the granting of other film rights and/or registered logo use.

Insurance

The coverage provided allows for a five million dollar (\$5,000,000) limit on a Comprehensive General Liability format. This is one of the broadest liability forms available, in which it insures the race directors, their committees, volunteers and others requiring protection (such as sponsors, public agencies, Property owners, etc.). The Policy will cover liability from organizing activities leading up to the event, the event itself, and the post-race activities. It will respond to claims from spectators, competitors, volunteers and the public in general.

The event does not carry individual Athlete medical insurance, nor does it assume any responsibility for such. **It is highly recommended that Non-Canadian athletes obtain additional travel/event medical insurance before traveling to the event.** Insurance information will be required on our Medical Form and will be asked for at registration.

The Canadian Medical System is not a free service. If you are a non resident and involved in an accident that requires medical attention you will be charged for hospital visits, ambulances, tests, treatments, doctors fees and supplies. **For your own protection we strongly advise that you verify your insurance will cover you while outside of your normal country of residence and while competing in an athletic event.** Canada does not accept government sponsored medical plans of other countries. The cost of a non-insured hospital stay in Canada can rival the costs of a US Hospital stay.

YOU HAVE BEEN WARNED!

Invitation Process

Invitations will be issued to successful applicants – 35 (thirty-five) solo entries on first come first served basis if otherwise qualified. Each applicant that is issued an Invitation will receive an Official Invitation Kit in the December prior to the event you have been accepted into. Invitations not accepted and returned by the deadline on the form may be considered invalid, and the space released to another applicant.

Language

Each athlete must be able to either (1) speak and understand English or (2) provide a team member who can speak and understand English and act as a translator between the athlete, other team members, and event organizers. The Event Organizers will not be able to provide translation services or provide bilingual team members in most cases; this is an athlete responsibility. Athletes cannot rely on these services being available at the event location.

Massage

Massage will be available at the end of each stage. By payment of the entry fee, each athlete is entitled to a massage at the end of each stage (3 massages total). This service is primarily for athletes, but may also be available for a team member if the athlete chooses to forego a massage at the end of a stage. No credits will be given for unused massages and massages must be done at the designated finish line area of each stage.

Meals

Three meals will be served in connection with the event:

- (1) Pre-race Breakfast & Race Briefing (**Attendance is Mandatory for all athletes and land crew members**), held on the day before the start of Stage 1;
- (2) Awards Banquet, held on the day after the completion of Stage 3 (**Attendance is not mandatory but is HIGHLY recommended that athletes and crews attend – see Awards Section of these Guidelines**);
- (3) Breakfast in Princeton the morning before the start of Stage 3.
- (4) Welcome Reception while **not** a meal will offer light snacks and a beverage for all members of your team.

Entry into each function will be by presentation of the appropriate wristband. Each athlete will receive 3 wristbands (1 athlete and 2 land crew). Additional wristbands will be made available for ordering on line using: www.tinyurl.com/athleteorders. Instructions will be included in the Official Invitation Kit. Unused wristbands or portions thereof will not receive a credit.

In addition to the above, a small rejuvenation offering will be available at the end of each stage for the athletes. Variety and quantities are limited so if you have special dietary requirements you will need to be self-sufficient. Also, at the end of Stage 3 there will be a finish line party for all to enjoy. We encourage athletes, crews, friends, family, and volunteers to join us for a celebration in the park until the final athlete crosses the Finish Line.

Medical Support & Monitoring

Event officials will not provide emergency medical assistance; nor is any liability assumed for not providing such. Organizers ability to provide on-course medical support is very limited due to the distances involved. Emergency medical contacts and information will be provided to each support crew. Athletes and crew are responsible for reviewing and being familiar with the medical and emergency sections of the race manual. Athletes are responsible for their own medical condition and should be cleared by their own family doctor before competing.

Monitoring of certain indicators may be conducted during the event. Athletes will be asked to cooperate with the monitoring team so that feedback can be provided to the athlete and crew regarding the athletes' condition in regard to their continuing the event. Athletes will be asked to provide base line information as well as a check-in and checkout procedure for each Stage of the event. The monitoring team will have the authority to withdraw an athlete from the event if the indicators fall outside safe limits, or the athlete refuses to cooperate with the monitoring team.

Administration of IV fluids during any portion of any stage, including the time from the finish of any stage to the beginning of the next stage, will constitute an unfair advantage and result in disqualification or the athlete being declared a "Participant" and not a "Finisher". Therefore, any fluids used by the athlete must be taken orally. Medical assistance to an athlete, which does not result in the administration of IV fluids

or the transport over or removal from the designated course, is not, by itself, grounds for disqualification.

Qualified medical personnel, who may treat an athlete, shall have the final and ultimate authority to remove an athlete from any portion of the event if the athlete is judged to be physically incapable of continuing in the event without risk of serious injury or death.

No Feed Zones

For safety reasons, certain short portions of the land course will be designated “No Feed Zones”. These are areas where the support team is not allowed to accompany the athlete nor are they allowed to stop in the zones. Crews are to proceed to the end of the “No Feed Zone” and wait for their athlete to exit the zone. Event personnel, who are responsible for athlete safety, monitor “No Feed Zones”. It is the responsibility of the Crews to ensure that their athlete is prepared to look after their own hydration, nutritional and minor mechanical problems, including flats, while in the “No Feed Zones”. It is recommended that the athlete carry at least 1 water bottle and 1 spare tube/tire while in the “No Feed Zone”.

Numbering

Swim: The swim escort must wear the athletes’ official swim number **S** on the front of the outermost garment or PFD on the body; or on the front of his/her hat so that it is visible to race officials.

Bike: Each athlete will receive one (2) bike numbers - one to be placed on the back of the riders jersey for Day 1 - the second as a spare in the event of loss or damage to the first.

Run: Each athlete will be given one number **R** to be worn on the front so that it is visible at all times. The pacer will be given a ribbon to identify them as a pacer. The ribbon is to be worn anytime the pacer is on the course and must be visible from the front.

Vehicle: Each team will be given two numbers to affix to the crew vehicle. The **first V** is to be affixed to the inside lower left (driver’s side) of the back windshield. The **second V** should be affixed to the inside lower right (Passenger’s side) front windshield. Placing numbers on the outside may interfere with windshield wiper operation and/or be destroyed by rain.

Numbers identify official athletes and teams, and must be clearly visible at all times. Numbers must be worn as directed by event organizers. No alteration of any numbers is permitted.

Pacing

Pacing of the athlete is allowed during the run portion of the event only. However, more than one non-competitor may not pace the athlete at the same time. All pacers must be on foot and wear the official number, or designated item, that identifies them as a pacer. No pacer may do any headwind blocking. No bicycles, other wheeled vehicles (whether motorized or non-motorized), may be used for pacing purposes by the crew or pacers on the run course (this includes the crew vehicle).

Parking

Parking is limited in all staging areas. The event will have certain areas designated for parking, in which an attendant will be present to monitor (specifically at the swim exit); it is imperative that their instructions are followed. In certain stages there may be a volunteer to direct crew vehicles to appropriate parking areas. In any circumstance, all vehicles must be parked legally and safely off any highway or road, and in such a manner that it does not obstruct the normal flow of traffic or create a hazard to anyone. Do not block private driveways, and be courteous if approached to move your vehicle.

Passports, Customs & Immigration

International entrants, including US citizens, will require a valid passport to gain entry into Canada regardless of ports of arrival (land, sea or air). If you are flying into Canada you will be required to go through both immigration and customs at your FIRST port of entry. Make sure you physically claim all of your luggage and your bike at this time. You can re-check the luggage and bike if you have connecting flights to Penticton. Your luggage and bike will not automatically be checked in for your flight to Penticton without clearing customs first.

Penalties

Specific penalties will be levied for infractions and/or misconduct. Such penalties will normally consist of time penalties assessed against the athlete at the end of each stage, with immediate disqualification occurring for major misconduct and/or infractions. The time penalties for Ultra Distance races consist of 6 minutes for the first (1st) infraction and 12 minutes for a second (2nd) infraction. The third (3rd) penalty equals disqualification from the event. The penalties are cumulative for all three days. The Event/Race Director has the authority, at any time, to overrule any rule or invent a new rule based on extenuating, unforeseen, and/or unusual circumstances and/or to maintain the integrity and fair play necessary for the successful completion, and continuation of the race. The Event/Race Director has ultimate authority in regard to all rules, their interpretation, and their enforcement. All entrants in the event/race and their support crews willingly acknowledge this fact, as well as all other race rules by attending the race in any capacity.

Personal Property

It is strongly suggested that all personal property be adequately and indelibly identified with the owner's name and event number prior to the start of Stage 1. Event officials assume no responsibility for the theft, loss, or destruction of any personal property of any athlete or support team member.

Planning

The absolute necessity of proper planning cannot be emphasized enough. In addition to making the necessary travel plans, it is crucial that each athlete properly informs, trains, organizes and prepares each team member. This includes providing them with copies of pertinent event information, and keeping them up to date on changes. Waiting to accomplish this the day before the event is not advisable. Plan to drive the entire land course before the start of the event. Athletes who are utilizing local residents as team members are urged to be in contact with them as early as possible to make sure all necessary arrangements, including automobiles, lodging, food, swim escort and craft are in place. No one will be

permitted to begin any stage without a complete team and the required equipment.

Pre-Event/Race Briefings

There are two (2) separate Event/Race briefings associated with this event, which must be attended, **by the Athlete and the Support Team Captain**. Other team members are encouraged to attend, and it is recommended that they do so. Athletes and crews must register before the start of the Pre-Event/Race sessions so they have the Event Manual available during the sessions for reference purposes.

1. Bike & Run & Crew Conduct Briefing – is held on the Thursday afternoon preceding the start of Stage 1. All aspects of the Bike course and Run course, Support Team Rules and Regulations and Conduct will be reviewed as needed for the event.
2. Swim Briefing – is held on the Friday Morning at the Prerace Breakfast and Race Briefing. This briefing is broken into two parts: (1) an overview of the Swim Course, rules and regulations, tips and traps to be aware of in the swim portion; (2) athletes and crews go to the swim start (at the beach) to review rescue procedures and the use of a kayak in an emergency situation. **It is highly recommended that your swim escort attend this session, especially if they are unfamiliar with kayak rescue.**

Prohibited Aid, Equipment & Substances

No athlete will be permitted to use fins, snorkels, paddles or any floatation device during the swim; likewise, no swim escort will be permitted to use any sail craft or motorized craft or any escort craft less than 10 feet in length. Athletes (and pacers during Stage 3) may not use any device that interferes with normal hearing or provides any independent means of forward motion. **No team may utilize more than one support vehicle.** No athlete or team member may use any illegal or otherwise banned substances at any time during the any portion of the event. The event is to be drug free throughout. See *Rules & Regulations* section for more detailed information on Prohibited Aid, Equipment & Substances.

Protests

The Team Captain will be the person responsible for submitting any official protest on behalf of the athlete or team member(s) as the result of misconduct by another athlete or team. Such protest must be in writing and filed within 30 minutes after finishing the stage in which the alleged incident occurred. Event Organizers will provide protest forms if required.

Race Manuals

You will be issued a segment of the Race Manual at monthly intervals starting in March of the Event year, which will contain important information to help you prepare for the event. In some cases they will contain important forms you will need to complete and return to the ULTRA520K Canada office or bring with you to registration.

Please share this information with your crew as many of the manuals will prove useful to them in looking after your needs. We do not distribute them all at once, therefore the following is a list of the Manuals and the month in which to expect them: March - Planning Lists; April - Medical & Insurance; May - Swim; June - Bike; July - Crew Manual.

Registration

Registration will begin on the Wednesday afternoon and continue on the Thursday morning preceding the start of Stage 1. All invitees wishing to participate **must** register in person during those times. **To pick-up registration material, each invitee is required to present photo identification, complete information about his/her team, including name, cell phone number as per these guidelines, medical insurance as per these guidelines and a signed individual Team Agreement for each team member, as well as the vehicle model/make/license number being used for the race.** Race materials will only be issued to those completing the registration process and only those individuals will be allowed to begin Stage 1.

Make your travel plans to include being available for Registration at the required times. **Late Registration is not permitted.** Failure to register will result in forfeit of the entry fee.

Safety

Safety is THE primary consideration for athletes and their support teams; and following the guidelines and regulations are required throughout the event. This event is extremely strenuous and requires tremendous individual endurance and stamina. The risk of accident, injury, sickness and even death, may be present throughout all three stages. Proper training, well maintained and appropriate equipment, good judgment, respect, common sense and courtesy will be crucial in making this a safe and successful event. If an emergency situation necessitates or causes a rule infraction, event organizers may make allowances in the interest of promoting safety.

Special Required Equipment

Athletes will be required to wear/utilize the following special equipment: official swim cap and event numbers as provided by the organizers, ANSI or SNELL approved hard shell helmet and swim escort craft, which must be non motorized and non sail which is a minimum 10 feet in length.

Starting Procedures

At two (2) minutes, one (1) minute and thirty (30) seconds prior to the start of each stage, announcements to that effect will be made. Ten (10) seconds prior to the start, a countdown will begin followed by a starting signal. Prompt starts are a tradition and will be adhered to. It is each athletes' responsibility to be ready to start at the designated times. No time allowance will be made for athletes not starting as scheduled.

Storage

Storage of athletes' event related equipment is the responsibility of each athlete and Team Captain. Provision for storage by event organizers before, during, or after the event will not be made, **except** in the case of swim escort craft. Organizers will do their best to handle the swim escort craft after the swim finish by transporting the craft to a storage area. The craft must be picked up as soon as possible following the event and the organizers assume no responsibility for any lost or missing items left with the craft. Instructions will be issued at the Prerace Briefing in regard to this item.

Sponsors

Without the monetary, product and service contributions of many individuals and businesses, the staging of this event would not be possible. Special thanks and appreciation are extended to each of them. Whenever the opportunity arises please show your appreciation and patronage.

Support Team

Due to the length and nature of the event, it is mandatory that a support team of at least two (2) adult persons and no more than four (4) adult persons, along with no more than one (1) vehicle/automobile, accompany each athlete throughout all stages of the event. No athlete will be allowed to participate without having a support team. Each athlete is responsible for securing, organizing, and training their support team. Each team member, including the swim escort, will be required to provide complete information, including name, contact phone number and a signed individual Team Agreement. In addition the team member who is designated Team Captain will act as the official spokesperson for the athlete and team and will be required to attend all pre-race briefing session (other members are encouraged to attend as well).

It is the responsibility of the athlete to cover all the expenses of the Support Team members unless otherwise previously agreed between them.

Land Crew

It is expected that most athletes will bring their own full team (2 adults) or partial team; in fact it is recommended that you do so. If it is not possible for you to bring your own full team, then the organization will do its best to provide a crew or additional crewmember. However, **do not rely on the organization** to be able to provide crews as we receive more requests than we are able to fulfill. The athlete will be responsible for any costs or expenses for the crewmember and arrangements for payment must be made prior to the start of the event between the Athlete and crewmember. The organization assumes no responsibility for any expenses incurred by any crewmember or athlete.

Swim Escort and Additional Support Team

One support team member may be the Swim Escort and also a member of the Land Support Team.

If it is not possible for the athlete to bring their own swim escort and/or support craft, then you will need to contact Hoodoo Adventures at bookings@hoodooadventures.ca They will be able to help with both a support craft as well as a paddler if required and while supplies last. They are a full service organization and will handle the delivery and pick-up of the kayak removing that worry from your event plan. You will need to make a decision on this part of your plan early as this is a busy time of year for Hoodoo and there are limits to their resources.

If an athlete needs help in securing a Support Team or additional Support Team Members, please contact the ULTRA520K Canada Race Office at (250) 809 - 1798 or by email: steve@ultra520kcanada.com

Support Vehicle

Each athlete must arrange for, or bring and pay for, one (1) automobile to be used as a team vehicle throughout the event. Such vehicle must be large enough to accommodate all equipment, team members, the Athlete, and all of their needs. For safety reasons, the use of campers, large vans and trucks is not recommended. No team may have more than one vehicle on the course at a time. NOTE: - Mini-vans are recommended.

Teamwork and Team Conduct

Although this event will be one of individual endurance, no one will be able to finish it without the cooperation inherent in good teamwork. Each support team will be required to provide for their athletes' needs and must not hinder or interfere with another athlete or team at any time. On the other hand, the underlying philosophy of this event is to encourage and promote the spirit of camaraderie with respect for all. Therefore, honesty, good judgment and sportsmanship are all integral parts of the event and will be expected of everyone at all times.

Without the Support Team no athlete will be able to compete or continue to compete in the event in the case of a Support Team abandoning the race. No Athlete or Support Team Member shall mistreat or abuse either physically, verbally or mentally anyone connected to the event. No Athlete is to ask any member of any Support Team to take any action that would contravene the Rules and Regulations, Guidelines, or the Spirit of Competition of ULTRA520K Canada; in doing so would lead to immediate disqualification and removal from the event.

Any Support Team Member or Athlete that feels they have a complaint against any individual is to bring their concerns to the Event/Race Director at the earliest possible opportunity so that it may be dealt with as quickly as possible. **Do not wait until the event is over.**

Trademark and Event Logos

The event name and logos are registered trademarks, which may not be used or reproduced in any manner **without prior written consent** from the Event/Race Director. Prohibited use or reproduction of the event name and logos includes, without limitation, printing team shirts or other garments, banners and signs that include the use or reproduction of the event name or logos. **At the sole and unfettered discretion of the Event/Race Director, a Single Use License Agreement and Fee and may be issued to an Athlete requesting consent to use the logo.** Athletes using or reproducing the logo without authorization will be charged a fee of one thousand dollar (\$1,000 US) upon the Event/Race Director recognizing or being made aware of unauthorized use of the logo. All Athletes agree that any credit card on file with the Event/Race Director may be charged the said fee without any further authorization or direction.

Selected sponsor logos, may be required to be worn /or displayed by the Athlete and team members during certain portions of the event. Notification of such requirements, if any, will be made as part of the registration process. Athletes may make copies of pertinent written materials in connection with preparations for the event; however, such copies are for personal use only and may only be distributed to bona fide team members who may not reproduce them in any manner thereafter.

Travel and Accommodations

All travel arrangements – air, ground, hotel accommodations and meals are the responsibility of each athlete. It is important that plans for travel and accommodation be made well in advance of arrival in Penticton. As the event takes place over the British Columbia Day long weekend, bookings and vehicle rentals must be made well in advance due to the busy holiday weekend. Accommodations in Princeton (end of Day 2) will also have to be booked well in advance as the same situation applies.

A listing of suggested and sponsor accommodations for Penticton and Princeton will be sent with the Invitation Kit.

Unused Items and Extras

There **will not** be any credits given for unused meals, massages or other items included in the entry fee. You may order additional meal bracelets, massages, crew shirts, swim escort, escort craft, etc. with the on-line *Athlete's Order* document. Please note that when purchasing meal bracelets, you will be purchasing one meal for each of the Pre-race Breakfast, Princeton Breakfast, and Awards Banquet. These meals will not be sold separately.