

RACE THE WOLF  
FINAL ATHLETE INSTRUCTIONS  
RACE WEEKEND JUNE 25 and 26, 2022

Okay WOLF PACK, its GO TIME!

From the RD's;

To all who RACE THE WOLF,

On race day, some of us will be out to race for the win. Some will be out to set a PR, place in an age group, or finish their first trail race in the 8k, Sky Climb, 26k, or 52k. Some of us will attack the course, while some will approach it with cautious reserve. A number of us will face race day with a plan to just finish by running, walking, hiking, or crawling. No matter what your race day goal is, you will all take home a special trophy as you cross your finish line. It's not a trophy you can touch, it's a trophy you will hold deep inside, a trophy that is crafted of vision, determination, hard work, sacrifice, some pain, and maybe a few tears. It's a trophy polished by the mountains with every stride as you seek your finish line. It's a trophy that only you can see, but it's a trophy that will never rust, never be lost, and it is all yours. And, it will be a trophy that stays with you all your days ahead to remind you that YOU have vision, YOU have strength, YOU have determination, and YOU can face the next challenge. Make it a great race day, welcome to THE PACK, and see you at the finish line!

Mike and Ken

FOR YOUR SAFETY AND SUCCESS AND SO YOU DO NOT GET LOST- PLEASE READ ALL INSTRUCTIONS!  
THIS FINAL INSTRUCTION EMAIL HAS UPDATED TIMES AND INFO AND IS THE OFFICAL FINAL REVISION.

COURSE UPDATE

The big course update we have all been waiting for.... There is some snow in them there hills! From yesterday's most current course survey we are making one course modification, here are the details.

8k, Sky Climb, and 26k. Courses have no changes. The 26k will experience a few small sections of snow patches on or near the course. These are small areas and will be perfect if you need to throw some snow in your cap to cool off!

52k- due to deep snow on the higher elevations of the mountain, we cannot access trails west of the village. THE 52k COURSE ONLY WILL HAVE A REVISION TO THE PUBLISHED MAP. The 52k course will now run TWO loops of the same course as the 26k, but it will NOT make a second lap up the steep climb from Colburn Lake. If you want to get a visual of this, look at the 26k map. (this is actually the 52k course from 2019 without the second lakeside chute climb.) The revised course distance is the same. The revised course vertical is very close approximately 180' less than the original published course. 52k start time is now at 8:00AM WITH the 26k. MAKE SURE TO READ ABOUT THE COURSE DIRECTIONS BELOW.

## REGISTRATION

Online Registration is open until 30 minutes before each race at [racethewolf.com](http://racethewolf.com)

## DISTANCE CHANGE

You can drop a distance by logging back into your run signup account, we are not able to check email after Wednesday June 22, we are building our courses on the hill. Last chance to change is at registration, you can request a change form. NOTE: 52k runners only- your course is two laps of the same loop and you will cross back through the start/finish line. IF YOU ARE RUNNING THE 52k and you completed lap ONE and want to drop from the 52k to the 26k for any reason, we will transfer you to the 26k so you will not DNF and be given a 26k course time. If you elect to do this you are not eligible for overall or age group awards, but you will have an official finish time as a 26k finisher.

## RACE WEEKEND SCHEDULE

### SATURDAY JUNE 25

Athlete Check-In 8k and Sky Climb ONLY	9:00-11:00 AM
8k Start	11:00 AM Pre-race brief at 10:45 AM
Sky climb, 26k, 52k athlete check-in	1:00-3:00 PM
Sky Climb Start	3:00 PM Pre-race brief at 2:45 PM
Courses Closed/Last Lift Ride Down	5:45 PM

### SUNDAY JUNE 26

Athlete Check-In 26k and 52k	6:15 AM- 7:45 AM
Mandatory Pre-Race Instruction Brief	7:45 AM
26k and 52k Start	8:00 AM
Chairlift to Sky House Open	8:00 AM
52k/26k Participant Food/Beer Open	11:30 AM-6:00 PM
52k/26k Cut Off Time at Sky House	4:00 PM
Last Lift Ride Down from Sky House	5:45 PM
Courses Closed	6:00 PM

## TIMING, RESULTS, AWARDS, TRACKING

### TIMING

All races are chip timed. MAKE SURE TO FOLLOW THE THREE RULES OF CHIP TIMING

- Keep your bib with the chip on the front of you
- DO NOT cover your chip with clothing or packs, it must be exposed
  - MAKE SURE TO CROSS ALL MATS

You work hard to run, we work hard to time your race, make sure to do these so you get your time and results.

### RESULTS

- Will be posted at the results Kiosk at the finish line and online. Check your results when you finish. Results are final when podium begins.

### AWARDS

Sky Climb and 8k 1<sup>st</sup>-3<sup>rd</sup> Overall M/F

26k and 52k 1<sup>st</sup>-3<sup>rd</sup> Overall M/F- podium for overall top three will be conducted as soon as the top three finish, please stay near the finish line and we will announce these.

26k and 52k Age Group 10 year divisions. Check your results when you finish at the Kiosk, if you placed 1,2,3 in your division, pick up your according AG award at the Kiosk when you check your results.

PLEASE CHECK YOUR RESULTS. We have cool stuff for you, but we will not mail it.

### TRACKING

Your family and friends can watch your progress in the 26k and 52k if you signed up for this during the registration process.

Tracking is provided at the top of the Great Escape lift by the Sky House and will indicate athlete time at that point. Tracking will also indicate if a 52k runner has started lap 2. It is not GPS continual tracking.

### SPECTATING

8k- Best spot is at the start finish line.

Sky Climb. – at the start, then ride the lift for views along the way. At the top of the lift near the Sky House Finish.

26k/52k – at the start/finish line. Best place to spectate is to ride the lift to the Sky House. Athletes pass through this zone twice. TIP: carry your phone, if you have folks waiting to watch you on your epic race day, send them a quick text or call them with your progress. If they are waiting at Sky House for you, send a text after you pass Big Blue Ridge at the T-BAR. You are a little over a mile out from Sky House and the top of the lift. Spectators can enjoy food, drinks, and great views at Sky House!

**PARKING-** See maps on [racethewolf.com](http://racethewolf.com) or [Schweitzer.com](http://Schweitzer.com). Fall Line will be open if we fill up Gateway. Go to Gateway Parking Lot first, we typically fit everyone in!

**CAMPING/LODGING** – Camping is located at the FIRESTATION. As you travel up the mountain road you will pass through a turn circle/ roundabout with a large SCHWEITZER sign. Take the left and park across from the fire station. RVS ONLY. Self-enclosed trailers, 5<sup>th</sup> weels, vans, motorhomes, tent trailers all okay. NO TENTS. Schweitzer has rooms available at the Selkirk Lodge and new Humbird. Central reservations at [Schweitzer.com](http://Schweitzer.com) There are a few left!

**ATHLETE CHECK IN** – Is located in the main village right by the big clock tower. From parking or your room just head to the main village, you won't miss it. **FIRST TIME ATHLETES NOTE:** Lines at race check in are common and it will take a few minutes. Please arrive a little early. **YOU WILL NEED TO SIGN A RELEASE LIABILITY WAIVER. YOU CAN PICK ONE UP AT CHECK IN –OR TO SAVE TIME AND GET THROUGH THE LINE MUCH QUICKER- PRINT THE ATTACHED WAIVER OFF, SIGN IT AND BRING IT WITH YOU READY TO HAND IN AT CHECK IN.**

**SHIRTS-** Shirts are given out at athlete check in if you signed up before the late registration shirt cut-off date. We have good inventory but to ensure we get the right size to those who ordered them, if you registered after the shirt cutoff date you can pick up your shirt after the race. We cannot exchange sizes until after the race.

**DROP BAGS** – 52k ONLY - There will be a drop bag zone for those wanting to use it. It is located just past the start finish line. You can place clothes/food/personal items etc. in a bag and it will stay at that location for you on lap two. It is your half way point.

**52k ONLY DISTANCE DROP-** If you feel that lap two after lap one is just too much, you may drop down to the 26k distance and get an official time. **TO DO THIS YOU MUST INFORM TIMING AT THE FINISH LINE** when you complete lap 1. This gives you the option to not drop the whole race and avoid a DNF. You will get an official 26k time and finish. The option will remove you from competitive results for awards, but still be an official finisher.

**LEAVING OR DROPPING** – PLEASE, DO NOT JUST LEAVE THE RACE!!!! If you need to drop on the course you need to do this only at the AID STATION BY SKY HOUSE or at TIMING AT THE START/FINISH LINE ONLY. YOU MUST CHECK OUT WITH AN OFFICIAL. They will have a clipboard to clear you to ride the lift back down. We track athletes to ensure everyone is off the course. Just leaving after starting will cause a large team of people to be searching for you in the backcountry. And yes, you will become “that guy”!!

## COURSE MARKINGS AND DIRECTIONS

Maps are posted at [racethewolf.com](http://racethewolf.com) for reference, but the exact final race day course is always what is marked. The official course is set just prior to the race. It is extremely well marked with directional signs and the very most important thing, THE OFFICIAL RACE FLAGGING TAPE IS YELLOW WITH RED POLKA DOTS. If you leave the starting line and do one thing –FOLLOW YELLOW AND RED POLKA DOT FLAGGING TAPE, it will lead you around the entire course and bring you back to the finish. All intersections are heavy marked, and long stretches will have confidence ribbons on them. IF you go more than a half mile without seeing this tape you are off course. Always go back to where you last saw tape and continue on the course. Again, it is heavily marked, just follow the tape, follow the tape, follow the tape. It's that easy! There will be flaggers to direct you at the Sky House intersection, please seek them out and follow direction. NEW TRAIL RACERS- This is not a road marathon with fenced off streets, it is the athletes responsibility to pay attention at all key intersections and crossings. Don't run through with your head down, look around at every intersection and it will be clearly marked with tape, or with race crew at several critical intersections.

## AID STATIONS and HYDRATION REQUIREMENTS

Sky Climb- none, water at the top at the finish. Pack water as needed.

8k (5mile) at the turn point about half-way. Water station and cups.

26k – At the Outback Lodge mile marker 7, The top by the Sky House mile marker 9.5, At the top by Sky House after climbing Lake Side Chutes before the decent down to finish at mile marker 12. 52k repeats the loop twice.

52K Only – At your half way point when you cross the start line to begin lap two. It will be at the drop bag zone about 150 yards past the start line. Keep following the course and you go right by it

52k and 26k aid will have water, Tailwind, trail race snacks like chips, pbj's, candies, and coke.

ALL 52k and 26k athletes are REQUIRED TO HAVE HYDRATION ON THEM. A minimum of 24 fl. Oz. Hydration pack, soft bottles, hand-teens, hard bottles, disposable battle in your hand, an old farm mik bucket... it doesn't matter just pack some water!

TIP FOR FIRST TIME ENDURANCE ATHLETES- WATER, WATER, and then more WATER! Start hydrating ahead of race time and keep sipping through the race. Many race failures have occurred from athletes thinking they are all good. Once you get dehydrated it is hard to get back, get ahead of the water and stay on it. That is a good lead in for the next title...

## BATHROOMS

Porta pots and toilets by the horse corral for all courses, 150 yards north of the start/finish line. No others on the Sky Climb or 8k course. 52/26k also at the Outback Lodge and Sky House.

## WEATHER and SAFETY and WILDLIFE oh my!

NOAA says at mountain elevation, BOTH race days are forecasted to be mostly clear, sunny, and a morning temperature in the 40's warming up to the 60's. It is the athlete's responsibility to check an updated forecast and be prepared. Dress for the day. A TIP- The sun is stronger in the Alpine and you

will have many exposed alpine parts of the trail. Caps, glasses, and SUNBLOCK will be important if the forecast is right. Be prepared for changing conditions.

SAFETY – IF YOU THINK YOU ARE LOST AND OFF COURSE. GO BACK TO THE LAST POINT YOU KNOW YOU WERE ON COURSE. CARRY YOUR PHONE! BESIDES TAKING HOME COOL PICS, MUCH OF THE HILL IS IN SERVICE. IF YOU NEED EMERGENCY HELP OR SEE A MEDICAL NEED CALL PATROL 208-263-9555

WILDLIFE – the mountain is home to deer, moose, bears, and many small critters. Hopefully you will get to see some of them. The standard practice when encounter wildlife is to give the animal space, talk calmly to let it know you are there and continue on your course after it walks off the trail. Do not intentionally approach wildlife. Many of these animals are used to seeing people and may look tame, but they are wild animals and need to be respected for their space.

#### SPECTATOR AND FAMILY FOOD

Friends and family are welcome to purchase the same food as our athletes are served at the finish line. There are also numerous opportunities for great food, ice cream, treat, and drinks in the village. The Sky House will be open during normal posted hours and has excellent lunch options, snacks, beverages, a full bar, and the best views of the surrounding mountains. Spectators can sit on the deck while they wait for you to come by, and will have plenty of time to ride the lift back down to the village for your finish.

#### GO ALPHA!!

What is an ALPHA? Our ALPHA finishers are athletes who complete any two races. (Ya kinda hard to do the 26k and 52k at the same time) BUT, do the 8k as a warm up jog, combine the Sky Climb and 8k on Saturday, and you are an ALPHA finisher! Finish the ALPHA and go home with a really cool stainless steel trophy pint glass!