



**BEAR IN MIND
RUNNING**

SEPTEMBER 23, 24, 2022

STOKELY CREEK LODGE
194 PICKARD ROAD
GOULAIS RIVER, ON

- 1 PREPARE FOR RACE DAY
SOCIAL MEDIA
- 2 PACKET / DROPS
PARKING / PACERS
- 3 SHUTTLE SCHEDULE
RUNNER CHECK IN
- 4 SHUTTLE STOPS
MAP
- 5 DO'S & DO NOT'S
UTSC SCREEN CAP
- 6 DON'T PANIC!
RACE WEEKEND
- 7 AID STATIONS
DIRECTIONS
EMERGENCY CONTACTS
AREA AMENITIES
- 8 UTSC / BEAR MERCH
- 9 THE KING'S MOUNTAIN
LAGER

ULTRA TRAIL STOKELY CREEK

YOU LOOK FAMILIAR 😊

DEPENDING ON YOUR DISTANCE, THERE ARE MANY THINGS TO KEEP IN MIND WHEN PREPARING FOR RACE DAY

WEATHER

SEPTEMBER IS ALWAYS A MIXED BAG FOR WEATHER UP HERE IN NORTHERN ONTARIO. IT COULD BE A BEAUTIFUL WARM AND SUNNY FALL DAY, BUT IT COULD ALSO RAIN, SLEET, OR SNOW. WEATHER CAN CHANGE ON A DIME. WEATHER WILL BE MONITORED, AND RACERS ADVISED IF RACE START TIMES WILL BE DELAYED FOR THUNDER/LIGHTNING ONLY. OTHERWISE, THE SHOW MUST GO ON! 170KM RUNNERS START AT 10AM ON FRIDAY AND WILL BE IN THE DARK FOR A LOT OF THEIR RUN, BE SURE TO HAVE EXTRA BATTERIES FOR YOUR HEADLAMP IN YOUR VEST OR DROP BAGS!

EQUIPMENT

HEADLAMPS FOR LONG-DISTANCE RUNNERS STARTING BEFORE SUNRISE AND CHASING DAYLIGHT.

DROP BAGS (DESIGNATED) FOR LONG DISTANCE RUNNERS WANTING ACCESS TO WHATEVER MIGHT BE NEEDED DURING THE RACE, I.E., CHANGE OF CLOTHES.

RACE BIB MUST BE VISIBLE FOR CHECK IN WITH ALL STAFFED AID STATION ATTENDANTS TO KEEP TRACK OF EACH OF OUR RUNNERS.



1 LITRE OF WATER IN A REFILLABLE CONTAINER ON THE RUNNERS IN 34, 56, 85 AND 170KM DISTANCES (WATER BOTTLE, HYDRATION VEST, ETC.)

HEADPHONES ARE DISCOURAGED FOR SAFETY REASONS.

SOCIAL MEDIA MENTIONS & HASHTAGGING!!

- 📍UTSTOKELYCREEK
- 📍BEARINMINDRUNNING
- 📍STOKELYCREEKLODGE
- 📍SAULT.STE.MARIE
- 📍ALGOMAHIGHLANDSCONSERVANCY

- #WERUNTHEFALL
- #YEARTHREE
- #THEU
- #GETSTOKED
- #GIVERGIVERGOULAISRIVER
- #IRUNALGOMA
- #ULTRATRAIL
- #TRAILRACE
- #CANADIANTRAIL
- #UTMBINDEX
- #THEBIGSTOMP

PLEASE PRINT YOUR MAP AND DOWNLOAD
TO YOUR PHONE!!

PACKET PICKUP

OUTSPOKEN BREWERY SEPT 22/23 -12PM-7PM
STOKELY CREEK LODGE – PARKING LOT SEPT 24 – 2AM-12PM

170KM / 85KM PACERS

MUST REGISTER THEIR PACER AT ONE OF THE OUTSPOKEN PACKET PICKUPS
AVAILABLE TO RUNNERS IN THE 85K AFTER THEIR 2ND CLIFFS LOOP (KM 57)
AVAILABLE TO RUNNERS IN THE 170K AFTER THEIR 4TH CLIFFS LOOP (KM 142)

DROP BAGS @ OUTSPOKEN PACKET PICKUP

34K ONE DROP FOR ROBERTSON CLIFFS
56K / 85K YOU CAN LEAVE ONE DROP BAG FOR HAKON & CLIFFS.
170K ONE DROP BAG AT DAY SKIER CABIN (S/F), HAKON AND ONE AT CLIFFS.
170KM RUNNERS **MUST** DROP THEIR BAGS SEPT 22 AT OUTSPOKEN.

PARKING INFO

MAIN STOKELY PARKING LOT - 170KM / 85KM + CREW, 56KM ONLY
194 PICKARD ROAD GOULAIS RIVER, ON

MOTHER OF GOD CHURCH (1.6KM) FROM RACE – 17KM ONLY
303 OLD HWY 17, GOULAIS RIVER, ON

MOUNTAIN VIEW SCHOOL (2.3 KM) FROM RACE – 34KM, 5KM, SPECTATORS
RR#1 MAHLER ROAD, GOULAIS RIVER, ON

SHUTTLE SERVICE FOR LOTS

WE WILL BE RUNNING SHUTTLES FROM EACH LOT BEGINNING AT 7AM ON
SATURDAY AND LAST TRIP BACK TO VEHICLES IS 5PM.
OR A BRISK WARMUP WALK TO THE START LINE MIGHT BE PREFERABLE TO
SOME RUNNERS.
SHOULD YOU FINISH AFTER 5PM, THERE WILL BE UTSC CREW AVAILABLE TO
DRIVE YOU BACK TO YOUR VEHICLE.

WITH LIMITED PARKING CARPOOLING IS STRONGLY ENCOURAGED
5k, 17km, 34km CREW CAN DROP RUNNERS OFF BUT MUST PARK IN
DESIGNATED LOT AND USE SHUTTLE BUS

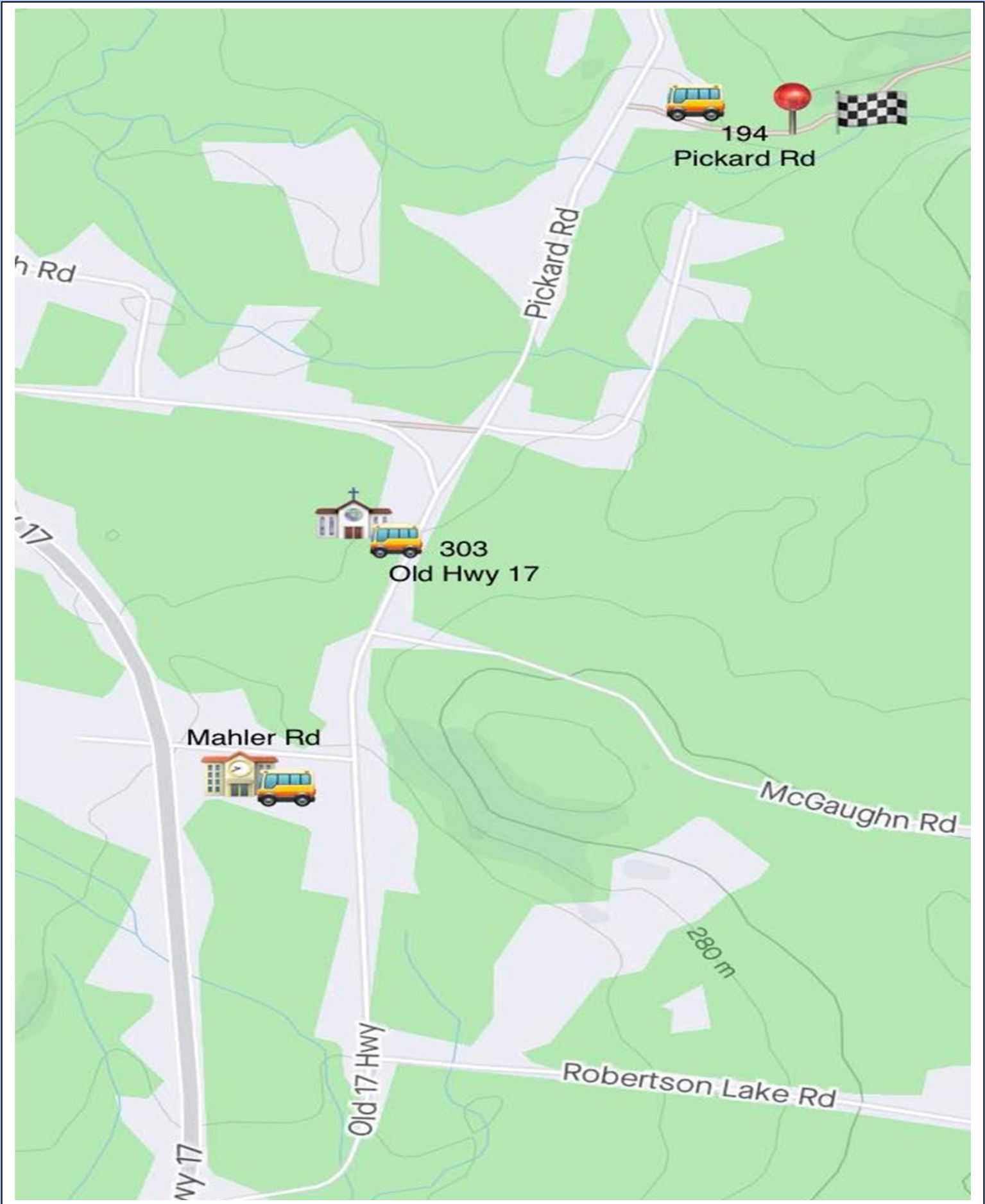
PARKING and SHUTTLE SERVICES

PARKING LOTS		
Mountain View School	Mother of God Church	Stokely Creek Lodge
<i>RR1 Mahler Rd, Goulais River</i>	<i>303 Old Hwy 17, Goulais River</i>	<i>194 Pickard Rd, Goulais River</i>
34km Runners 5km Runners Spectators	17km Runners	170km Runners + Crew 85km Runners 56km Runners Volunteers

SHUTTLE SCHEDULE (Departures)

Mountain View School	Mother of God Church	Stokely Creek Lodge
7:00am	-	7:05am
7:20am	-	7:25am
7:40am	-	7:45am
8:00am	-	8:05am
8:20am	-	8:25am
8:40am	-	8:45am
9:00am	-	9:05am
9:20am	-	9:25am
9:40am	-	10:00am
-	10:20am	10:25am
-	10:40am	10:45am
-	11:00am	11:05am
11:20am	11:40am	11:45am
12:00pm	12:20pm	1:00pm
1:20pm	-	2:00pm
2:20pm	-	3:00pm
3:20pm	-	4:00pm
4:20pm	-	5:00pm

ALL RUNNERS MUST CHECK IN WITH RACE STAFF IN THE SHOE FITS TENT AT THE STOKELY CREEK LODGE PARKING LOT. WE NEED TO KNOW IF YOU ARE STARTING THE RACE!



THE DO'S & DO NOT'S

DO: STAY TO THE RIGHT AND PASS ON THE LEFT! THERE ARE MANY AREAS WHERE THERE ARE SINGLE TRACK. THERE ARE ALSO AREAS WHERE RUNNERS MIGHT BE CROSSING PATHS WITH OTHERS WHO HAVE ALREADY BEEN OUT ON THE TRAIL FOR HOURS. THERE WILL BE TRAIL WHERE THERE IS TWO-WAY TRAFFIC. DO NOT QUESTION YOUR DIRECTIONS. YOU ARE FINE!

DO: BE AWARE THERE ARE A FEW SECTIONS OF TRAIL THAT LEAD ONTO THE ROAD AND STAY ON THE ROAD – MAINLY ROBERTSON CLIFF'S AREA. BE AWARE OF TRAFFIC!

DO: PLAN TO GIVE YOURSELF PLENTY OF TIME TO ARRIVE.

DO: LET US KNOW IF YOU HAVE ANY ALLERGIES OR MEDICAL CONDITIONS THAT WE SHOULD BE AWARE OF.

DO: LET US KNOW IF YOU ARE UNABLE TO MAKE IT ON RACE DAY, ESPECIALLY IF YOU HAVE ALREADY CHECKED IN AND PICKED UP YOUR RACE PACKET.

DO NOT: DO NOT LITTER! THIS IS A WASTE FREE EVENT. KEEP ALL YOUR GARBAGE WITH YOU UNTIL YOU MAKE IT TO AN AID STATION. THERE IS ACCESS TO OUTHOUSES AND AID STATIONS THROUGHOUT THE RACE AND ARE LOCATED ON THE MAPS.

PACK A FEW ISSUE TISSUES, JUST IN CASE 😊

DO NOT: FORGET TO REVIEW YOUR SWAG BAG FOR IMPORTANT RACE DAY ESSENTIALS LIKE YOUR RACE BIB, BEAR BELLS AND WHISTLE! PLEASE DOWNLOAD RACE MAP TO YOUR PHONE PRIOR TO START!

DON'T LOSE YOUR
PHONE ON TRAIL!
SCREEN CAP THE UTSC
LOCK SCREEN ON
INSTAGRAM

@UTSTOKELYCREEK



DON'T PANIC!!

WHAT DO I DO IF I INJURE MYSELF DURING THE RACE?

SAULT SEARCH & RESCUE WILL BE ON SITE AND MOBILE. IF YOU CAN CONTINUE, MAKE YOUR WAY TO THE NEAREST AID STATION. MANY OF THE VOLUNTEERS HAVE ACCESS TO WALKIE TALKIES AND CAN RADIO FOR ASSISTANCE. CONTACT NUMBERS ARE LOCATED ON PAGE 7 OF THIS GUIDE. PLEASE BE A GOOD FELLOW RUNNER AND DO NOT LEAVE INJURED RUNNERS UNATTENDED OR OFFER TO SEND ASSISTANCE!

WHAT DO I DO IF I THINK I AM LOST?

WE CANNOT STRESS ENOUGH TO STUDY YOUR MAPS, CARRY THE MAP ON YOU DURING THE RACE AND REVIEW THE UTSC SIGNAGE INFORMATION. WE ARE NOT GOING TO LIE; THERE ARE A LOT OF PLACES TO TAKE A WRONG TURN. PLEASE PAY ATTENTION AT INTERSECTIONS WHEN THERE ARE OPTIONS TO TURN. THERE ARE SWEEPERS ON BIKES AND ON ATVS OUT ON THE TRAILS. REMEMBER TO CHECK IN AT ALL STAFFED AID STATIONS WITH YOUR BIB NUMBER, SO THAT WAY IF YOU DO GET TURNED AROUND, WE KNOW WHERE YOU WERE LAST. READ THE MAPS AND IF YOU ARE STILL DISORIENTED, PLEASE STAY PUT AND BLOW YOUR WHISTLE TILL WE FIND YOU!

WHAT DO I DO IF I DO NOT WANT TO CONTINUE THE RACE?

FIRSTLY, CONSIDER HOW FAR YOU HAVE ALREADY GONE – ARE YOU ALMOST TO THE TOP OF A HILL? ARE YOU CLOSE TO AN AID STATION? WE BELIEVE YOU HAVE THE MENTAL AND PHYSICAL POWER TO MAKE IT THROUGH! SOMETIMES WHEN YOU ARE IN A RACE YOU MUST GO DEEP WITHIN YOURSELF TO CONTINUE ON. THERE ARE HOWEVER SOME PLACES DURING THE RACE WHERE YOU WILL STILL HAVE TO KEEP GOING WHETHER YOU WANT TO OR NOT. IT IS OKAY TO WALK – KEEP MOVING – YOU'VE GOT THIS ☺ IF YOU ARE CERTAIN, YOU CANNOT CONTINUE ANY FURTHER, PLEASE LET SOMEONE AT AN AID STATION KNOW, OR ONE OF THE MOBILE VOLUNTEERS.

170KM 1ST CUT OFF (EVAS) – 1:30AM SATURDAY / 2AM LAP 1
2ND CUT OFF (EVAS) – 5:30 PM SATURDAY / 6PM LAP 2 (FINISH)
85KM FINISH LINE CUT OFF – 5:30 PM EVA'S / 6PM FINISH - SATURDAY
56KM FINISH LINE CUT OFF – 6 PM SATURDAY
34KM FINISH LINE CUT OFF – 6 PM SATURDAY

ANYONE WHO DOES NOT MEET THEIR CUT-OFF TIME WILL BE OFFICIALLY A DNF AND BE ASKED TO TAKE THE EASY ROUTE BACK TO FINISH LINE.

WHAT DO I DO IF I SEE A BEAR?

DO NOT RUN. MAKE LOTS OF NOISE. MAKE YOURSELF AS BIG AS POSSIBLE. KICK DIRT. USE YOUR WHISTLE. IT WILL RUN AWAY. GIVE IT A MINUTE BEFORE YOU PROCEED.

PLEASE KEEP IN MIND THERE ARE SOME AREAS ON THE NORTHWEST PORTION OF THE MAPS THAT MIGHT NOT HAVE CELL SERVICE

AGAIN...

PRINT YOUR MAP!

RACE WEEKEND

SEPTEMBER 22, 2021
OUTSPOKEN BREWERY
350 QUEEN ST. E
SAULT STE. MARIE, ON

12:00pm-7:00 pm
Race Packet Pickup
170, 85, 56, 34k Drop Bags

SEPTEMBER 23, 2021
OUTSPOKEN BREWERY
350 QUEEN ST. E
SAULT STE. MARIE, ON

12:00pm-7:00 pm
Race Packet Pickup
85, 56, 34k Drop Bags

VISIT THE SOO'S PREMIERE CRAFT BREWERY FOR YOUR RACE PACKET PICKUP THURSDAY OR FRIDAY AND GRAB A PINT OF OUR CITY'S FINEST BREW! DON'T FORGET TO POSE WITH YOUR RACE BIB FOR A SELFIE!

SEPTEMBER 23/24, 2022
ULTRA TRAIL STOKELY CREEK

=====
***RACE BRIEFINGS 15 MINUTES PRIOR
TO EACH RACE AT START LINE***
=====

FRIDAY, SEPT 23, 2022

10:00 am
Start for 170 km

=====
SATURDAY, SEPT 24, 2022

3:00 am
Start for 85 km

6:00 am
Start for the 56 km

9:00 am
Start for 34 km

10:00 am
Start for 5 km

1:00 pm
Start for 17 km
=====

AID STATIONS

AID STATIONS GIVE RUNNERS A CHANCE TO REFILL, REFUEL AND RECHARGE. WE HAVE THREE STYLES OF AID STATIONS ON COURSE FOR UTSC 2022.

WATER ONLY: WATER STOP

BASIC SERVICE: WATER, GELS, AND ONE TYPE OF FRUIT.

FULL SERVICE: BASIC SERVICE AMENITIES PLUS ELECTROLYTES, SODA, A VARIETY OF FRUITS, SANDWICHES, BROTH (CLIFFS), AND SNACKS.

****** ACCESSIBLE BY ROAD FOR SUPPORT CREW (FAMILY/FRIENDS) TO MEET AND ASSIST RUNNER DURING THE RACE.**

LAND O' LURCH – WATER ONLY
85, 170 KM

WHEELER WAY – BASIC (STAFFED)
56, 85, 170 KM

PETERSEN – BASIC SERVICE (STAFFED)
85, 170 KM

NORM'S CABIN – FULL SERVICE (STAFFED)
85, 170 KM

HAKON – FULL SERVICE (STAFFED)
34, 56, 85, 170 KM

CHUCK'S TRUCK – BASIC (STAFFED)
34, 56, 85, 170 KM

THE CLIFFS – FULL SERVICE (STAFFED)
34, 56, 85, 170 KM ****

BUTTERMILK – WATER ONLY
56, 85, 170 KM ****

MCGUFFIN MANOR – BASIC (STAFFED)
56, 85, 170 KM ****

KING MOUNTAIN – FULL SERVICE (STAFFED)
17, 34, 56, 85, 170 KM

EVA'S WAY – BASIC (STAFFED)
5, 17, 34, 56, 85, 170 KM

SIGN POST 9 – WATER ONLY (STAFFED)
17, 85, 170KM

FINISH LINE – FULL SERVICE (STAFFED)
5, 17, 34, 56, 85, 170 KM

STOKELY CREEK LODGE

GOULAIS RIVER, ONTARIO

DIRECTIONS FROM SAULT STE. MARIE.

APPROXIMATELY 35 KM NORTH.

TAKE HWY 17 NORTH TURN RIGHT ON OLD-HWY 17.

STAY RIGHT WHEN OLD-HWY 17 MERGES WITH PICKARD ROAD (MAILBOXES AND STOKELY SIGN AT MERGE).

RIGHT - STOKELY CREEK 194 PICKARD ROAD

PARKING: PARKING IS AVAILABLE AT STOKELY FOR OVERNIGHT GUESTS, 170K (PLUS CREW), 85K, 56K RUNNERS. 34K, 5K, RUNNERS AND SPECTATORS ARE AT MOUNTAINVIEW SCHOOL AND 17K ARE AT MOTHER OF GOD CHURCH. PLEASE USE THE SHUTTLE BUS NOTED EARLIER.

CONSULT WITH OUR FRIENDLY PARKING LOT VOLUNTEERS WHEN YOU ARRIVE ABOUT LOT ASSIGNMENTS IF YOU HAVE QUESTIONS.

CHECK IN: AS YOU ARRIVE BE SURE TO SIGN IN WITH OUR PARKING LOT TEAM BEFORE PASSING THROUGH THE HALLOWED GATES OF STOKELY.

GOULAIS RIVER AMENITIES

CARMINE'S PIZZA & SUBS/
NORTHWINDS RESTAURANT/
ZONE ROADHOUSE
2771 HWY 17 NORTH - (705) 649-0345

GOULAIS RIVER COUNTRY
STORE (GAS)
2771 HIGHWAY 17 NORTH - (705) 649-3811

HAVILLAND SHORES KITCHEN &
BAR / MACAULEYS MOTEL
5235 HWY 17 NORTH ANDERSON
ROAD - (705) 541-8139

LCBO - (BEERS, WINE, SPIRITS)
3040 HWY 17 NORTH - (705) 649-2254

TIMBERLAND GENERAL STORE
(GAS)
3030 HWY 17 NORTH - (705) 649-3200



**STOKELY CREEK LODGE
WILL HAVE THE BAR OPEN
ON FRIDAY / SATURDAY
FROM 12PM-8PM FOR YOUR
ENJOYMENT!**

EMERGENCY CONTACTS

DAVE ROWLINSON - LEAD RESCUE - SSAR - 705-943-1897
GRANT ROBINSON - LOGISTICS 705-257-9561
NICK BRASH - RACE DIRECTOR - 705-987-1004
KIM KEINHOFER - STOKELY CREEK LODGE - 705-297-4010
ANNA LIISA KLOCKARS - KING MOUNTAIN - 705-992-8984
MITCHELL WOOD - ROBERTSON CLIFFS - 705-971-8337
CODY WHEELER - HAKON LIEN - 613-483-7408
KATIE BABCOCK - NORMS CABIN - 705-971-9414
JOANIE MCGUFFIN - MCGUFFIN MANOR - 705-975-0631
JAN MCKAY - EVA'S AID - 705-542-9818
MERV MELLON - WHEELER WAY - 705-254-8528
MARLENE O'LANEY - AID STATION S/F LINE - 705-971-7534

ULTRA TRAIL STOKELY CREEK MERCHANDISE

MERCH TENT WILL BE OPEN FROM 8AM-6PM SATURDAY SEPT 24, 2022, AT START LINE

WE ACCEPT CASH OR E-TRANSFER TO
NICK@BEARINMINDRUNNING.COM

UTSC TRUCKER CAP \$35.00



BEAR IN MIND RUNNING
TRUCKER CAP \$35.00



BEAR IN MIND RUNNING
TOQUE \$35.00



BEAR IN MIND RUNNING
HOODIE \$100.00



HAND CRAFTED LIMITED
EDITION UTSC MUG \$50.00



WE APPRECIATE EVERYONE WHO HAS ALREADY PURCHASED MERCHANDISE AND WEARING IT PROUDLY ON THE TRAILS, OUT AND ABOUT AND OF COURSE ALL-OVER SOCIAL MEDIA.

THE KING'S MOUNTAIN LAGER

OutSpoken
BY  BREWING

OFFICIAL BEER OF ULTRA TRAIL STOKLEY CREEK
LAUNCHING JUST IN TIME FOR RACE WEEK

GET SOME WHILE YOU.....CAN

THE KING ONLY COMES ONCE A YEAR!



[CLICK HERE FOR MORE NATURALLY ILLUSTRATED!](#)
KONRAD WILL BE ON SITE SATURDAY SEPT 23, 2022, WITH
ORIGINAL WORKS AND LIMITED-EDITION PRINTS FOR SALE