



Tsuut'ina Weekend Trail Run Information Package



WELCOME

To the 2nd annual 'Tsuut'ina Weekend trail Run' The vision of the Tsuut'tina Trail is to promote healthy lifestyles through physical activity and bring communities together

This weekend will feature two events; **Friday, October 1, 2021** is a community Family trail run that will be for parents and their children from Tsuut'ina Nation. It will be a 2.5 km trail run beginning at 2pm

The **feature** event will take place on **Saturday, October 2, 2021** and will cover over 13ish km of single-track trails with some gravel, plenty of varying elevation with 2 creek crossings and plenty of rocky mountain scenery.

We are maintaining protocols and race practices in order to protect the health of our race participants, volunteers and Community. While many of these practices will be adopted by our volunteers, our race participants also have a very important role to play in helping us maintain a safe race.

This will be a loop course and will be limited to 50 racers/heat and will only accept 500 racers. It will feature 3 separate race check in points; screening, race chip distribution, and race bib distribution/photo section. Large starting area to ensure social distancing, separate large race prep area and finally, wide starting line. Upon completion of your race, you will receive a 'BBQ to go' as you leave the race area. There will be no awards ceremony. Winners will be posted online and awards will either be mailed or picked up at the Sportsplex.

PLEASE NOTE: You must acknowledge that you are being granted permission to access the Tsuut'ina Nation Reserve No. 145 on October 2, 2021 to participate in the 13.5 km Race, solely for the purpose of participating in the Race. You understand and acknowledge that trying to access the course used for the 13.5 km Race prior to Oct 1, 2021 OR after October 2, 2021 would be considered trespassing under the Tsuut'ina Nation *Trespass Law* and may result in a fine being issued in accordance with the *Trespass Law*.

7 CHIEFS SPORTSPLEX

The Tsuut'ina Nation boasts a long history of community building and forging strong relationships with its neighbours, near and far.

The 7 Chiefs Sportsplex & Chief Jim Starlight Centre reflects those traditions. It is a world-class sports and event facility for local, national and international sports tournaments, conferences, conventions, trade shows and events. This facility brings communities together to renew old friendships and build new ones.

The 7 Chiefs Sportsplex & Chief Jim Starlight Centre is more than an outstanding and versatile sports and multi-use venue.

It is led and managed by a top-notch team of professionals committed to ensuring the success of your event the *Tsuut'ina Way*, with cultural spirit and passion. Our team focuses on anticipating your needs and exceeding your expectations. Our event and sports centre is conveniently located just SW of Calgary, Alberta.

RULES AND REGULATIONS

REGISTRATION INFORMATION

TSUUT'INA TRAIL RUN

We will have 3 race categories: Solo, 2-person team and Corporate (3 ppl).

Solo: Will feature our athletes challenging the 13 km + trail all ranging from 16yrs of age to 60+ competing for awards in their respective age groups.

| | <i>Tsuut'ina Trail Run</i> | <i>Siksika Trail Run</i> | <i>Both Events</i> |
|--|----------------------------|--------------------------|--------------------|
| July 1 st - 31 st Early bird | \$ 70.00 | \$70.00 | \$120.00 |
| Aug 1 st -31 st | \$ 80.00 | \$80.00 | \$140.00 |
| Sep 1 st -Oct 2 nd | \$ 95.00 | \$95.00 | \$170.00 |

2-PERSON team: This is a great option for 'beginner trail runners' and is designed for any runner needing support as you will be required to stay within 2 m (6 feet) from your running partner that is within your social bubble.

| | <i>Tsuut'ina Trail Run</i> | <i>Siksika Trail Run</i> | <i>Both Events</i> |
|--|----------------------------|--------------------------|--------------------|
| July 1 st - 31 st Early bird | \$ 100.00 | \$100.00 | \$180.00 |
| Aug 1 st -31 st | \$ 120.00 | \$120.00 | \$220.00 |
| Sep 1 st -Oct 2 nd | \$ 140.00 | \$140.00 | \$260.00 |

Corporate: This category is for businesses, corporations and/or organizations. You can either enter one team or many, but you can only have 3 ppl/team. Each member will run their own race as your time will be recorded individually. We will then combine all 3 team members times and this will be your team time. Prizes for top 3 teams

| | | | |
|--|-----------|----------|----------|
| July 1 st - 31 st Early bird | \$ 150.00 | \$150.00 | \$270.00 |
| Aug 1 st -31 st | \$ 180.00 | \$180.00 | \$330.00 |
| Sep 1 st -Oct 2 nd | \$ 210.00 | \$210.00 | \$380.00 |

REFUNDS OR TRANSFERS

All fees are non-refundable and non-transferable. There are no refunds or transfers for any reason including event cancellation. In the event that an event is cancelled or postponed, 7 Chiefs Sportsplex will make every effort to reschedule the race to a later date. If the registrant can not make the rescheduled date, the registrant acknowledges that no refund will be granted. For legal and liability reasons, runners cannot offer their unused bib to any other runner.

EVENT LOCATION

The event will start at the 7 Chiefs Sportsplex located on the Tsuut'ina Nation, in which you can access off Anderson Road and 37st SW.

PARKING FOR RACE DAY

All racers will be required to park on the north and west side of the Sportsplex. There will be plenty of parking as we will be ensuring all racers are only in the parking lot 30 min prior to race, duration of their heat and then exiting the area as soon as they're completed.

RACE COURSE

Please note: You have been granted permission to participate in the annual Tsuut'ina Trail run and you will be accessing Tsuut'ina Nation residents' private properties. Please be respectful of the area and do note that the Tsuut'ina Nation is home to many wildlife, including bears and cougars. **It is recommended that you carry BEAR SPRAY!**

While we make every effort to ensure that the course is well marked and marshalled, running off-course, whether by runner error, course marking error, marshalling error or any other reason, is an inherent risk to an event of this type. It's the responsibility of the runner to study the course map and to follow the course markers. Racers must complete the entire course as marked. Altering the course by not following the markers is against the rules and racers doing so will result in a racer being disqualified from the standings. In the interest of racer safety, the following items are not permitted on course:

- Dogs
- Strollers or baby joggers
- Nordic walking poles
- iPod, mp3s, Walkman's, and head phones: For your safety and the safety of your fellow participants, you are encouraged NOT to use iPods, MP3 players, or similar devices during the race. However, if you choose to use such a device, it is recommended that you keep the volume at a level at which you are aware of your environment, other racers, and any emergency situations which may arise.

There are a few areas that the runners share with other traffic, horses, cattle and others. 7 Chiefs Sportsplex does its best to ensure the safety of participants and will inform other users of our event to the best of our ability. It is incumbent on the participant to be aware of and respect private home owners' users and traffic at all times. This means giving right of way to land officials, informing other trail users of your presence by calling out to them politely and giving right of way when appropriate.

"TSUUT'INA WEEKEND TRAIL RUN" ITINERARY

Friday, Oct 1, 2021 Tsuut'ina community family fun run

All participants must PRE-REGISTER prior to Wednesday, Sep 30, 2021 to ensure we keep each heat below 50.

- ◆ 12:30pm Parent and child (s) register/sign in for event. Receive race bib, sign waiver form
- ◆ Every child must be accompanied with an adult (guardian) for the entire race!
- ◆ 12:50pm begin corralling parents
- ◆ 1:00 pm Heat 1: RACE begins: 50 racers begin 1-2 km race
- ◆ 1:05 pm Heat 2: Parent and child register/sign in for event
- ◆ 1:30pm Heat 2: RACE Begins
- ◆ Upon crossing the finish line, both parent and child (s) receive their medal and/or water bottle, swag bag i.e. healthy snacks, etc., All racers only have 5 min in the post-race staging area, then we will corral finishers towards the BBQ and they will receive their food refreshment in a bag. We will need to ensure that all racers are encouraged not to gather but to exit the race area to allow other racers into the area.

Saturday, Oct 2, 2021 – SOLO, 2 PERSON AND CORPORATE RACE DAY

7:30-8:00 AM

Heat 1

Park in North/Northwest parking lot of 7 Chiefs Sportsplex.

1st Tent - Race package pickup / Sign in

- You will be screened using 7 Chiefs Sportsplex screening protocols. See www.7chiefs.com 'Covid' guidelines – Sportsplex protocols.

2nd Tent - Timing chip distribution.

3rd Tent – Race bib distribution and picture.

Take picture and move towards staging area.

Participants will wait in 'staging area' until 7:50am. This will be a very large area with port-a-potties and plenty of room for social distancing.

7:50 AM

Racers will then be asked to move to 'RACE PREP AREA'

Begin getting racers to start line. This will also be a very large area to ensure social distancing.

| TIME: | HEAT: |
|---------|---|
| | EACH HEAT RACER IS TO CHECK-IN 30MINS TO THEIR START TIME... |
| 8:00am | 1# HEAT RACE BEGINS |
| 8:30am | 2# HEAT RACE BEGINS |
| 9:00am | 3# HEAT RACE BEGINS |
| 9:30am | 4# HEAT RACE BEGINS |
| 10:00am | 5# HEAT RACE BEGINS |
| 10:30am | 6# HEAT RACE BEGINS |
| 11:00am | 7# HEAT RACE BEGINS |
| 11:30am | 8# HEAT RACE BEGINS |
| 12:00pm | 9# HEAT RACE BEGINS |
| 12:30pm | 10# HEAT RACE BEGINS |

REFRESHMENTS, SWAG BAG, BBQ TO GO

We will have a few water and refreshment stations on the course (details to follow).

Upon completing your race, you will receive a medal and swag bag. As part of your entry you will receive a 'customized trucker hat and water bottle'.

We will also ask that you take a few minutes to recover and you will then be directed towards the BBQ chute and be given a BBQ in a bag. Due to 'social distancing' measures, we will be asking all participants to begin leaving the race area. We thank you for being part of the annual Tsuut'ina Trail run.

AWARDS

Upon check-in, you were required to wear your bib and we took a picture. Your number corresponds with your race chip and we will tabulate the results and post the winners on social media and website. If you are from the Calgary area, you can pick up your award at the 7 Chiefs Fitness Centre in the Sportsplex and if you are from out of town, we can mail it to you. We will be awarding top 3 in

each respective age categories based on registration. This includes Top 3 male and top 3 female finishers. We will update the website, stay tuned.