



**Northshore
Ultra
Trailrunning
Society**

2213 – Ontario Street
Vancouver, BC, V5T 2X3
Tel: (604) 787-8097
FAX: (604) 988-5694
Email: rd@kneeknacker.com
http://www.kneeknacker.com

June 14, 2005

Welcome to the 17th Annual Knee Knacking North Shore Trail Run. This email/letter outlines some of the important points to keep in mind as you approach race day. This includes a detailed schedule of Knee Knacker 2005 activities on the last 2 pages.

There are many important details in this letter, but I'll mention three of them up front (in case you decide not to read any further):

1. There is absolutely **NO** day-of-race registration. If you have not picked up your race packet and registered by Friday night, July 8th, **you will not be in the race**. Please bring along picture identification, as we will be attaching a plastic medical wristband to your wrist once we have correctly identified you as the registered runner. If you have someone else picking up your race package, you **MUST** produce picture identification prior to the race Saturday morning.
2. Your entry is **NOT** transferable, i.e. you cannot sell or give it away to anyone else. If you are injured or do not intend to run this year's race for other reasons, please let me know by phone, fax or e-mail ASAP. There are no refunds.
3. Have fun. Remember to enjoy the mountains, trees, trails & fellow runners along the way!

Please continue reading, but don't forget that all this (and more) can be found on our Web site at www.kneeknacker.com.

Volunteers – Please treat them well! Once again, we will have over 200 volunteers working together to help you meet your individual Knee Knacking goals. Your thanks and co-operation ensure that many of these volunteers come back year after year. Volunteers are the backbone of the Knee Knacking family – without them we would not be able to put on the run. In keeping with their importance we invite all volunteers to the Awards Banquet free of charge. Please take the time to recognize their work both during the run and at the Awards Banquet.

Race Proceeds - All proceeds go to North Shore Search & Rescue. This helps buy and maintain equipment that they need to save wayward trail runners, hikers and the like. North Shore Search and Rescue lead all race day emergency response & we are immensely grateful for their support.

Sponsors – More Good News! We are pleased to have North Shore Athletics as our main sponsor again this year providing equipment and advice for all of your trail running needs! NSA will be offering great divisional and draw prizes, as well as the “Most Knackered” award. We are also being supported by Montrail, Carb Boom, IGA Marketplace, Sugoi, Columbia Water, Gatorade, ZonePerfect, R&B Brewing, Calona Vineyards, dazil Internet Services, Honey's donuts, Delany's, Ultrafitness, Specialty Gourmet, London Drugs and Landsea Tours.

Please show your support of our sponsors by purchasing or recommending their product or service! Additional sponsorship opportunities are always welcome – just give me a call.



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Knee Knacker Social & Shopping Night - Guest Speaker - Cory Holly

Wednesday, June 29, 2005 – 6:00pm – 8:15pm

North Shore Athletics - #101 - 1200 Lonsdale Ave., North Vancouver, 604-990-6888

We will be holding a social night with great discounts from North Shore Athletics and guest speaker Cory Holly www.coryholly.com. As Canada's Ambassador of Sports Nutrition, Health & Fitness, and recipient of the 2003 CHFA Sports Nutrition Hall of Fame Award, Cory's objective is to strengthen sports nutrition awareness and bridge the enormous gap that exists between nutrition and fitness. As a health professional and teacher, Cory is committed to helping people integrate optimum nutrition, functional exercise and natural health products into their everyday lives by providing them with the educational resources they need to accomplish this.

Please join us for Cory's topic, "Running for Life". <http://www.coryholly.com/articles/article.cfm?id=38>

6:00 – 6:45 pm – Coffee/Treats, socializing, shopping

6:45 – 7:00 pm – Welcome, draw prizes

7:00 – 7:45 pm – Guest Speaker & Q&A

7:45 – 8:15 pm – Grand Draw Prize, socializing & wrap up

Registration & Race Package Pick-up

Thursday July 7 & Friday July 8, 2005 – 5:30pm – 8:00pm

North Shore Athletics - #101 - 1200 Lonsdale Ave., North Vancouver, 604-990-6888

As you will notice in the Schedule of Activities, the registration & race packet pick-up is on Thursday and Friday night at North Shore Athletics. This is **Mandatory** for all runners. There is absolutely **NO** day-of-race registration. If you haven't registered by Friday night, you will not be in the race. First-time runners of the Knee Knacker are also required to attend the course briefing on Friday @ 7 p.m. Please bring along picture identification as we will be attaching a plastic medical wristband to your wrist once we have correctly identified you as the registered runner. If you have someone else picking up your race package, please advise us on who this person is before Package Pickup (and remember to bring your picture id to the start).

Day of Race Check-in

Saturday July 9, 2005 – 5:15am – 5:45am

There is a mandatory check-in for all runners in the Eagleridge parking area from 5:15 am to 5:45 am. Please do not confuse this with the Mandatory registration on Thursday & Friday nights. There will be no race packets or race numbers given out on race day. These must be picked up on Thursday or Friday evening. If someone else picked up your race package, you **MUST** produce picture identification prior to the race Saturday morning.

Cut-off times – The following cut-off times will be strictly enforced: Cypress Bowl 9:00am (3 hours), Cleveland Dam 11:00am (5 hours), Seymour Demonstration Forest 1:30 pm (7.5 hours), Mt. Seymour Road 3:15pm (9.25 hours) and Panorama Park, Deep Cove (finish line) 4:00pm (10 hours).

3 Checkpoints - As in past years, there are three mandatory checkpoints - Cypress Bowl, Cleveland Dam and Seymour Demonstration Forest. It is YOUR responsibility to ensure that you've been noted at these checkpoints.



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Aid Stations - Lots! We have 11 aid stations on the course this year. The aid stations are located at the following points:

- Black Mtn. 5.1 miles (water only)
- Cypress Bowl 7.5 miles (major)
- Hollyburn Lodge 10.2 miles (water only)
- Cleveland Dam 14.8 miles (major)
- Skyline Drive 17.7 miles (minor)
- Mtn. Highway 20.4 miles (minor)
- Seymour Demonstration Forest 22.2 miles (major)
- Lillooet Road 23.7 miles (minor)
- Hyannis Drive 24.8 miles (intermediate)
- Mt. Seymour Road 27.5 miles (intermediate)
- Panorama Park 30.0 miles (major)

It is highly recommended that you carry at least one water bottle and food between aid stations given our prediction of warm sunny race day weather!

Drop Bags – Drop bags will be transported from the start to the halfway point, Cleveland Dam, for your use. These bags will then be transported to the finish line for pick-up.

Transportation and Parking – We highly recommend that you park your vehicles at the finish line (Panorama Park in Deep Cove), as there is very limited parking at the start. Pre-race bus transportation is available from the finish in Deep Cove to the start. These 2 buses will leave from Deep Cove at 4:45am and 5:00am **sharp!**

Accommodation – There are a number of accommodation options for out-of-towners. Check out the following link for hotels in the area. <http://www.kneeknacker.com/RaceInfo/2005/Accommodation.htm>

Awards and Banquet!

Saturday July 9, 2005 - 5:30 to 10:00 p.m.

We are fortunate to have the use of the Parkgate Community Centre, 3625 Banff Court, North Vancouver, again this year for our Awards Banquet. Parkgate is just a few miles from the finish & showers are available for a nominal cost of \$2.00 payable at the Community Centre. This makes it even easier to ease those aching muscles before dinner! Catering by Critics Choice Catering, the same great company as last year.

Finally, we are here to help you realize your individual goal on race day. Please don't hesitate to contact me or any of the committee members if you have any comments or questions.

I wish you the all the best in your 2005 Knee Knacker challenge!

Kelsy Trigg
KKNSTR 2005 Race Director (604-787-8097)



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Knee Knacker 2005 Schedule of Activities

Wednesday, Jun 29th, 2005

6:00 p.m. – 8:15 p.m.

- North Shore Athletics (#101 – 1200 Lonsdale Ave., North Vancouver)
- Knee Knacker Social & Shopping Night
- Guest Speaker – Cory Holly – www.coryholly.com

Thursday, July 7th, 2005

5:30 p.m. – 8:00 p.m.

- North Shore Athletics (#101 – 1200 Lonsdale Ave., North Vancouver)
- Early Registration & Packet pickup
- Picture identification required.

Friday, July 8th, 2005

5:30 p.m. – 7:00 p.m.

- North Shore Athletics (#101 – 1200 Lonsdale Ave., North Vancouver)
- Registration & Packet pickup
- Note: All runners must register by Friday night – **No Day of Race registration**
- Picture identification required.

7:00 p.m. – 7:45 p.m.

- North Shore Athletics (#101 – 1200 Lonsdale Ave., North Vancouver)
- Race Briefing - **Mandatory** for first time Knee Knacker runners



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Saturday, July 9th, 2005 – RACE DAY!!

4:45 a.m. – 5:00 a.m.

- Shuttle to Start Line
- 2 buses leave Panorama Park, Deep Cove (Finish Line) for Eagleridge Dr. & Upper Levels Hwy., Exit #2, West Vancouver (Start Line), at 15 minute intervals.
- Note: Last bus leaves at 5:00 a.m. sharp!

5:15 a.m. – 5:45 a.m.

- Runner's Check-in - **Mandatory**
- **NO Day of Race registration**
- If someone else picked up your race packet, bring picture identification with you.

5:45 a.m.

- Last minute instructions

6:00 a.m.

- Race Start

11:00 a.m. – 4:00 p.m.

- Race Ends - Panorama Park, Deep Cove
- Showers available at Parkgate Community Centre - same place as the banquet - 3625 Banff Court – a couple of miles West along Mt. Seymour Parkway

5:30 p.m. – 10:00 p.m.

- Awards Banquet, with full dinner for athletes, family and friends – cash bar
- **Parkgate Community Centre** – 3625 Banff Court, North Vancouver.