



Northshore Ultra Trailrunning Society



June 22, 2006

Welcome to the 18th 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 2006 activities on the last page.

There are many important details in this letter, but I'll mention four of them up front:

1. There is absolutely **NO** day-of-race registration. If you have not picked up your race packet and registered by Friday night, July 7th, **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, please advise me ASAP, and you **MUST** produce picture identification prior to the race Saturday morning.
2. Your entry is **NOT** transferable - 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. There are no refunds.
3. The Knee Knacker 2006 start is off of Westport Rd., Exit 4 – please note this is a significant change. You will miss the race start if you go to Eagleridge Drive.
4. 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 website 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 Knacker – 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 Rescue. This helps buy and maintain equipment that NSR needs to save wayward trail runners, hikers and the like. North Shore Rescue leads all race day emergency response & we are immensely grateful for their support.

Sponsors – More Good News! We are pleased to have North Shore Athletics (NSA) www.northshoreathletics.com as a key sponsor again this year providing equipment and advice for 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, Sharkies, R&B Brewing, Peller Estates, Honey's Doughnuts, Delany's, Ultrafitness, Internal Energy, Aeroplan, Specialty Gourmet, London Drugs and dazil internet services.

Please show your support of our sponsors by purchasing or recommending their products and services.



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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 my prediction of warm sunny race day weather!

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.

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 vehicle at the finish line (Panorama Park in Deep Cove), as there is *very* limited parking at the start. Free pre-race bus transportation is available from the finish in Deep Cove to the start off of Westport Road. These 3 buses will leave from Deep Cove at 10 minute intervals starting at 4:40am. The last bus will leave at 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/2006/Accommodation.htm>



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Registration & Race Package Pick-up

Thursday, July 6 & Friday, July 7, 2006 – 5:30 – 8:00pm

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

www.northshoreathletics.com

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 @ 7:00 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 someone else is 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 8, 2006 – 5:15am – 5:45am

There is a mandatory check-in for all runners at the start 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.

Awards and Banquet!

Saturday July 8, 2006 - 5:30 to 10:00pm

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.

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 2006 Knee Knacker challenge!

Kelsy Trigg
KKNSTR 2006 Race Director
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604-787-8097



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Knee Knacker 2006 Schedule of Activities

Thursday, July 6th, 2006 – Early Registration & Packet Pickup

5:30pm – 8:00pm

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

Friday, July 7th, 2006 – Registration, Packet Pickup & Race Briefing

5:30pm – 7:00pm

- 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.

7:00pm – 7:45 pm

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

Saturday, July 8th, 2006 – RACE DAY!!

4:40am – 5:00am

- Shuttle to Start Line
- 3 buses leave Panorama Park, Deep Cove (Finish Line) for the start off of Westport Road, West Vancouver, at 10 minute intervals
- Note: Last bus leaves at 5:00 a.m. sharp!

5:15am – 5:45am

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

5:45am

- Last minute instructions.

6:00am

- Race Start! **Note: start is off of Westport Road.**

11:00am – 4:00 pm

- Race Ends - Panorama Park, Deep Cove
- Showers available at Parkgate Community Centre at a nominal cost of \$2.00 - same place as the banquet - 3625 Banff Court – a couple of miles West along Mt. Seymour Parkway.

5:30pm – 10:00pm

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