



THE SHOES.COM GROUSE GRIND MOUNTAIN RUN

Thank you for signing up for the SHOES.COM Grouse Grind Mountain Run 2016! Read on to learn how to gear up for event day!

Good times you can look forward to, all included with registration:

- Racer bag of goodies from our sponsors
- Complimentary bag check
- One admission ticket to bring a friend on event day
- Souvenir race bib
- Complimentary finish line aid station including **Dasani water**, **Powerade**, snacks and **Vega** product to help you refuel after the race
- Post-race yoga (drop-in sessions)
- Post-race recovery and aromatherapy remedies courtesy of **Saje Natural Wellness**
- Post-race massage and physio assessments from **City Sports & Physiotherapy**
- HUGE party at the top including live music from the **Adam Woodall Band**, live DJ music, a long table beer garden, lawn games and lots of food and beverage options
- One complimentary **Granville Island Brewing** beer to enjoy at the post-race celebration (for participants of legal drinking age)
- Plenty of surprises from our partners **lululemon**, **Suunto**, **Red Bull**, **Evo**, **Saltspring Coffee** and more
- Medals and awards for top finishers
- Draw prizes for everyone!

EVENT SHIRTS

If you haven't secured an event shirt yet, you can still purchase one online by logging in to your RaceOnline account. Please note that there are limited quantities/sizes available.

PACKAGE PICK-UP*

Advance: Thursday, September 22nd and Friday, September 23rd between 8am to 8pm

- Location: Grouse Mountain Guest Services (Valley Plaza, Base)

Race Day: Saturday, September 24th from 8:00am – 9:00am

- Location: Base of the Grouse Mountain in Parking Lot C / Start Line area

**We strongly encourage package pick-up before event day to avoid delays on event day.*



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GROUSEMOUNTAIN

6400 Nancy Greene Way, North Vancouver, B.C. V7R 4K9 Canada
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EVENT SCHEDULE – Saturday, September 24th, 2016:

8:00am - 9:00am:	Day of registration/package pick-up at the base of Grouse Mountain at the Start Line
8:00am - 9:30am:	Bag check available at the Start Line
9:45am - 9:50am:	Race briefing
9:50am - 9:55am:	Race warm-up led by Sweat Vancity
10:00am:	Race starts!
10:30am - 1:00pm:	Bag pick-up available in the Mountaintop Plaza
11:00am - 2:00pm:	Performances by the Adam Woodall Band and live DJ music in the Mountaintop Plaza
11:30am:	Awards Ceremony (approximate time)

FUNDRAISING

BC Children's Hospital is the official charity of the Grouse Grind and the Grind for Kids program. If you are not participating in the Grind for Kids program consider fundraising for the Grouse Grind Mountain Run. Click [here](#) to start fundraising and raise a mountain for money for BC Children's Hospital.

PARKING

Pay parking is available at the Base of Grouse Mountain.

BAG TRANSFER

Complimentary bag transfer is available to all participants. Please drop off your bag at the designated area at the start line by 9:30am. Your bag will be tagged with your race number. Bags are available for pickup at the Mountaintop Plaza across from the Peak Chalet (finish line area).

WASHROOMS

Public washrooms are available at both the start and finish areas.

TIMING & RESULTS

Race Day Timing will be providing the timing services for the SHOES.COM Grouse Grind Mountain Run. Results will be posted on www.racedaytiming.ca.

AWARD CATEGORIES

Overall Top Finishers – Finishers will receive custom medals and prizes from our partners!

- 1st place – male and female
- 2nd place – male and female
- 3rd place – male and female

Age Category Top Finishers – Finishers will receive custom medals and prizes from our partners!

Top 3 males and females in each category:

- 12 and under
- 13-19 years
- 20-29 years
- 30-39 years
- 40-49 years
- 50-59 years
- 60-69 years
- 70- 74 years
- 75 year +



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Team Category:

- Fastest team – male, female and coed teams
- Most “social” (slowest) team

Costume Category:

- Best team costumes
- Best individual costume

RANDOM PRIZE DRAWS

This year, you'll notice a special draw ticket attached to your event bib. Head over to the Awards & Results tent at the After Party to enter to win some fabulous prizes courtesy of our partners, including a **Suunto Ambit3 Vertical watch** (valued at \$645) – track altitude and vertical gain, plan your training and relive and share your experiences through Suunto Movescount. Learn more [here](#).

Double your chances of winning by heading over to the Suunto tent, where they will be giving away a **Suunto Ambit3 Sport watch** (valued at \$549)! Plus, receive 20% off any Suunto watches at Outfitters on September 24th and 25th by presenting your event bib at time of purchase.

EVENT RULES & REGULATIONS

1. All participants must wear their assigned numbered bib on the front side of their body. The number must be visible at all times. The timing strip is located on the back of your bib.
2. Competition numbers are not transferable.
3. All participants must sign a release of liability form prior to participating in the SHOES.COM Grouse Grind Mountain Run. If a signed release of liability form is not received, entry will not be accepted and the entry fee will be refunded.
4. Participants under the age of 19 must have the consent of a parent or guardian before participation in the event and any children 12 and under must be accompanied by a paying adult throughout the race.
5. Prizes must be accepted as awarded. No substitutions.

Failure to comply with the race rules may result in disqualification or ineligibility for future Grouse Mountain events



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