40 YEARS
KLONDIKE ROAD RELAY
1983–2023

KLONDIKE ROAD RELAY

2023 RACE GUIDE

MEET THE TEAM

Marg White

Race Logistics

Mike Draper

Volunteer Coordinator

Scott and Laura Williamson

Timing Team

Kirstie Simpson

Safety

Mike McCann

Race Committee & Finish Line

Tom Ullyett

Participant Advisor

ITINERARY

DATE	TIME YUKON TIME YST	ALL TIMES ASSOCIATED WITH THIS EVENT ARE YUKON TIME (YST)
WEDNESDAY September 6th	10 am to 6pm	**Whitehorse Bib Pickup** Team captains pick up race package Sport Yukon 4061 4th Ave
FRIDAY September 8th	3:30 pm - 8:00 pm	**Skagway Bib Pickup** Team captains pick up race package AB Hall Skagway
	8:00 pm - 12:30pm	**Race Start, Skagway AK** First runners start at 8:00 pm with remaining groups starting at 15 minute intervals
SATURDAY September 9th	6:00 am	**Walkers start, Carcross, YT**
	6:30 am - 8:30 am	**Runners / Solo / Youth Start, Carcross** Wave starts slowest to fastest
	2:00 pm (Walkers) 3:00 pm (Runners)	**Mass Start, Carcross Corner** Mass start if leg 9 runner hasn't arrived
	1:00 pm - 7:00 pm	**Party in the Park** 1:00pm - 6:30pm Team photos at the park
	5:30 pm	**Finish Line Closes**
SUNDAY September 10th	8:00 am - noon	**Participant Breakfast** Light continental breakfast at Sports Experts

RACE CHECKPOINT TIMES

(YUKON STANDARD TIME)

CHECKPOINT	LOCATION	ACCUMULATIVE DISTANCE	OPENING TIME (YST)	CLOSING TIME (YST)
START	Skagway	0 k.m.	8:00 p.m.	12:30 a.m.
#2	WhitePass Viewpoint	14.0 k.m./8.8 miles	9:15 p.m.	3:15 a.m.
#3	Outhouse Hill	24.3 k.m./15.18 miles	10:30 p.m.	4:30 a.m.
#4	Canada Customs	35.5 k.m./22.2 miles	11:45 p.m.	5:00 a.m.
#5	Tutshi Lake	56.5 k.m./35.3 miles	1:00 a.m.	6:30 a.m.
#6	BC/YT Border	78.7 k.m./49.2 miles	3:30 a.m.	9:30 a.m.
#7	Carcross	104.3 k.m./65.2 miles	6:00 a.m.	11:30 a.m.
7B	Spirit Lake Sign	111.3 k.m./69.16 miles	6:45 a.m.	10:00 a.m.

#8	Emerald Lake	118.3 k.m./74.0 miles	7:00 a.m.	12:30 p.m.
8b	White Sign 'Attn Hunters'	127.1 k.m./78.98 miles	8:15 a.m.	11:15 am
#9	Annie Lake Road	138.1 k.m./86.4 miles	8:30 a.m.	2:00 p.m.
9B	Truck Pull Out on Right	146.8 k.m./91.21 miles	10:00 a.m.	1:45 p.m.
#10	Carcross Corner	155.5 k.m./97.4 miles	10:00 a.m.	4:00 p.m.
10B	Lorne Rd / AK Hwy	165.2 k.m./102.65 miles	12:00 p.m.	4:30 p.m.
Miles Canyon	Miles Canyon/ AK Hwy		10:45 a.m.	5:00 p.m.
RSW/Miles Canyon	Yukon Energy		11:15 a.m.	5:15 p.m.
FINISH	Rotary Park	175.0 k.m./109.4 miles	11:25 a.m.	5:30 p.m.

2023 KRR MERCHANDISE STORE

A shirt is not included with entry but we have some great KRR merchandise available for purchase on our website.

KlondikeRoadRelay.com/category/all-products

Important Merchandise Deadlines:

- Full KRR online store is open - May 15 - July 31, 1, 2023
- Shirts/Hoodies order deadline - July 31, 2023
- KRR Merchandise Store closes - September 1, 2023 @ 11:59pm
- Items purchased online can be picked up at the Party in the Park
- Limited items will be available at the Party in the Park

sports experts® COAST MOUNTAIN SPORTS

Locally owned and operated.

REGISTRATION INFORMATION

Registration.KlondikeRoadRelay.com

LEGS

Legs cannot be shared between two people but you can run 2 legs for the same team

Minimum number:

- Five persons for 10 person teams.
- Six persons for 8 person teams
- Three person for 4 person walking

Participants can NOT run / walk on more than one team.

REFUNDS:

- If for reasons outside of the control of the KRR organizing committee the race has to be cancelled (including, but not limited to COVID-19 restrictions, weather, safety, etc.), **NO** refunds will be given to team captains.

- No refunds if a team decides not to participate in this race for whatever reason. Team Captains may sell their team to others until Aug 26.

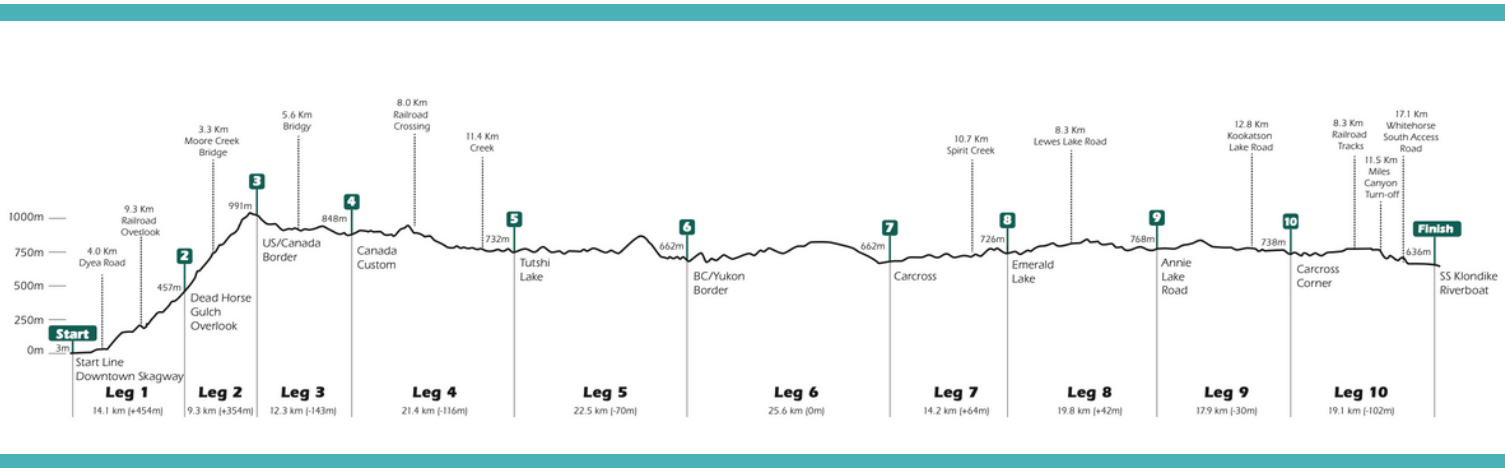
PARTICIPANT AGE:

- Minimum age is 10 years old by race date
- **Youth:** 10-18 years of age by race date
- **Open:** 19-39 years of age by race date
- **Masters:** 40 years of age by race date

IMPORTANT DEADLINES:

- **May 15** - Registration Opens
- **June 15** - Early bird pricing ends
- **Aug 26** - Registration closes
- **Sept 6-8** - $10 per change to team

COURSE MAP & CATEGORIES



CAPTAINS REGISTER FOR ONE OF THE FOLLOWING SIX TEAM TYPES

Adult 10 Person Running Skagway start
Adult 8 Person Running Carcross start
Youth 8 Person Running (10-18) Carcross start
Solo (Carcross- Whitehorse)
Walking 4 Person Carcross start
Walking 8 Person Carcross start

DIVISION OPTIONS (PICK ONE OF THE FOLLOWING)

Youth: All runners are between 10 and 19 years of age
Open: Some or all runner are between 19 and 40 years of age
Masters: All runners over 40 years of age
Corporate: 60 percent of runners from or representing a company/ organization

GENDER CATEGORIES

Once your team is fully registered, the following categories will be applied to running teams and solo runners.
Corporate and Walking teams do not have gender categories.

MALE: All participants identify as male
FEMALE: All participants identify as female
MIXED: Any combination of participants.

RACE DAY RULES

BIBS

Participants MUST wear the bib number(s) assigned to them and must ensure that they are visible on the front and back at all times while completing their leg.
Do not pin to your legs—they are not visible!

- If a runner is registered to run consecutive legs, they must display the proper number for their first leg upon arriving at the checkpoint and must display the proper number for the next leg before leaving, except in the case of a substitution (see substitution rule).
- If you do not display your bib front and back at the start of your leg, you will NOT be allowed to leave the checkpoint

TIMING AND LOST FOB

All timing occurs with a stick timing device that is passed from one team runner to the next. No runner may leave the checkpoint until the previous runner dips the stick and hands it to the next runner

Your team captain will be charged $100 if you do not return your FOB timing stick to the finish line at the end of the race.

BLUE TIMING SHEETS

- Teams can track and record individual leg times on the provided BLUE SHEET
- Blue sheets can be submitted to the timing team at the finish line
- If a sheet is not submitted and there is a malfunction of the electronic timing system, your team may not receive a time

WITHDRAWAL

- Any team withdrawing from the event mid-race MUST inform the next checkpoint manager and bring their SI timing stick to the finish line.
- Sticks not handed in are subject to $100 fee.

WALKING

- Walkers must always have one foot on the ground at all times.
- If you are on a walking team and are observed twice running, your team will be disqualified.

SUBSTITUTIONS

If you need to have a participant substitution doing the race, the following rules apply:

- You may only substitute a runner with fellow teammates. The substitute runner wears his/her original bib
- If your team does more than one substitution, you are not eligible for team awards
- If your team does a leg substitution, that leg is not eligible for fastest leg recognition
- Substitutions must be reported to checkpoint managers and,
- Substitutions must also be reflected on the BLUE team timing sheet.
- Substitutions for the benefit of speed… may make team ineligible for awards at the discretion of race director

CHECKPOINT CLOSING TIMES

- To respect our highway permits and our volunteers we have set checkpoint closing times
- If you find yourself in the position that your leg runner will not make it to the next checkpoint before closing time, you may drive the runner and the timing stick(FOB) to the checkpoint so your next runner can attempt to run their leg.

The runner that is being driven forward must:

- Exit the vehicle before the finish chute
- Go through the finish chute and dip the timing stick into the reader
- Hand off the timing stick to the next runner
- Tell the checkpoint personnel that they were driven
- On the final results, the driven runner will not receive a time, and your team time will be ineligible, BUT the next runners can run and will receive a time.
- The goal is to keep the timing stick (FOB) in play

MASS START

- All walking teams/categories will be started in a mass start at Checkpoint #10 if the Leg 9 participant has not arrived by 3:00 p.m.
- All running teams/categories will be started in a mass start at Checkpoint #10 if the Leg 9 runner has not arrived by 3:30 p.m.
- Your team time will be adjusted at the finish line.
- If your Leg 9 runner has not arrived at Checkpoint # 10 by the close of the checkpoint at 4:00 p.m., no time will be recorded for your team.

YOUR FINAL RUNNER/WALKER MUST HAVE THE TEAM FOB WITH THEM AT THE FINISH LINE TO RECEIVE A TEAM TIME

PACING

- Pacing is NOT allowed during the Klondike Road Relay whether it be by having another member (or members) of the team run, cycle, roller blade, roller ski or by any other means attempt to assist a runner achieve a faster time.
- **PACING:** Pacing is the intentional act of assisting a runner meet a set time goal.

NOT CONSIDERED PACING: The following situations do not constitute pacing and no penalty will be assigned under these circumstances:

- A team member is positioned on the side of the road to offer fluids or nutrition to the stage runner and runs beside the stage runner for a few metres until the support effort is completed.
- Youth runners under 13 may have a support runner through Miles Canyon Road. Teams must supply support runner's email address to Sport Yukon by August 26, 2023.

CANADIAN CUSTOMS

- Any participant running Leg 3 MUST be prepared to stop at Canada Customs with their Passport in hand.
- Volunteers will direct runners to the pedestrian check-in where you will wait to be cleared before finishing your leg of the race.
- All participants must have a valid passport to enter the USA and a valid passport and an ArriveCAN receipt to enter Canada.
- Further information about the border crossing will be supplied closer to race day.

RACE DAY SAFETY

Please watch the latest Safety Video provided by Mike Kremer:

https://www.youtube.com/watch?v=xIWl4D8habI

PARTICIPANT

- All runners and walkers must wear the provided lit vest at all times when completing their leg
- No earbuds, headphones or other in ear or over ear music can be used while running or walking
- A Safety Checker will visually and verbally check with each runner before they depart the start of their leg.
- Costumes on runners, while encouraged, must not hinder the runners ability to see, be seen, hear, or be protected from environmental hazards

SUPPORT VEHICLES

- Each team will be allowed ONE support vehicle on the road at a time. Signs will be provided and must be displayed at all times in your teams designated support vehicle. If your team transfers to an alternate support vehicle, please transfer your signs.
- Obey all traffic control signs and officials at the checkpoints and along the route
- All vehicles are required by law to travel in their lane with headlights on at all times (NOT HIGH BEAMS).
- Only use your hazard lights if you are stopped or have pulled off to the side of the road. Do not use them while in motion.

South Klondike Highway

- Vehicles cannot shadow rider; pull over safely on the shoulder and get out of vehicle to support; then leapfrog up the highway.
- Support team members must not cross the road if it is not safe to cross; the highway is open to public traffic
- Support team members who are out of their vehicle must wear something that has high vis reflective on it (jacket, vest, etc..)
- Please practice the DUTCH REACH when opening car doors. Use your right hand to open door: https://www.youtube.com/watch?v=GzIf80eSfCg

Alaska Highway

- Support vehicles cannot shadow runner / walker on the Alaska Highway
- **DO NOT STOP ON THE ALASKA HIGHWAY**. Pull off the highway at a safe pull out /road and get out of vehicle to cheer; then leapfrog up the highway.
- **DO NOT CROSS THE ALASKA HIGHWAY ON FOOT.** If you want to pass something to your runner / walker you must safely stop on the same side of the road as the runner / walker.
- Support passengers who are out of their vehicle must wear something that has high vis reflective on it (jacket, vest etc..)
- Please practice the DUTCH REACH when opening car doors. Use your right hand to open door: https://www.youtube.com/watch?v=GzIf80eSfCg

Miles Canyon

- Support vehicles will NOT be allowed to follow their racer through this section. This is to limit congestion and make the course safer for the runners / walkers.
- Drivers must proceed into town along the Alaska Highway and down the Robert Service Way.

TRAFFIC & PARKING

The Klondike Road Relay has the potential for dangerous traffic situations. The highway only has two lanes and in many places the shoulder is very narrow. Curves, hills and darkness severely limit visibility. These conditions make it imperative that all persons involved in the relay exercise good judgment and obey all rules.

At checkpoints, park ONLY in designated areas:

Checkpoint #6 - BC/Yukon Border

- Support vehicles MUST wait either in the gravel pit parking area before the checkpoint or the pull out that is approx. 400 metres towards Whitehorse.
- There is a small area at the checkpoint for drop off ONLY. No vehicles are permitted to park along the side of the highway in this area, as it is unsafe for our runners.

Checkpoint #7 - Carcross

- Runners/Walkers cross the road just after checkpoint 7 and continue on the left (facing traffic) until they reach the next crossing on the Alaska Highway.

Miles Canyon

- Runners will need to run facing traffic on the Miles Canyon Road
- There is NO water station for racers in this section.
- Leg 10 racers will reconnect at the Robert Service Way and will run along the pathway until they reach the finish line in the park.

USEFUL TIPS

ALL TIMES ASSOCIATED WITH THIS EVENT ARE IN YUKON STANDARD TIME

WATER

There are no water stations. Please bring your own reusable bottle and enough water to get you through your leg. Support vehicles can stop where it's safe to pass water to runners.
Please note that support vehicles cannot stop on the Alaska Highway or on Miles Canyon Road.

NO DOGS

As much as we love our furry friends, please leave them at home. There is no running with dogs on the race course. Please do not bring your dogs on the race or to the Party in the Park.

TIMING

This year, the KRR team is moving toward a new results database. The results from 2023 will be available with all the previous years results in the new database.

OUTHOUSES

Outhouses will be provided at checkpoints on route. Teams are responsible for their own garbage and proper use of bathroom facilities.
Please pack out any toilet paper if you do not have access to the provided outhouses.

GOOD NEIGHBOURS

Please be respectful and no honking, yelling, making noise when close to communities and houses.
Please engage in “quiet encouragement” of your runner when close to houses.
Remind runners and drivers they need to yield to any emergency vehicle if it is in emergency mode.

ARRIVE ON TIME

Checkpoint volunteers WILL hold your team if runners arrive before the designated checkpoint opening time. This will add to your total team time. They will also hold your team if they are not wearing the required team race bib or safety gear.

LED LIT VEST

All runners or walkers must wear the lit vest at all times when running or walking their leg.

CAPTAIN CHECKLIST

Name: _____ **Date:** _____

Team Name: _____

- [ ] **Purchase and Register Team**
- [ ] **Invite Team Members to join the Team**
- [ ] **Recruit Sport Team and Vehicle**
  Ensure Support vehicles follow KRR rules
- [ ] **All team members must join by August 26th**
- [ ] **Ensure Team Members have running legs assigned**
- [ ] **Team Captain digital meeting to be completed before race package pick up**
- [ ] **Read the Race Guide**
  Updated versions. throughout the summer
- [ ] **Ensure all team member have required safety gear**
- [ ] **Inform your Team of the Start Time Information**
- [ ] **Inform team members of KRR rules and ensure they are followed**
- [ ] **Ensure all team members must have documentation for crossing the border**
- [ ] **Return Timing FOB**
  $100 no-return policy

SPONSORS & SUPPORTERS

SUPPORTERS

Yukon Government (CDF)
Government of Canada (CanNor)
Northwest Vacuum Service
Supersave Propane

FRIENDS

Alpine Bakery
Baked Café
Bullethole Bagel
Cultured Fine Cheese
Eclipse Hot Springs
G and P Distributing
Mt Sima
Murdochs
Northern Strength Academy
Reflex
Root and Reach Pilates
Sportees Activewear
The Yukon Co
Yukon Sauna
Yukon Springs

AND OVER 300 VOLUNTEERS WHO SUPPORT SPORT YUKON IN MAKING THIS RACE HAPPEN!