

RUNNERS GUIDE



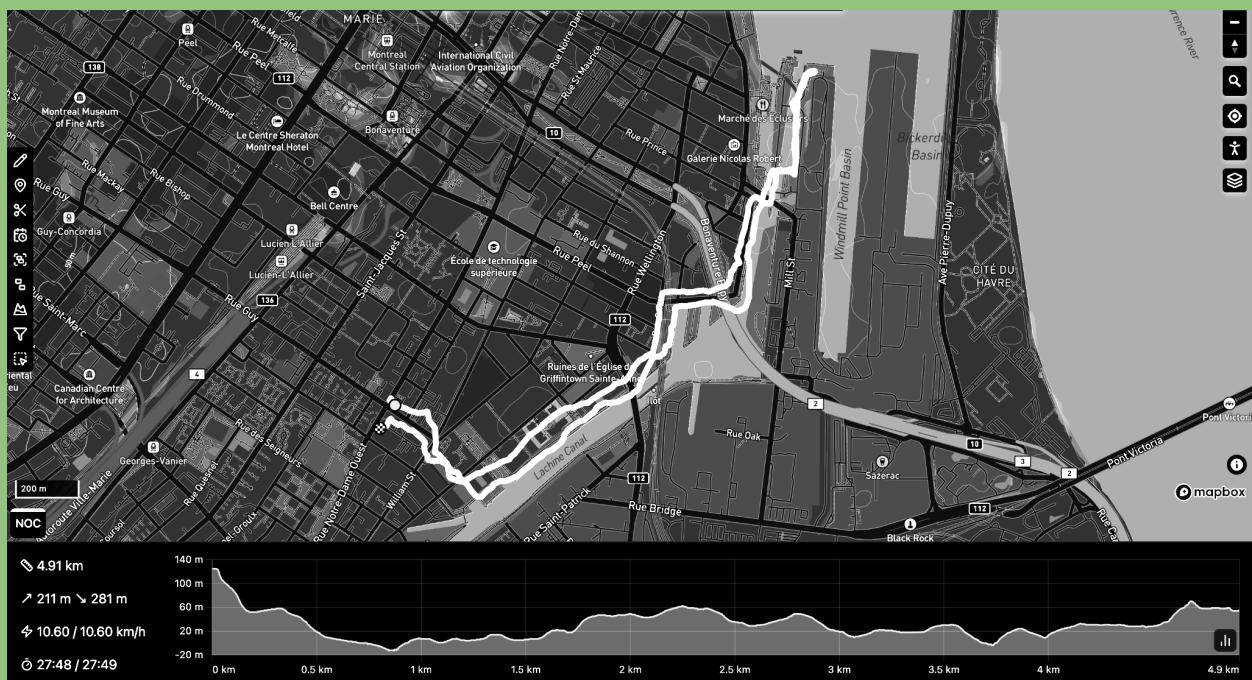
Location/Base Camp

espace | MTL -Ciele athletics flagship store
1630 R. Notre Dame O, Montréal, QC H3J 1M1

this will be referred to as basecamp

Course

It is a 2.5km out and back starting and ending at basecamp



Start time / end time

JAN 10 4PM - JAN 11 7:30AM

Bib pickup: Jan 10 at 4pm @ basecamp

Race end: Jan 11 at 7:30am

Please designate one team member to handle NOC 100 check-in and registration. Once checked in, your team may set up its station within Basecamp.

Space inside the store is limited and will be allocated on a first-come, first-served basis. Be mindful of your setup, as the space will be shared with approximately 100 runners and teams throughout the event.

Base camp rules

The space is ours to use for the night

Treat it with respect

You are allowed to bring materials to make you comfy (bean bag, sleeping bag, etc)

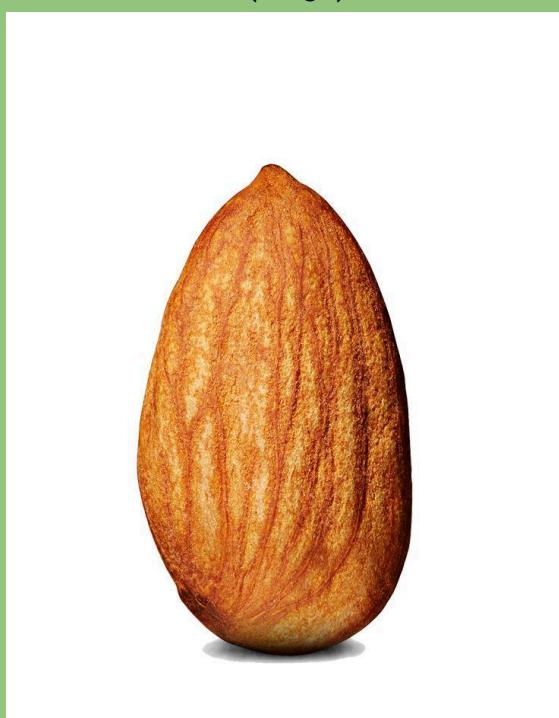
Be respectful with how much space you take up - dont be selfish

Love thy neighbour

There will be music, performances, rave lights or ambient lighting all night long

If an organizer tells you to move, you must move

Elevated surface (stage) is reserved for performers



Mandatory gear

Shoes
Headlamp
Reusable Cup ([you can buy this one](#))

Recommended gear

Base layers
Urcm t shirt ([buy here](#))
Sweater (for inside use only)
Synthetic jacket
Rain proof jacket
Multiple pairs of socks
Foldable Camping Chairs
Sleeping bags
Sleeping pads
Blankets

Rules

SOLO RUNNER:

Run the 5km lap 20 times.

After every lap, all runners must enter Basecamp to confirm their lap and update the leaderboard. Any lap not recorded on the leaderboard will not be counted.

It is each runner's responsibility to ensure their laps are properly recorded and reflected on the leaderboard.

TEAM RELAY:

2-5 runners

Run the 5km lap 32 times.

Only one runner per team is permitted on course at any given time.

A new runner may not start until their teammate is physically back inside Basecamp. No exceptions. Runners may complete multiple laps consecutively; however, after every lap,

the runner must enter Basecamp to Confirm the lap Update the leaderboard.

Any lap not recorded on the leaderboard will not be counted. It is each runner's responsibility to ensure their laps are properly tracked and reflected on the leaderboard.

Aid station

A fully stocked aid station will be available throughout the event.

Food & Drinks

- Candy
- Fruit
- Chips
- Hash browns
- Soup
- Pizza
- Hot meal (TBD)
- Soda
- Coffee
- Energy Drinks

Running Nutrition

- Maurten Gel 100
- Maurten Drink Mix 160
- Maurten Solid 160

Availability Notes

- Candy, running nutrition, and general snacks will be available all night.
- Hot food items (hot meal, pizza, soup, coffee) will be released later in the night and served in batches, subject to availability.



This is Cohn Jole ... sitting on a rail

Leader board

The leaderboard will be located immediately after the stairs upon entering Basecamp.

A physical leaderboard will be available on site.

A digital leaderboard will also be available: urcm.ca

The digital leaderboard will be updated every 30–60 minutes.

Crew/Pacers

Only registered runners & volunteers are allowed in the basecamp.

This is meant to be hard. Crew yourself.

Weather

Under no circumstances will we postpone/ cancel this race due to harsh weather.
If it is too hot, we will bring out snow machines.

Safety

Please don't die.

We have 2 firemen on site. They also know first aid.

911 is on speed dial.

EXTRA

Free tattoos in the changing room (give the guy a tip)

Free stickers (put them on ur stuff)

Expect the un-expected

Show mercy

Contact us

[urcm instagram](#)

[whatsapp](#)

[event page chat](#)

URCM

