



Hello Runners,

Only six days to go until the Frosty Mountain Trail Race! We're very excited to see you all on race day.

All the information you need is available on Race Roster and the Trail Whisperer website.

Accommodation & Travel – Manning Park

Manning Park is a remote area with limited accommodation. If you haven't booked a hotel, you may want to add your name to the Manning Park Lodge waiting list, although availability is very limited. Camping in Manning Park is currently fully booked.

If you don't have accommodation, we recommend driving up early on race morning. Please allow plenty of time and drive safely.

Important: There is no cell service in Manning Park, so please plan ahead and stay well-organized.

Parking is limited: We strongly encourage everyone to carpool whenever possible.

Finish Line Food

At the finish line, we'll have vegan hot soup and BBQ burgers and other food available for participants and volunteers.

Your race bib includes a small BBQ coupon at the bottom. Please don't lose it, you'll need it your burger. **If you have dietary restrictions or food allergies, please bring your own food, snacks, and nutrition.**

Live Race Tracking: Download the RunGo App before Saturday. Track friends and family on their phones or on the screen at the finish. RunGo Live Tracking.

All the race course information you need is available on the Trail Whisperer website.

[R- Frosty Mtn Ultra - Trail Whisperer Race Series](#)

Race Package Pickup

You must pick up your race package in **person** or **show a copy of ID for the person** you are picking up for. No exceptions.

Thursday, Sept 10: 5pm – 7pm Running Room, #754 – 2601 Westview Dr.
North Vancouver. <https://maps.app.goo.gl/cVaeycTqFywt1pZN8>

Friday, Sept 11: 4:00 PM – 7:00 PM, Manning Park Resort, 7500 BC-3, Manning Park, BC
V1K 1P3 - <https://maps.app.goo.gl/maxBUZK6HnC8zSu87>
Cabin # 27

Saturday, Sept 12

Race Day, 6:00 AM at the Start Area Map

Start/Finish: Lightning Lake Day-Use Area: <https://maps.app.goo.gl/GH4L4CnX4e9DtqMC8>

Race Morning Check-In:

When you arrive at the start area, you must check in at the registration table. Safety is our number one priority. **If you do not check in, you are not in the race.**

Race Date & Times

Distances, Check-In & Cutoff Times

Distances,	Package Pickup / Mandatory Gear check	Pre-Race Briefing	Race Start	Cutoff
50km	6:00am – 7:15am	7:15am	7:30am	AS#3 Tom Bench at: 1:30pm
27km	7:00am – 8:15am	8:15am	8:30am	AS# 3 Tom Bench at : 2:00pm
13km	8:00am – 9:15am	9:15am	9:30am	

Notes & Reminders

1. No dogs are allowed in the race.
2. Carry hydration and fuel. The course may be tougher than expected.
3. Bring your own reusable cup.
4. Be courteous to other hikers and other trail users. Yield right-of-way where required.
5. No short-cutting on switchback trails
6. Road crossings: Be cautious when crossing roads. A course marshal will be at the end of the trail beside the road to guide you. (13km)
7. Drop Bags: Label with your name, bib number, and race distance.

Draw Prizes: Many prizes from our sponsors. You must be present to win.

Finish Line & Awards

Every finisher receives a finisher's medal. And Frosty T- shirt

Awards for top 3 men and women in each distance receives \$50 gift card

Enjoy the finish line food, check the draw prize table, and watch live tracking.

First Aid available on site.

Certified Emergency Medical responders will be on site at the finish line on the race day.

Thank you, all the volunteers,

Our amazing volunteers are everywhere A huge thank-you to all our volunteers! They've put in countless hours, many traveling from far away, to ensure your safety and enjoyment.

The race simply couldn't happen without them

Thank you, All the Sponsors!



All Trail Whisperer Policies

Safety, Race Rules, Crewing, Cancellation/Deferral/Distance Changes. are available:

[Policies - Trail Whisperer Race Series](#)