

Revelstoke XC

Illecillewaet River Run 2019

Hello Coaches,

Thanks to Seaton for a great start to the XC Season! The 2019 Revelstoke race will take place on some great running trails through forested areas and across a bridge over the Illecillewaet River.

Here is a summary of the race info:

Date: Wednesday, October 2nd, 2019

Start Times:

4:00pm - Juniors Boys AND Junior Girls (**4k route**)

4:08pm - Seniors Girls AND Senior Boys (**5.7k route**)

Start Location: Kovach Park (The Revelstoke Skateboard Park) - 1002 Edward Street

IMPORTANT NOTES:

THERE ARE TWO BATHROOMS AT THE RACE SITE, BUT THEY ARE GENERALLY VERY BUSY.

I would suggest that you stop to change and use bathrooms before you arrive at the skate park. **You are welcome to visit our school after 3:20pm to use the facilities. There are change rooms and bathrooms on the lower level near the gym. Our school address is 1007 Vernon Ave.**

We will have snacks available after the race, but athletes should bring their own water bottles.

The Course:

See [the google map](#) (Press CTRL + click on the link)

- **JUNIORS**– 4.0 km
- **SENIORS**– 5.7 km – Seniors will do an additional loop near the skateboard park before heading over the bridge.

The trail is easy to follow, and there will be course marshals at key intersections. The trail is relatively wide so there will be plenty of opportunities for passing, but caution is always advised. If wet, the trails will have muddy sections, and there is the possibility of bears in the area. It is a relatively flat course, with only minor elevation changes.

We are looking forward to seeing your teams at this year's race.

Sincerely,

-Jeff Wilson

P.S. See the color maps and get more information online at: www.rssrunning.blogspot.ca