



## EVENT GUIDE

### Event Description:

The Fernie Frosty Four is a unique relay-style race that brings together four of the most iconic winter activities that you can enjoy at Fernie Alpine Resort: skiing/snowboarding, snowshoeing, nordic skiing, and fat biking. Each sport represents one of the race stages, ensuring an exciting and fun experience from start to finish.

The Fernie Frosty Four is a race, but it's more than just about speed—it's about having fun and celebrating the end of winter in true Fernie style! While there's a competitive edge for those who want to push themselves, the emphasis is on enjoying the outdoors, challenging yourself, and embracing the spirit of the season. You can take on the entire race solo, testing your endurance across each stage, or our favourite option is to team up with friends, with each person tackling a different leg of the course. To keep things lighthearted and festive, costumes are encouraged for all participants—get creative and add a bit of flair to your race!

### Stages:

1. **Stage 1 – Ski/Snowboard:** Kick off the race by carving your way down the iconic Falling Star run on skis or a snowboard.
2. **Stage 2 – Snowshoe:** Next, swap your skis/boards for snowshoes and trek up the stunning Double Creek trail through the woods. The trail will guide you up to the cross-country trail network, where the next challenge awaits.
3. **Stage 3 – Nordic Ski:** Glide through the serene beauty of Fernie's cross-country trails on the Silk & Manchuria nordic loop. The loop will be completed counterclockwise.
4. **Stage 4: Fat Bike:** Finish strong as you hop on your fat bike and cruise back to the base. Ride down from the Silk/Manchuria Nordic trails to the Timberline Multi-Use Trail Loop, a stretch that will bring you back to the base area and finish line, where a celebration awaits!



## Event Information & Rules:

### Registration:

- All teams must have a name. Names must be “family-friendly” and appropriate to publish and announce.
- Race can be done solo or in teams of 2-4 people.
- All team members must complete the Event Waiver(s).
- Minimum Age to compete is 10 years old (as of race day). All competitors must be competent in the discipline they choose and be able to do the leg independently.

### General:

- All teams must be checked in by 9:30am on Saturday, April 5<sup>th</sup>. Teams not checked in will forfeit their spot.
- All racers must supply their own equipment for the race.
  - o Please inspect your equipment prior to racing. There are no re-runs or time credits for equipment malfunction.
  - o Ski Leg can be done on either skis or snowboard
  - o Nordic leg can be done on either classic or skate skis
  - o Fat Bike Leg - Racers must have a Winter Fat Bike or a Mountain Bike with studded tires. Mountain bikes without studded tires will not be permitted. Winter Fat Bikes are highly recommended as we do anticipate the course to be on the softer side.
- Racers must be able to get all their equipment to the transition stations and ensure timely pickup of gear.
  - o Soloists must arrange for a support team to ensure their gear is at the transition stations and picked up.
  - o Event staff and volunteers will not stay and guard equipment once the transition area closes.
- All racers will get a bib number which must be visible at all times.
- Teams of less than 4 people – Team members can do multiple legs. However please ensure you can get to the transition area on time (skiers/boarder racers would be challenged to get to the Nordic transition area ahead of their snowshoe leg).

**Stages:**

- Ski/Snowboard Leg
  - Helmets are MANDATORY for all ski/snowboard competitors. Failure to wear a helmet will result in disqualification.
  - Start area will be on the road as you get off the Timber Chair.
  - It will be a “running” start with racers leaving their skis at the end of the trail and starting on foot running to the skis to space out competitors
  - Competitors will take the Falling Star Run and MUST go around the gates set up on the upper part of the run. These gates are in place for racer safety and failure to go around the gates will result in disqualification.
  - If you need to pass a racer please ensure to make yourself known and pass when safe to do so.
- Snow Shoe Leg
  - Transition will take place on the flat area above Parking Lot 3/RV Park.
  - Racers must wait in the transition area until their skier has dismounted their skis and given them the race bauble.
  - Racers will head into the tree island and follow the Double Creek Trail.
- Nordic Ski Leg
  - Transition will take place on the open section before the Silk & Manchuria Nordic Loop intersection.
  - Nordic racers must wait in the transition area until their snow shoer has passed the race bauble.
  - Racers will do the loop counterclockwise – going on Manchuria to Silk Trail.
  - Race marshal will be posted at the turn at the end of Manchuria to direct racers to Silk Trail. Please make sure your bib number is visible to the race official as this will be a checkpoint for the race.



- Fat Bike Leg
  - Transition will be at the end of the Silk Trail Loop.
  - Fat bike racers must wait in the transition zone for their Nordic Skier to pass the race bauble.
  - Helmets are MANDATORY for all Fat Bike racers. Failure to wear a helmet will result in disqualification.
  - Racers will head down from the Nordic Trails to the Timber Landing Loop. That will take racers through the tunnel under the road and back up to the finish area in the base.
  - Winter Fat Bikes and Mountain Bike with studded tires permitted. Mountain Bikes without studded tires will not be permitted.

**Safety:**

- Participant safety is our number one priority. Event organizers reserve the right to change the course for safety reasons. All course changes will be clearly explained at the competitors meeting on race morning.
- There will be a sweep of each leg of the course to ensure competitors are clear. Note this sweep is behind the last competitor.
- If you run into problems on course please let patrol know (patrol number 250-423-2426) or let an event staff/volunteer know. If you see a fellow competitor in distress please use the Good Samaritan Rule to assist your fellow competitors and inform an event marshal.