

MYAU Pre-Race Workshop, 2019

Draft Itinerary status April 23rd, 2018 (may change closer to the dates)

Sunday, Jan. 27th, 2019

- 13:00 Pick up of participants, sleds and gear at the High Country Inn
- 14:00 Arrival at Takhini Hot Springs Hostel
- 15:00 Tea/Coffee/snacks and first session:
 - Introductions, course outline and goals/expectations of racers and race organizers
 - Greatest Fears/weaknesses
 - What takes people out of the race, most common mistakes
 - Participant Race plans/systems – discussion
- 17:00 Break/Rest
- 18:00 Supper
- 19:00 First aid session and how to avoid, recognize, deal with frostbite
 - Physiological requirements of the race
- 20:00 Free time/can go to Hot Springs

Monday, Jan. 28th, 2019

Morning breakfast will be self-serve any time after 7:30 a.m. snacks, coffee, tea, juice available 24/7

- 9:00 Morning session (inside)
 - Sled packing/organizing
 - Stoves
 - Repairing sled, stoves, poles, other gear
 - Selecting bivy sites
 - Clothing selection and layering
 - Pro-active strategies for race routine e.g. foot care, hydration, etc.
- 11:00 Outside to light stoves and set up bivy system
- 12:30 Lunch
- 14:00 Afternoon session (inside)

Psychological issues/strategies to help complete race (or take you out)

SPOT use

What to do in an emergency (yourself or another racer)

16:00 Fully loaded sled pull

18:00 Supper

19:00 Evening session (outside – wood fires, getting wet, changing/drying clothes, light stoves)

Tuesday, Jan. 29th, 2019

Morning breakfast will be self-serve any time after 7:30 a.m.

10:00 Morning session

Debrief on yesterday's info, questions

Problem solving exercise

12:00 Lunch and break

Afternoon will be open for rest/Hot Springs/sorting gear

15:00 Pick up for Muktuk Kennels, visit dogs, talk to Yukon Quest mushers

17:30 Supper

19:00 Leave to hike back to Takhini River Road and the Old Dawson trail on race route

(will stop and make fire, bivy, light stove, make water/snacks prior to returning to hostel)

02:00 Pick up from campsite and return to Hostel

Wednesday, Jan. 30th, 2019

Morning breakfast will be self-serve any time after 8:00 a.m.

Morning will be open for rest/sorting gear/informal discussion

11:30 Lunch

12:30 Afternoon session (inside)

Debrief on evening outing

Review rules

Drop bags

14:30 Break

15:30 Afternoon session (outside)

Stove lighting, bivy set up, water making, review spot use

17:30 Supper

18:30 Evening session (inside)

Review all maps and what to expect on the trail from past racers' perspectives

Review checkpoints and what to expect

Review race strategy that was prepared/reviewed first evening, any changes? Discussion

Thursday, Jan. 31st, 2019

8:00 Breakfast and debrief, questions

10:00 Return to the Coast High Country Inn