

### **Final MYAU Pre-Race Workshop Itinerary**

Thursday, Jan. 23rd, 2020

- 10:00 Pick up participants and gear at High Country Inn. Meet in the lobby.
- 11:00 Arrive at Hostel and unpack. Participants can get settled into their rooms. Review of hostel and logistics.
- 12:00 Lunch at Bean North. Introductions, review agenda.
- 14:00 Discuss goals and expectations of participants and facilitators for workshop.  
Review greatest fears/weaknesses from the registration sheets.  
Pick problems from the hat for discussion later in the workshop.
- 17:00 Supper
- 18:30 First aid session. How to avoid, recognize and deal with frostbite, cold rebound, trench foot. Other common injuries seen by medics (blisters, rubs, shin splints) and how to avoid. Can also include how to avoid constipation. Discussion re: use of medication on the trail and impact of cold, sleep deprivation etc. Proactive routine for feet, etc.  
Hand out trail description notes for review and discussion later in the workshop.
- 20:00 Free time. Can visit hot springs, relax, fuss with gear.....

Friday, Jan. 24th, 2019

Self-serve breakfast any time after 7:00

- 8:30 a.m. Quick review of what we covered on Sunday. Anything to add?  
Review key points from email conversations on sled packing and organizing, clothing selection and layering, bivying, selecting bivy sites, starting a wood fire.  
Packing the pulk – examples of how it is done, weight distribution, etc.
- 10:00 Time to organize gear
- 11:00 Back outside to set up bivy system and light stoves.
- 12:30 Lunch and time to prepare sleds.
- 14:00 Participants should have sleds packed with all of their gear and be ready to go for a short sled pull. While on trail, we will stop to take out stoves and light again, as well as pull out and get into bivy systems.
- 17:30 Supper

- 18:30 Evening session: SPOT use, what to do/expect in an emergency.  
Review race rules.  
Question/comments/follow up from days activities.
- 20:00 Free time.....can go to hot springs.

Saturday, Jan. 25<sup>th</sup>, 2019

Self-serve breakfast any time after 7:30

- 9:00 Morning session  
Review race maps/notes. What to expect at checkpoints. Possible trail conditions.
- 12:00 Lunch
- 13:00 Go outside for short walk with fully loaded sleds. Review SPOT use on the trail. Look at potential bivy sites. Look at what to use for a wood fire and review how to make one.  
Melt water from snow. Make coffee/tea/hot chocolate.
- 16:30 Break/free time
- 17:00 Supper
- 18:00 Everyone outside to light stove in the dark as well as pull out bivy and get into it. Then pack it up.
- 19:00 Reconvene to discuss problems and how we would solve them.  
Review logistics for Sunday outing.

Sunday, Jan. 26<sup>th</sup>, 2018

Self-serve breakfast any time after 7:30

Participants can rest, pack, informally chat until 9:30 a.m. pickup.

- 9:30 a.m. Leave for Muktuk Kennels. Stop and have a look at the Takhini River Bridge on the way to the kennels.
- 11:00 Arrive Muktuk Kennels. Time to look around, see dogs etc.
- 12:00 Lunch at Muktuk
- 13:00 Leave for Takhini River Road with fully loaded sleds. 18 km, so will likely take about 5 hours.

17:00ish Arrive at Takhini River Road/Old Dawson Trail parking lot. Participants will make their own supper and set up their bivies. Get into them/change, whatever they would plan to do if they are really going to bivy. Participants will also make a wood fire.

21:00 Pick up for return to Hostel

Monday, Jan. 27th, 2018

8:30 a.m. Breakfast and debrief. Evaluation.

11:00 Pick up for return to High Country Inn