

Briefing MYAU 2020

Welcome

Overview

- Presentation on Hypothermia/Frostbite by Dr. Poole (20 min)
- Information re. Medical Team
- Marathon Briefing
- Trail Briefing by Robert/Gary
- Risk warning by Robert
- Trail Q&A
- CP Briefing
- General
- SPOT

Presentation Dr. Poole

Information re. Medical Team

- Any doubts before the race, please let us know
- Prevention (drink, eat, rest, layer management)
- Constant monitoring of yourself
- Deal with issues early on (do not wait until it's too late)
- Do not hide anything – approach team if any issues
- Approach us for frostbite checks if we forget it
- Here to help mainly for emergencies, i.e. no full blister treatment, massages, no drugs (unless race is over)
- Have your own supplies
- Be patient

Marathon

- Muktuk
- Turn around explanation
- Trail on property likely very soft

- Half-way assistance only (warm and hot water for flasks – close flasks and thermoses yourselves)
- Yaktrax or similar
- Solution for getting into overflow Enough clothing for varying temps
- Water, Snacks
- If you turn around, stop somewhere in between or do intend not to start LET ME KNOW!
- Drop bag tonight by 10 if possible (clearly marked marathon!)
- Finish set-up
 - Allowed inside (no shoes)
 - Also waiting inside while waiting for transfer
 - Parking
 - Athletes and visitors, do not go into dog yard – talk to Muktuk staff first
- Who needs transfer? I have Wayne, David, Andrew, Josh
- Little Footprint, Big steps (Morgan Wienberg)

Trail Briefing

- BIG THANKS TO RANGERS and MYAU Crew FOR PUTTING TRAIL IN!!!
- Weather update (tbc.)
- Gary will give an idea what the trail is like
- No trail checking at night
- No response to help messages at night
- Things to point out if not mentioned by trail guide already
 - Distance between markers can vary greatly depending on how obvious the trail is, i.e. if a trail is obvious there are less markers and if a trail is difficult to find or at intersections, there will be more markers
 - New MYAU markers (different from Quest markers)
 - Poop and pee off trail. Burn or bring out toilet paper
 - Sleep off trail! Athletes who put their sleeping system on the trail will be disqualified. Also, when you are resting you need to pick a spot that can be seen from a

certain distance by any snowmobile driver, i.e. do not rest just around the corner of a sharp turn

- Point your sled in right direction when sleeping. That will help avoid going in the wrong direction you after getting
- Be careful off trail. There may be trap lines, holes, open water or overflow. Use your trekking poles or a wooden stick to check if you are not sure. Also, it's okay to leave your sled behind for a couple of metres once you established it is safe. However, never leave your sled behind if for some reason you need to move off the trail for a longer distance! Your sled is your live line and you should not be separated from it
- Pick bivy spot wisely (not in a cold spot – **example first night!**, i.e. rather a bit on elevated ground, out of the wind and maybe protected by trees, not on lakes or rivers)
- Overflow comes in many shapes and sizes. It also changes all the time. It may be very scary for one athlete and all frozen for the next. Use your poles to check how deep it is. Put on Neos Overshoes or whatever solution you have in your set-up for overflow scenarios. Be careful if you go around an overflow. The water and slush may cover a larger area than what you can see. And going off the trail may result in other dangers.
- If we are aware of a danger on the trail it is likely marked with an X (made out of trail markers). Then slow down and check what the situation is. Move slowly and cautiously.
- Put your lights on at night. The clear sky and moonlight may mean you actually don't need a headtorch. However, there may be traffic on the trail and without a light you are invisible and may be run over.
- Be careful around communities. Often markers go missing. Check the checkpoint maps we have for Carmacks and Pelly Crossing. These show where you have to go. There is also more traffic on the trail near

communities and locals may not be aware you are on the trail. So, be prepared to stop and step off the trail if need be.

- No Littering! (all food items/wrappings needs to be labelled with your bibb number). Toilet paper needs to be burned.
- It is easy to misjudge distances, especially once you get tired and slow down. Don't expect the guides to give you correct distances. They travel up and down too much to always know the exact distance to the next checkpoint.
- The trail you see in our maps may change at any time. So, the maps really are for your rough orientation and strategic planning. What matters are the trail markers.

Trail Q&A

Risk warning by RD

- Temperatures (1st day/night – 2 to – 20, 2nd night down to – 30 and around that temp for next couple of days at night) expected on the first night
- Serious risk of hypothermia and frostbite
- Serious risk of death if you make mistakes
- Be smart, be fully alert at all times
- Drink and eat
- Change layers as needed
- Keep expedition down jacket and sleeping bag dry (VBL)
- Be prepared to stop (you can't count on always being able to move to stay warm)
- NEVER leave your sled and SPOT
- Carefully listen at SPOT briefing later on
- Be prepared for common risk scenarios
 - Overflow (stay on marked trail that leads through overflow; do not follow tracks that go out to the sides and around it)
 - Water Bladder bursts

- Having to build wood fire (fire starter, several ways to light fire)
- Be prepared for equipment failure (stove, tent, zippers, sled – anything with screw, plastic parts, frozen water bottles)
- Remember, this is not just about you. It's also about your family and people who may have to risk their lives to rescue you
- More likely to evac by helicopter from remote checkpoints!!!

Checkpoint Briefing

- If in doubt, let volunteers give you all the info and checkpoint „rules“ upon your arrival
- Respect the place and whatever „rules“ it has, e.g. no running around naked (before or after a shower) and alcohol in community checkpoints
- You may be tired and frustrated with something upon your arrival. Please remember to still be nice to crew members. If not you get time penalty or disqualification
- Be quiet when others are sleeping
- Leave washrooms clean– remember that others will use all facilities, too
- Make sure we get your in- and out-time

Takhini

- Hot and warm water for marathon

Muktuk

- Not allowed inside to drink, eat and fill up water
- Medical checks outside
- Don't walk into dog yard without contacting Muktuk staff
- Remember rules for visitors!
- Who arrives all sweaty will have to stop
- No walking off trail
- Fire outside but no room for drying things

Dog Grave Lake

- Can be a bit loud
- Food upon arrival (but not guaranteed)
- No sleeping inside; everything outside
- No „drying“ tent (but obviously we can't let you go with wet clothing – penalties possible)
- Use designated area for toilet

Braeburn

- Highway Lodge
- Entrance front of building
- Restaurant, so no running around in underwear, doing major foot care, hanging up clothes
- Internet (limited data!)

Ken Lake

- No sleeping inside
- Steep way up

Carmacks

- Community Center
- Shower
- No running around in underwear
- Only stay in designated areas
- Sleds can't come inside anymore (only back door)
- Missing markers?!

McCabe

- First walk past
- Nice warm workshop (good for drying things)

Pelly Crossing

- Link building
- Double booked Feb. 4th and 5th
- Again marker situation

Pelly Farm

- Out on river back on farm road
- Lasagne
- Enjoy

General

- Missing paperwork
- Gear check 11:30 to 14:00 (full sleeping setup, expedition jacket and lighting stove; not for course participants) ; no handling of fuel in hotel
- Random gear check (fire lighting , fire startet, expedition down jacket, winter sleeping mat) – who arrives all wet may be forced to stay
- Extreme temperature rating is not comfortable
- Look out for each other
- Use common sense
- Be patient and respectful with crew
- Distances to checkpoints always seem longer
- Is there a problem tell me immediately
- Transfers
- Drop bags (clearly marked, stability, size, will freeze, will be on top of each other, brought back to Whitehorse)
- Know the Rules!
- 3 litres leaving checkpoint
- Waivers (why CARA)
- Yellow tape
- Maps, GPS (waypoints)
- Possible to pick up contact sheet at dinner (for those with SAT Phone)
- Insurance info for hospital; credit card
- Not my job to read insurance small print (all are aware of the consequences)
- Long time before help arrives / evac procedure

- Medical team (blister dressings)
- Wildlife
- Meals – quantity, allergies
- Carmacks Cut-Off
- News during race (facebook – English News quicker than German, Instagram)
- Sled transfer 9:30 AM (HCI)
- Breakfast stress
- Building and toilettes at Shipyard's
- Start photo
- Q&A

SPOT Briefing

- Batteries 4x AAA Energizer Lithium
- Positioning it
- Messages – including custom message (new rule!)
- Procedures
- Embedded on website
- Returning it