**MYAU Pre-Race Workshop 2021 (Sunday Jan. 31st – Thursday Feb. 04th, 2021)**

What you can expect from our workshop and pre-race online support:

1. **Learn from the hard won knowledge of MYAU race veterans (see bios below)! We are all locals (Marianne is an adopted Yukoner!) and we have spent thousands of hours in the Yukon wilderness and on the MYAU trail.**
2. **You will receive detailed trail notes and briefings that have been prepared based on our personal experience on the MYAU trail.**
3. **Receive help with your race strategy, whether you are trying to “go fast” or “just finish”. The team have different race strengths and experience and will openly share what we have learnt.**
4. **Access to a private facebook group as soon as you sign up, to discuss various race topics and questions as they arise. Past workshop participants who will be returning for the 2021 race will be part of the group as well.**
5. **Numbers for this workshop are limited to 10 to ensure you have a high quality experience and full access to the facilitators.**
6. **Accommodation is in the comfortable Takhini Hotsprings Hostel with access to the Takhini Hotsprings during your free time.**
7. **Visit Muktuk Kennels for lunch and see the sled dogs! Then walk the race trail from Muktuk Kennels to the Overland Trail in the daylight, so you can better plan your strategy for race day.**
8. **Practice all the essential skills you will need for the race i.e. lighting stoves, making fire, setting up your bivy, resting in your bivy. This will be done during the day and night.**
9. **Gear check and advice prior to the race.**
10. **Our goal is for you to have an enjoyable experience regardless of what happens on race day! We are all passionate about the trail, the race and the entire MYAU family.**

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The 4.5 day workshop will take place at the Takhini Hotsprings Hostel (<http://yukoncampground.com/>), about a 35 min. drive from downtown Whitehorse.

Accommodation is shared (2 people per room). Food, transfers and accommodation are provided.

Total numbers are limited to 10! Deadline for registration is Nov. 15th, 2021. Full payment due prior to Dec. 31st, 2020. Down payment of $300 due upon registration.

Workshop Fee: $1250 CDN

For more information, email: [sgellatly@shaw.ca](mailto:sgellatly@shaw.ca)

**Facilitator Bios**

Jessie Thomson-Gladish

Born and raised Yukoner!

My first adventure race was actually in a canoe, from Whitehorse to Dawson, in the Yukon River Quest in 2010.

I started winter ultra adventures in 2015, with the MYAU, and finished the 430 in 2015, 300 mile in 2016, 430 mile again in 2017, and then travelled to Alaska and finished the ITI 350 mile. All on foot. In 2019 I finished the 430 mile YAU on x-country skis.

I have a love of the Yukon since it’s my home, and that is a significant reason I keep coming back to the MYAU, plus the people involved have become good friends now. I don’t think it’s my running history that I can credit all of my success so far to; it’s really credited to growing up camping and hiking, and learning how to handle myself in the remote wilderness of the Yukon. The environment deserves respect and awareness, especially in the middle of winter. I do these races from an expedition mindset, not necessarily a race mindset, although I do enjoy the competition and a time challenge. I can’t wait for 2021 to meet all the others new to the race and to see some familiar faces as well and try the trail on a bike!

Gillian Smith

I'm born and raised in the Yukon. I'm from a small community north of Whitehorse (Mayo).

I completed the 100 mile a few years ago with a friend and that race got me hooked. The following year I signed up for the 430mile but was unable to finish. In 2018, I volunteered as a medic at the Ken Lake checkpoint.

In 2019 I finished the 430 miler, on foot.

I work for Yukon Emergency Medical Services as a Critical Care Flight Paramedic (I would be the person who would come get you if you needed an emergent lift off the trail... if I was working). I have also volunteered for SOMET (Special Operation Medical Extrication Team).

Shelley Gellatly

My entire adult life has been spent in the North, with time in the Northwest Territories, Alaska and since 1997, the Yukon.

I have been involved with the race as a participant or volunteer, since the start in 2003. That year I finished the 100 miler on foot, and have completed the distance 4 other years.

In 2004 I finished the 300 miler on foot.

I have tried to finish the 430 miler 3 times, twice leaving the trail due to medical issues and in 2019 due to frost bite on my thumbs. Luckily, I have been able to see the entire trail to Dawson, even if part of it was on the back of a skidoo!

This past year, I attempted the 300 miler on skis. It was a fantastic trip, however I decided to stop after not being able to warm up my feet 14 hours after leaving Braeburn. Next year, I will be out there again!

I have finished the Yukon River Quest 11 times. Outside of YAU and YRQ, I work as an exercise physiologist.

Marianne Heading

I first took part in the Yukon Arctic Ultra as a volunteer in 2007, this trip inspired me to take up running at the age of 37 and return to the Yukon as a competitor.

Since 2007 I have taken part in the YAU on a number of occasions, completing the 100miles in 2009 and the 300miles in 2011 and again in 2019. I have attempted the 430miles twice, being unable to complete on the first occasion due to migraine and on the second occasion having to stop at Pelly Farm due to a bad shoe choice leading to numerous open blisters and wounds.

I live in the Peak District in the UK with my partner Mike, who I met on the YAU in 2011, and our dog Tahra who loves to join me/us on runs and walks.