



THE MOST BEAUTIFUL RELAY IN THE WORLD

2023 Volunteer's Manual

Sponsored by:





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Thank you for Volunteering!

Volunteers are the backbone of any type of sporting event. Your efforts will ensure the safety and enjoyment of both runners and the general public.

The Banff Jasper Relay uses the roadway going north from Castle Mountain along the Bow Valley Parkway and Icefield Parkway to Jasper. As one of the most scenic areas in Alberta, if not the world, the area draws tourists from around the globe. A strong core of volunteers ensures a safe day for runners while also ensuring tourists are not inconvenienced while enjoying this natural beauty.

This manual is filled with information to help make your experience enjoyable and fulfilling. You will find an equipment list to ensure your comfort and safety in any type of weather, schematics of the areas where you will be stationed (for race day positions), and descriptions of tasks required at each race transfer station. All on-course volunteers will be provided with approved safety vests, to be returned to your Station/Crew Chief before you leave.

Volunteers receive

- Invite to join the runners and all the other volunteers at the awards dinner where you get to enjoy an excellent pasta dinner, the fantastic beer from the Jasper Brewing Co., and then dance the night away at the greatest dance party in Jasper!
- Invite for a special Volunteer Party sponsored by The Jasper Brewing Co. on Sunday June 4th!
- A special volunteer package for volunteers compliments of The Jasper Brewing Co.

Thank you for your time, effort and enthusiasm! Without you, this relay would not be possible. We wish you a fun and rewarding day!

Thank you to the Jasper Brewing Co. for helping The Banff Jasper Relay in recognizing the hard work of our volunteers!

MISSION: The Banff Jasper Relay is run to provide an opportunity for runners to discover and enjoy the team sport of relay running and to support the preservation and appreciation of Banff and Jasper National Parks while raising funds for the Brain Tumour Foundation of Canada.





Typical Exchange Point

On-Course Volunteer Equipment List

While we all hope for a warm sunny day, be prepared for any type of weather. Remember, we will be in the mountains and weather can change quickly! The chance of any type of weather from baking sun to a driving snowstorm is within the realm of possibility.

Please bring:

- Parks Canada Vehicle Pass
- Rain gear
- Warm gear
- Hats (sun and cold weather)
- Gloves/mitts
- Sunscreen and insect repellent
- Water
- Lunch and/or Snacks





- Binoculars (handy for calling out runner race numbers)
 - Lawn chair and umbrella
 - Pen and paper
 - Proper Shoes
 - Big smiles (just because)
- ***Important Note: Cell phone coverage does not exist on 90% of the race course. Please plan accordingly.***

COVID-19

The Banff Jasper Relay will be following all public health guidelines to ensure the safest possible race for our volunteers and runners. We may update or change COVID-19 measures based on AHS guidelines and restrictions.

- Please stay home if you are sick or [have COVID-19 symptoms](#).
- Per AHS, you are not permitted to attend the event if you are required to isolate or quarantine.
- Help prevent the spread of COVID-19 and other respiratory illnesses, by:
 - Practicing good hygiene
 - Washing hands frequently.
 - Assessing your own [personal risk](#) and taking precautions that will serve any needs

Traffic and Safety Hazards and Considerations

The Banff-Jasper Relay produces potentially dangerous traffic congestion. 900 runners, along with spectators, volunteers and officials creates an unusual amount of pedestrian and vehicle traffic, not only at the stations, but all along the highway between Banff and Jasper. Vehicles will be stopping and starting, parking and pulling out along the entire distance of the route.

Because of this busy day on the highway, we ask you to be exceptionally careful, kind and courteous to everyone during our event. It is a privilege to be running in a National Park.

While driving, beware of support personnel crossing the roadway to supply aid to runners. Spectators, young children, and enthusiastic supporters may make abrupt road crossings, or run out of the ditch onto the shoulder of the road.





Supporting team members can cause safety issues when they open their car doors from the shoulder of the road into traffic, or suddenly exit from cars parked on a narrow shoulder of the road onto the highway without warning. Cautious and courteous driving is essential to the safe and orderly conduct of the race.

Runners and other pedestrians must watch out for vehicular traffic at all times. Be especially careful crossing the highway, whether to assist runners or move to a transfer point. If children accompany you, watch them very closely.

1. An accident, persistent infraction of these regulations, or unmanageable traffic congestion could jeopardize the future of the race. Please help us keep the race safe and alive by limiting the number of vehicles your team brings to the relay.
2. Teams are to restrict themselves to two vehicles each on the South and North phases. Two South Phase vehicle tags and two North Phase vehicle tags will be supplied in the captain's package.
3. To alleviate parking congestion at the exchange points, we recommend that teams designate one vehicle as a support vehicle which strictly supports the runners and does not stop or park at the exchange points. The other vehicle should be designated as the shuttle vehicle to take runners ahead to the exchange points and pick up runners completing their stage. Transferring of runners between the two team vehicles should be done at parking areas away from the exchange points.
4. Teams should ensure that a support vehicle maintains line of sight contact with their runner to ensure the safety of the runner and because they may be required to shuttle their runner past a bear or other wildlife.
5. The Bow Valley Parkway (Highway 1A) is a narrow, winding road with no shoulders and with traffic in both directions. It presents special hazards and problems. **No team vehicles will be allowed on Highway 1A from Banff to Lake Louise.** Teams found to have any vehicles on this road, be they official team vehicles or ones driven by a runner's family or friends, will be assessed a one hour time penalty.





6. Obey all signs and instructions from traffic control personnel. Traffic control personnel will be on site at the BVP/Whitehorn Drive intersection, as well as the main intersections on Lake Louise Drive. There is also TCP in Jasper.
7. Be extremely cautious around stations; watch out for runners, pedestrians, and other vehicles.
8. Obey all Parks Canada regulations. The RCMP will enforce all Parks, traffic and liquor regulations. They will issue warnings or tickets, and will report infractions to the race referee who will consider these infractions grounds for disqualification. The names of the offending teams will be recorded and their team may be prohibited from participating in future Banff Jasper Relays.
9. A valid National Park pass must be properly displayed in all vehicles while in the National Parks. *All event participants must have a valid national park pass. Banff National Park entry fees go towards maintaining the park's roadways, viewpoints, day use areas and trails -and the information, education, resource protection and public safety services offered by Parks Canada staff. For prices or to order your park pass online, click here:*
<http://www.pc.gc.ca/eng/pn-np/ab/banff/visit/pass.aspx>
10. Bonhomme Street, the road in front of the activity centre and parallel to the finish chute, remains open to traffic during the final stage of the race. Please do not congregate on the road to cheer-in your final runner. Please cheer from the sidewalk and be cautious when crossing the road from the parking lot.

Potential Hazards

There are many potential hazards to be aware and mindful of on race day including:

- Not all park roads have shoulders; where shoulders exist they may narrow or temporarily disappear.
- Drivers may stop and/or pull over with little warning to watch wildlife or photograph scenery.





- Banff National Park is a popular place; other cyclists/ runners may be using the same roadway (unless exclusive use or restricted access has been requested and approved).
- There may be pavement irregularities, and gravel, rocks, trees, or other debris on the road surface.
- Participants may encounter wild animals along mountain park roads, including: grizzly and black bears, elk, bighorn sheep, deer, moose, wolves, cougars, coyotes, mountain goats, wolverine, and lynx.
- Freezing temperatures are possible at any time of the year, so it is possible (although rare) to have snow or ice on the road even in the summer months; the likelihood of this increases with elevation.
- Whenever slopes are snow-covered, avalanches are possible (do not stop in areas posted as "Avalanche Zone").

Wildlife Response Procedures

Safety is one of our core values and is a guiding principle behind everything we do to deliver the safest possible event for every runner, volunteer, partner, and spectator. Wildlife, including bears, could be encountered on any stage of the relay and the wildlife response procedures outline what is to be followed if wildlife or a bear is spotted near the road.

Prior to volunteering:

- You will be notified by a Race Official on Friday June 2, 2023 if Parks Canada has indicated there is the potential for a partial closure of a race leg due to a bear and any areas with known bears or wildlife in the area.

When you are volunteering:

- Be sure to make noise.
- Stay nearby other volunteers.





- Tune in to your surroundings. No headsets or earphones are allowed.
- If you see a bear when driving to or from your posting, **do not to stop** to view roadside bears so that the race does not contribute to bear jams

If wildlife is spotted:

- Do not approach wildlife. All wild animals are unpredictable even if they appear tame.
- Stay 30m (3 bus lengths) away from elk, deer, and moose.
- Stay 100m (10 bus lengths) away from bears and other carnivores.
- Report all wildlife sightings to a Race Official, the Race Director, Safety Director, or Parks Canada.

The following bear contingency plan has been developed to outline the procedures to be followed in the event a bear is close to the road

Bear Contingency Plan

Existing measures included in the environmental assessment for managing bear encounters include either:

- Temporary race stops (5-10 minutes) to allow a bear to clear the area, or
 - Picking up a runner in their support vehicle and shuttling them a minimum distance of 500 metres past the bear's location.

The necessity to close all or part of a stage due to a bear is possible but considered to be unusual. The intent of the plan is to allow the race to continue while not causing any interference with the bear and ensuring the safety of participants and volunteers.

Stage Closure (partial or full):





- Parks Canada Human-Wildlife Coexistence (HWC) staff member will notify the Race Officials via radio that it is necessary to implement a full or partial stage closure.
- The race official nearest to the location will go to the start point of the impacted stage, which will be 500 metres from the bear or the next nearest pull out, to implement the closure.
- The volunteer captain at the exchange point will be notified of the closure and all runners for the stage at the exchange point will be notified that their stage has been closed.
- If only a partial closure is required, a race official will leave the exchange point by car and set up a race closure point a minimum of 500 metres from the location of the bear or beyond the nearest pull out.
- All runners will be required to stop at the closure and wait to be picked up by a team support vehicle.
- Runners will be dropped off a minimum of 500 metres past the bear. The drop off location will be marked by a race official with a road cone.
- Once the bear has moved on, a HWC staff member will contact the race officials and the stage closure will be removed.





EMERGENCY RESPONSE PLAN

MEDICAL RESPONSE PROTOCOL / PROCEDURES

Overview:

Although everything possible has been done to ensure runner and volunteer safety, incidents may arise that require prompt medical attention. Such incidents may include; effects of inclement weather including hypothermia or heat exhaustion, encounters with traffic, or encounters with wildlife.

Should a medical emergency occur:

- The first personnel on the scene should assess the situation and if they do not have first aid training, immediately notify emergency services.
- Notify Emergency Services:
 - There is an EMS team patrolling the course. Communication is achieved by contacting one of the ham radio operators patrolling the course or at a transfer point and advising them of the situation. They will notify the appropriate EMS organization and the Race Director and/or Safety Director.
 - There is an EMS team patrolling the course which can be contacted through the radio operators if there is no cell service.
 - 911 may be called if there is cell service and depending on the location of the EMS or radio operators.
- Administer first aid, as trained.
- Organize personnel to meet or flag the ambulance.
- Remain with the injured person until Emergency Services personnel arrive
- Assist Emergency Services personnel as required
- Complete an Incident Report form as soon as possible after the event
 - An incident report, available from a race director or a member of the radio crew, should be filled out as soon as possible after every medical emergency, while details are still fresh in mind.
- The Race Director, EMS personnel and other officials will have contact phone numbers for all runners and team captains, and will pass on any information to the concerned parties.

Media Relations:

Any questions arising from a medical incident should be referred to the Race Director and/or Safety Director. In no case should volunteers answer questions





from the media or spectators. The Race Director, after consultation with EMS personnel, should be in the best position to answer questions.

Transfer Point Volunteer Responsibilities

Important Note: All volunteers on or near any highway will be required to wear the provided safety vest.

Transfer Point Volunteer Responsibilities

CREW CHIEFS

Crew Chiefs will be responsible for ensuring each aspect of the race runs smoothly and that each and every volunteer understands his/her assignment. Crew Chiefs will typically be responsible for 4 to 10 individuals. You will need to collect a porta potty key from the volunteer coordinator and return it to the volunteer coordinator or another race official when they are finished cleaning up their station.

Crew Chiefs are responsible for:

- ensuring the safety of the volunteers
- distributing and collecting safety vests
- educating volunteers re: safety requirements and duties
- arranging location set-up
- arranging location tear-down
- communicating with race officials elsewhere on the course
- supervising clean-up of all litter in the immediate vicinity
- monitoring the timeline:
- ensuring the station is set-up before the first runner arrives
- ensuring timers have correct teams for the force start
- ensuring either one of your team or a timer stays for the slowest runners
- Stowing the equipment away and returning the porta-potty key to the designated person
- Ensuring that trash is collected and removed from the exchange site





CREW PERSONS (3 + or – per team)

Crew Persons are primarily responsible for:

1. Ensuring the safety of the runners and themselves
2. Setup, takedown, and cleanup of the exchange point
3. Operating the exchange point for the duration as specified in the next section.

General Exchange Point Set-Up Information

Please note any suggestions you may have for improving the exchange point or your volunteer experience on the page provided at the back of this manual and place it in the garbage can with the safety vests when you leave. (After you have removed the garbage!)

When you arrive at your station, you will find safety vests, traffic cones, wooden sticks, flagging tape, a garbage can, a garbage bag, and a volunteer manual locked in one of the porta potties (with the exception of Sask River Crossing).

All volunteers MUST put on the provided safety vest immediately upon arrival at the exchange point.

Look for the white line painted on the pavement. This is the official exchange point. Wrap flagging tape around top of traffic cones to build your exchange chute around the line.

Tie the flagging tape around the top of the cones to create a chute.

When the transition zone closes, remove the garbage bag and **lock** the garbage can with any cones, signs, and vests not moving forward to another location in a porta-potty for pickup.

Deposit garbage in the nearest bear-proof dumpster.





Exchange and Traffic Control Stations

S1 SOUTH START: CASTLE MOUNTAIN VILLAGE

51.268 N 115.919 W

No Race Parking signs to be set up by 6:00am. All runners must have a Class 1, 2 or 3 high visibility vest/shirt or they are not allowed to start.

Marshal at entrance to Hostel parking circle: (1)

Set up barricade at entrance to Hostel driveway. Advise race vehicles using parking circle that Hostel driveway is off limits. When parking circle fills up, don't let any more cars in until one leaves. When all cars have left and station has closed, pick up trash and bring garbage bag to transition zone.

Marshal at entrance to store parking lot: (1)

No Race Parking is allowed in the store parking lot. When all cars have left and station has closed, pick up trash and place garbage bag in bear-proof dumpster.

Marshals at junction with approach road and Hwy 1A: (2)

Ensure safety of runners crossing approach road by stopping pedestrians until it is safe to cross, and placing pylons, "slow" signs or "runners on road" signs as necessary. No vehicles associated with the race (e.g.: team support vehicles) are allowed onto 1A except for the busses and race officials.

Bus Marshal: (2)

As bus volunteers on the starting stages of the race, you play a very important role. Runners, by their very nature, will be focusing on running their personal best, and may at times need additional guidance and support on the "bus stages". Ensuring all runners move smoothly onto and off the buses and get to their destinations on schedule and ensuring the bus departs on time will largely depend on you. Any equipment left on the bus will be taken to Jasper and given to the individual. You will also be responsible for coordinating bag pick up at the hall in Jasper.

Please remind runners to retrieve their gear and if they forget it on the bus it will be retrieved in Jasper.





Stage S1, S2, and S3 Bus Procedures:

Due to environmental and safety considerations, the first two Stages on the South Phase will be unsupported. **New for 2022, runner pick up for S2 and runner drop off for S3 will also be done by bus as well as no teams will be allowed to drop off their runners or stop at the S3 Start.** As in previous years, no team vehicles will be permitted on the Bow Valley Parkway from Banff to Lake Louise.

1. To facilitate this, buses will be provided to transport runners to their start positions for S2 and S3. And S1 and S2 runners will be bussed back to the Lake Louise Inn. Team Captains must make transportation plans to get their S1 and S2 runners to the Castle Mountain start for 6:30 am and to get them from Lake Louise around 11:15 am. And have their S3 runners load the bus at Lake Louise Inn by 8:45 to get to the Stage 3 start.

The procedure is as follows:

2. Stage S1 and Stage S2 runners will congregate at Castle Mountain Junction starting at 6:30 am.
3. Prior to 6:40 am, stage S1 runners will deposit their gear, clearly marked with their team number, on the one bus designated for **S1 runner bags <Bus A>** in the back seats.
4. Prior to 6:50 am, all Stage S2 runners will board **Bus A** for transport to the Stage S2 start area.
5. At 6:50 am, all Stage S1 runners will be escorted to the start line on Highway 1A, in preparation for their 7:00 am start.
6. After the Stage S1 start, **Bus A** will leave Castle Mountain Junction to transport the S2 runners to the Stage S2 start area.
7. When the bus arrives at the Stage S2 start area, Stage S2 runners will off load the buses and prepare for their Stage S2 start. A volunteer will oversee the equipment bag retrieval from the bus as S1 runners arrive. Only runners with bib numbers will be allowed to retrieve gear.
8. Prior to their start, Stage S2 runners will place their gear in the back seats on the bus designated for **S2 runner bags <Bus B>**.
9. As Stage S1 runners complete their stage they will collect their gear from **Bus A** and board **Bus B**.





10. **Bus B** bus will depart Baker Creek at 8:25 am with any S1 runners who have finished and go to the Lake Louise Inn.
11. **Bus A** will depart Baker Creek at 9:20 am once the remaining S1 runners have finished their stage and go to Lake Louise Inn.
12. At the Lake Louise Inn, S1 runners will depart **Bus B** *leaving the S2 runners' bags on the bus.*
13. The S3 runners will load onto **Bus B** by 8:50 am for transport to Herbert Lake.
14. S3 runners will leave the bus and start to prepare for their run. Once done with their bag, they will place it, marked with their team number, with their S2 runners' bag on **Bus B**.
15. At Herbert Lake, incoming S2 runners will retrieve their bags *and their S3 runner's bag* from **Bus B**. Only runners with bib numbers will be allowed to retrieve gear.
16. S2 runners load onto the busses to be taken back to the Lake Louise Inn. The first bus to leave back to Lake Louise will be **Bus A**.
17. **Bus B** will depart Herbert Lake around 11:00 am to go back to Lake Louise Inn once all S2 runners have completed their stage.

Bus Departure Times

- Following is a summary of the above by chronological order.
- 6:30am – S1 and S2 runner congregate at Castle Mountain Junction
- 6:40am – S1 runners load their bags onto **Bus A**
- 6:50am – S2 runners board **Bus A**
- 7:00am – S1 starts
- 7:05am – **Bus A** departs Castle Junction for Baker Creek with S2 runners and S1 bags
- 7:25am – **Bus A** arrives at Baker Creek and S2 runners unload





- 7:45am – S2 runners begin loading their bags onto **Bus B**
- 7:55am – S1 runners begin to arrive at Baker Creek and collect their bags from **Bus A**
- 8:25am – **Bus B** departs Baker Creek with some S1 runners to Lake Louise
- 8:40am – forced start for S2 at Baker Creek
- 8:45am – **Bus B** arrives at Lake Louise and S1 runners unload
- 8:50am – S3 runners load onto **Bus B** at Lake Louise
- 8:55am – **Bus B** departs Lake Louise for Herbert Lake with S3 runners
- 9:05am – **Bus B** arrives at Herbert Lake and S3 runners unload
- 9:10am – S3 runners leave their bags on **Bus B** with their S2 team member's bag
- 9:20am – S2 runners finishing at Herbert Lake and collect their bag and their S3 runner's bag from **Bus B**
- 9:20am – **Bus A** departs Baker Creek with remaining S1 runners to Lake Louise
- 9:35am – **Bus A** arrives at Lake Louise and remaining S1 runners unload
- 9:45am – **Bus A** departs Lake Louise for Herbert Lake
- 10:00am – **Bus A** arrives at Herbert Lake
- 10:10am – **Bus A** departs Herbert Lake for Lake Louise with some S2 runners
- 10:20am – **Bus A** arrives at Lake Louise and unloads S2 runners
- 10:20am – forced start for S3 at Herbert Lake
- 11:00am – **Bus B** departs Herbert Lake for Lake Louise with remaining S2 runners
- 11:10 am – **Bus B** arrives at Lake Louise and remaining runners unload.





S2 BAKER CREEK CABINS

51.349 N 116.068 W

Volunteer training in Lake Louise for S2 on Friday before the race.

No team vehicles are allowed on this part of the race course. Baker Creek customers, race volunteers, & race official vehicles, plus the two race-shuttle school busses will be in the area.

Marshal at entrance to Baker Creek Cabin parking lot: (1)

Stop runners from crossing until it is safe to cross.

Marshal at other entrance to Baker Creek Cabin parking lot: (1)

Stop runners from crossing until it is safe to cross. Monitor parking area to avoid over capacity.

Finish Line / Transition area: (2)

One person monitors finishing Stage S1 runners, directing them through the finish/tag up chutes.

Another person announces incoming runners and marshals Stage S2 runners, directing them to stand off to the side to tag up. **Check that all runners are wearing a high visibility vest.**

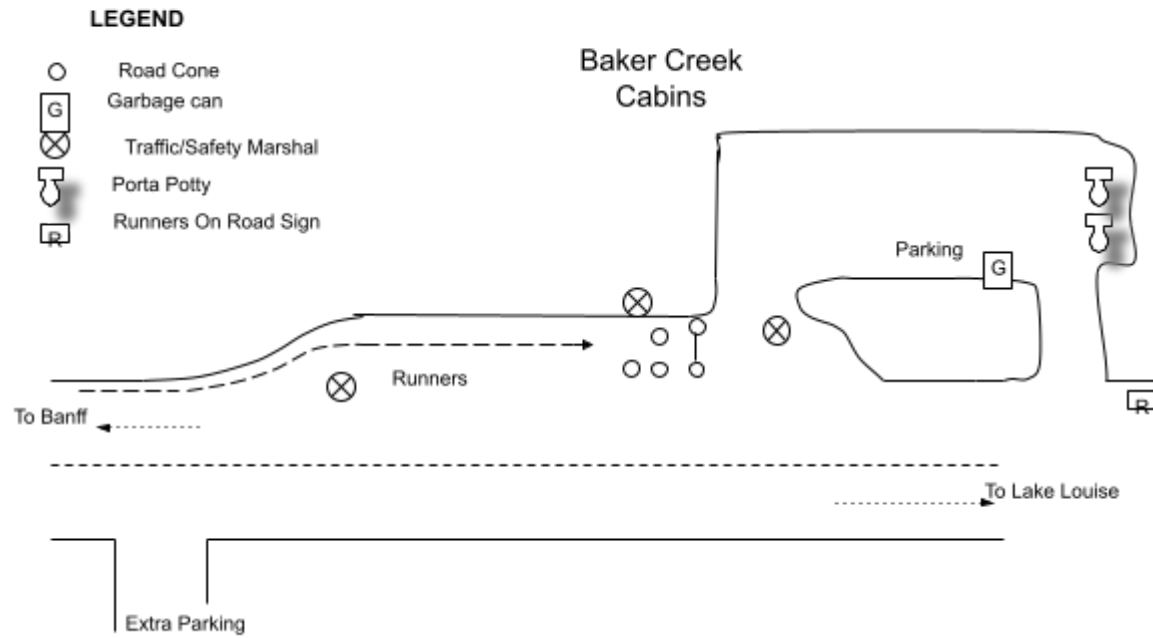
When the transition zone closes, remove the garbage bag and **lock** the garbage can with any cones, signs, and vests not moving forward to another location in a porta-potty for pickup.

Deposit garbage in the nearest bear-proof dumpster.





Stage S1 Finish / Stage S2 Start





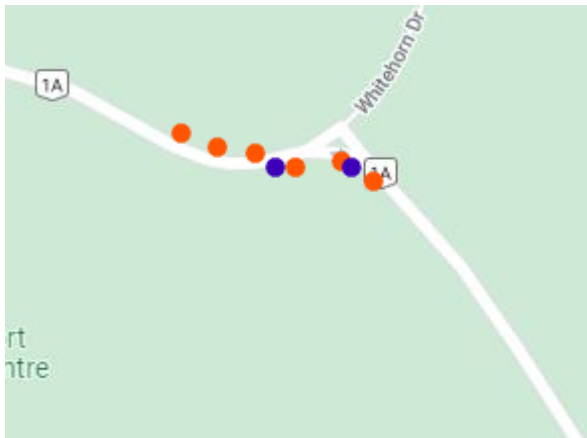
Whitehorn Drive and 1A (1 + Certified Flagger)

When runners arrive at the “T” intersection direct them to turn left and, when safe to do so, cross over the road to run along the right side of the road. You will ensure runners safety and stop runners from crossing the road until it is safe for runners to cross. The certified flagger will stop traffic if necessary.

Legend

Pylons = Orange

Volunteer Marshall / Crew Person & Certified Flagger = Blue



1A and Highway 1 intersections(1+Certified Flagger).

A Parks Canada certified flagger will be used at the new lights to stop traffic and ensure safety of runners crossing the intersection..

The volunteer marshall at the intersection will ensure runners do not stop unless it is safe for them to cross.

Legend

Certified flagger = Red

Pylons = Orange

Volunteer Marshall / Crew Person= Blue





Lake Louise Village Traffic Light Lake Louise Dr & Village Rd (1 + Certified Flagger).

Ensure pylons are set up. Ensure the safety of runners approaching the intersection. Direct runners to turn right staying on the right side of the road.

Legend

Pylons = Orange

Volunteer Marshall / Crew Person= Blue



Marshals west of Samson Mall entrance on Village Road: (2)

Assist runners to cross safely at the cross walk.

Advise runners to stay on left side of the road facing traffic and turn at the cones at Sheol Rd.

Orange=Road cone

Blue=Volunteer Marshall





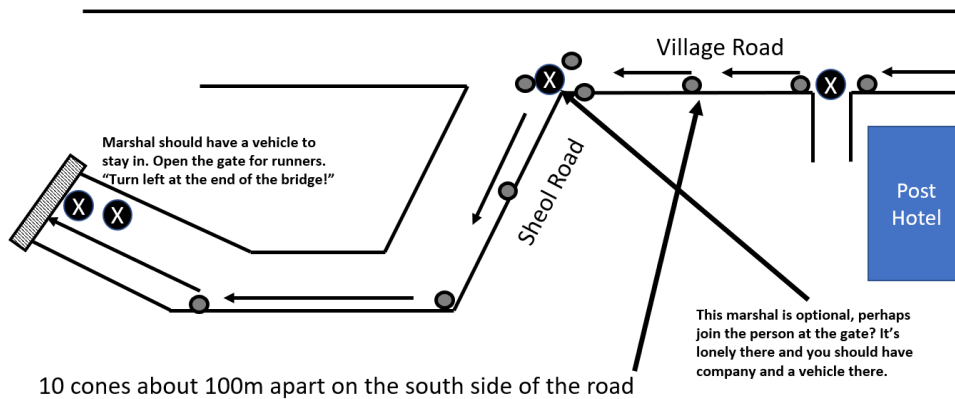
Marshals to direct runners onto the pedestrian bridge: (2)

Man the gate as runners approach to allow them through and remind them to turn left at the cones as they come off the overpass.

Lake Louise – Village Rd – Sheol Rd to ped bridge

LEGEND

- Road Cone
- G Garbage can
- X Traffic/Safety Marshal
- P Porta Potty
- R Runners On Road Sign

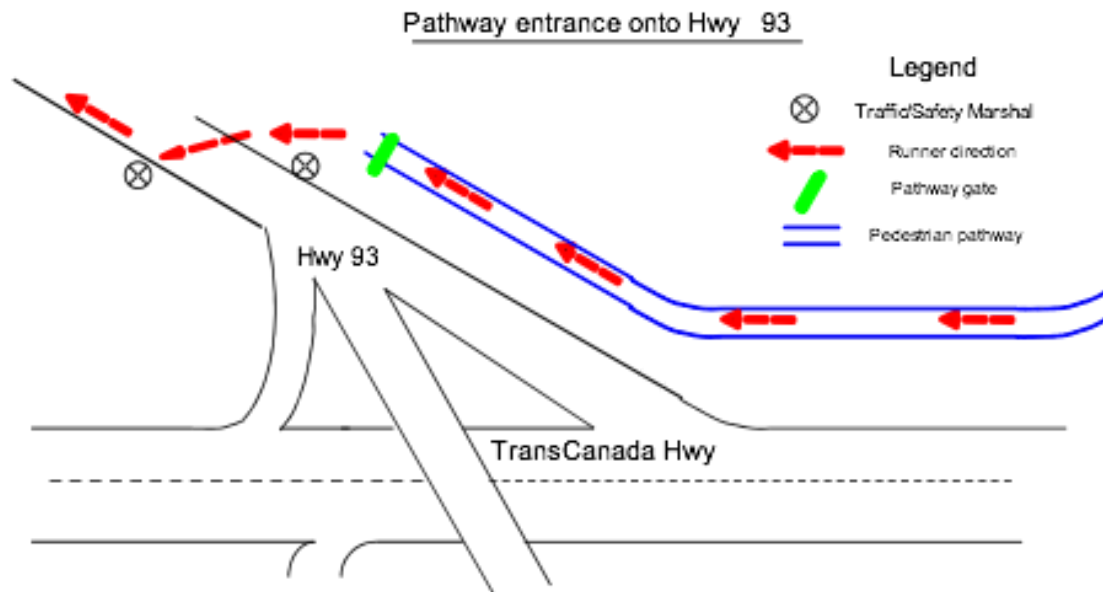


Marshals at Niblock Gate: (2)

Open the gate as runners approach along the pathway and stop pedestrians until it is safe to allow runners to safely cross road. Advise runners to stay on left side, facing traffic.



After the last runner, collect cones, signs, and equipment and return to designated location. Place any garbage in the nearest bear-proof dumpster.





S3 HERBERT LAKE LOOKOUT

51.277 N 116.134 W

Marshal at Herbert Lake Lookout: (1)

Stop runners until race traffic entering or leaving Lookout area is clear to allow runners to pass safely.

Marshal in the middle of the road across from transition zone: (1)

Enforce the no left turn rule. Support vehicles are not allowed to drop off or pick up runners at S3. They will be bussed per the procedure. Support vehicles must drive a minimum 1km down the road to support their runner. Notify a race official if this rule is not followed.

Finish Line / Transition area: (2)

One person monitors finishing Stage S1 runners, directing them through the finish/tag up chutes. Another person announces incoming runners and marshals Stage S2 runner, directing them to stand off to the side to tag up. **Check that all runners are wearing a high visibility vest before starting their run.**

When the transition zone closes, remove the garbage bag and **lock** the garbage can with any cones, signs, and vests not moving forward to another location in a porta-potty for pickup.

Deposit garbage in the nearest bear-proof dumpster.

Marshal north of exchange point to slow traffic: (1)

A slow sign is placed on the side of the road. The marshall cautions runners to cross the road safely as they approach the exchange point.

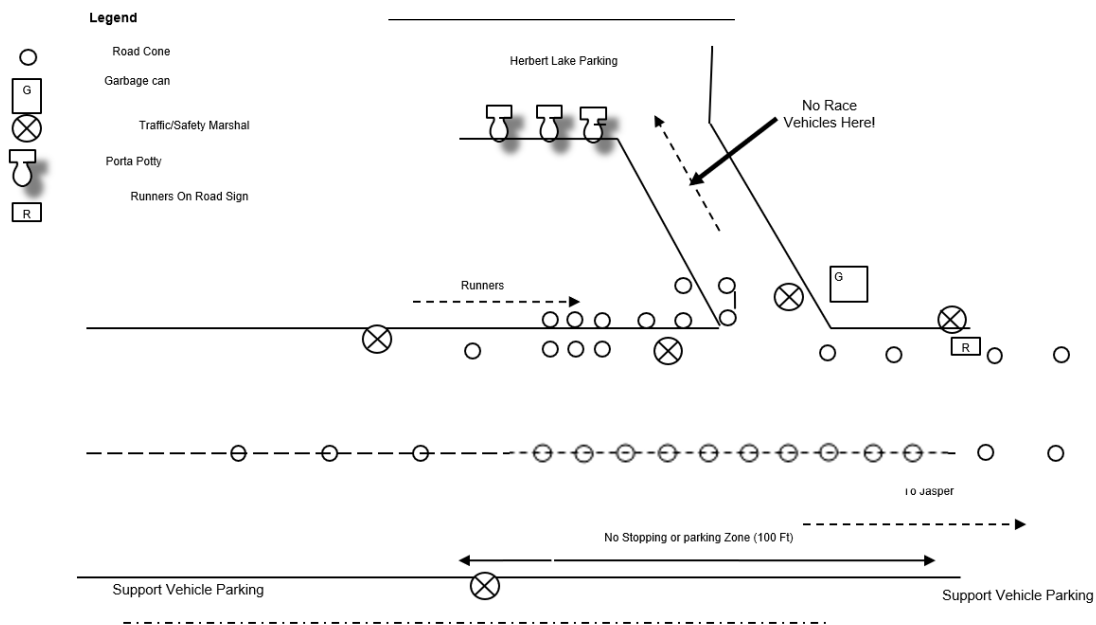




When the transition zone closes, remove the garbage bag and **lock** the garbage can with any cones, signs, and vests not moving forward to another location in a porta-potty for pickup.

Deposit garbage in the nearest bear-proof dumpster.

Stage S3 Herbert Lake Lookout



S4 MOSQUITO CREEK CAMPGROUND

51.378 N 116.134 W

Marshal at campground entrance: (1)

DO NOT ALLOW RACE TRAFFIC TO USE THE PARKING LOT. Stop runners from crossing until it is safe to cross from tourist traffic entering or leaving campground.





Marshal from the middle of the road by transition zone: (1)

Enforce the no stopping zone. Direct support vehicles to park on the right shoulder of the road, north of the exchange point.

Finish Line / Transition area: (2)

One person monitors finishing Stage S2 runners, directing them through the finish/tag up chutes.

When the transition zone closes, remove the garbage bag and **lock** the garbage can with any cones, signs, and vests not moving forward to another location in a porta-potty for pickup.

Deposit garbage in the nearest bear-proof dumpster.

Marshal at Hostel Entrance: (1)

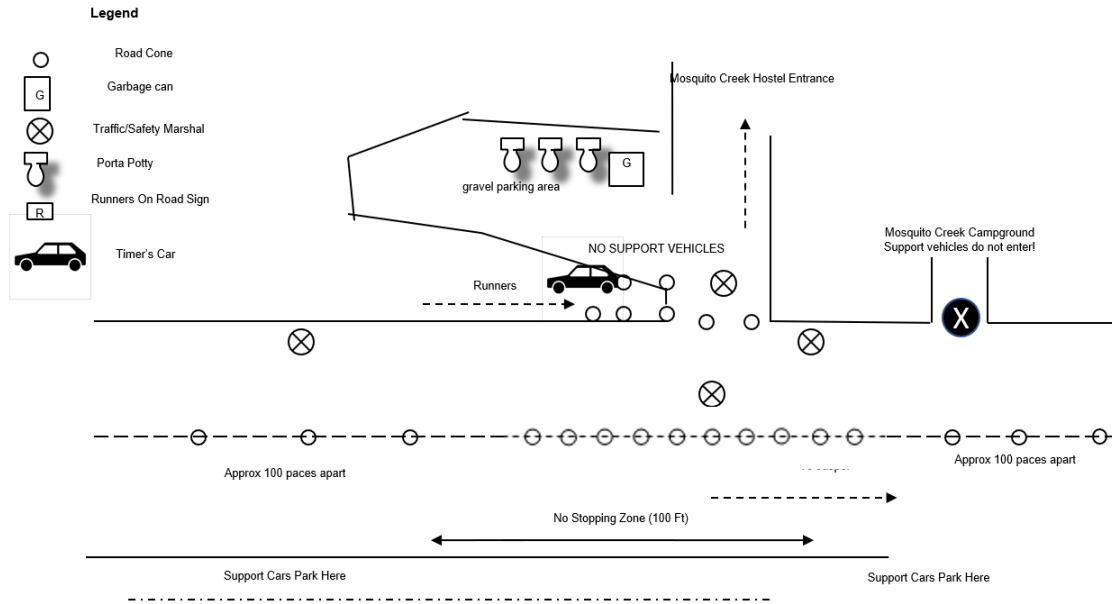
Stop runners until it is safe for them to cross. Place slow signs or runners on road signs if necessary. No race parking in the hostel parking lot.

Another person announces incoming runners and marshals Stage S3 runners, directing them to stand off to the side to tag up. **Check that all runners are wearing a high visibility vest.**

When the transition zone closes, collect cones, signs, high visibility vests and garbage cans and stack by porta-potties for pickup. Collect garbage and transport to the nearest bear-proof dumpster.



Stage S4 Mosquito Creek





S5 BOW SUMMIT CAMPGROUND

51.432 N 116.297 W

Marshals at Bow Summit entrance: (3)

One Marshal in the middle of the highway with a stop paddle to prevent support vehicles from turning into the parking area. Tell them politely to move ahead and park on the right shoulder of the road. They can drop their runners there if it is safe to do so.

One Marshal on the north side of the entrance with a slow paddle to slow traffic as they approach the entrance to the parking lot. Stop runners from traffic entering or leaving campground until it is safe for runners to pass safely.

One Marshal south of transition to slow traffic coming up the hill.

Finish Line / Transition area: (2)

One person monitors finishing Stage S3 runners, directing them through the finish/tag up chutes.

Another person announces incoming runners and marshals Stage S4 runners, directing them to stand off to the side to tag up. **Check that all runners are wearing a high visibility vest.**

When the transition zone closes, remove the garbage bag and **lock** the garbage can with any cones, signs, and vests not moving forward to another location in a porta-potty for pickup.

Deposit garbage in the nearest bear-proof dumpster.

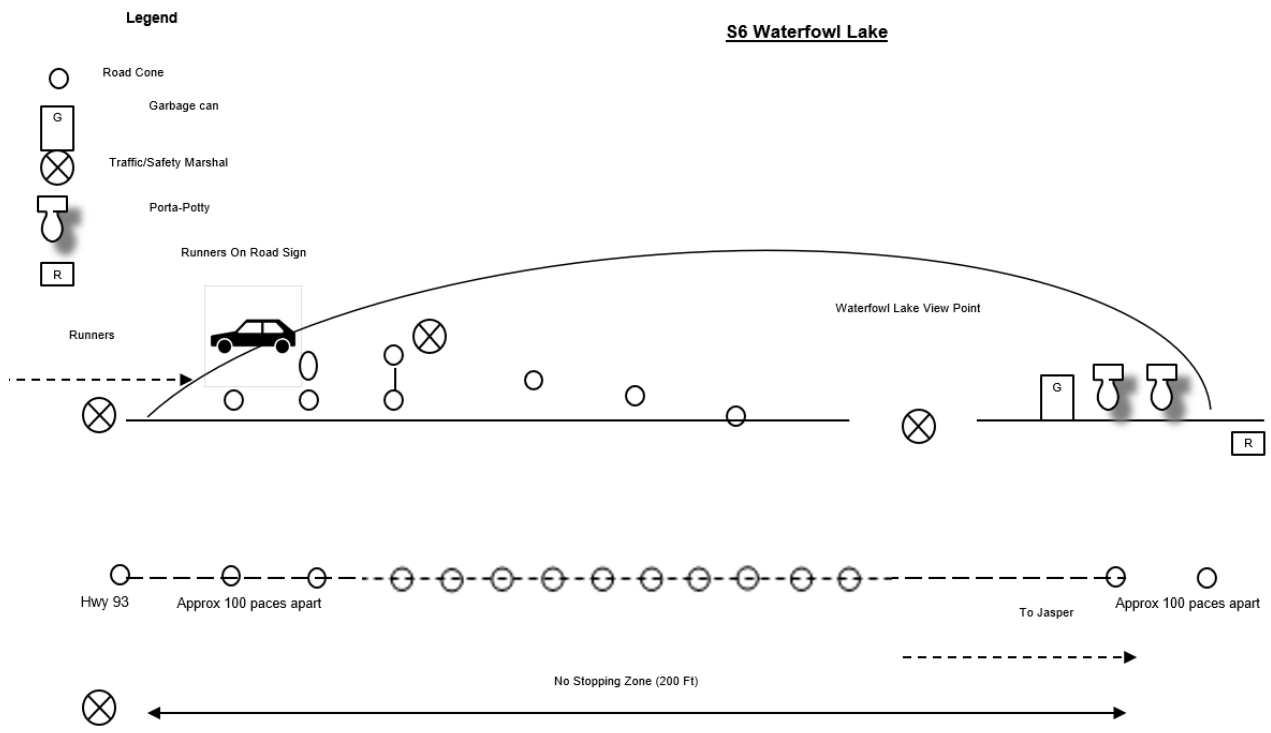




Another person announces incoming runners and marshals Stage S5 runners, directing them to stand off to the side to tag up. **Check that all runners are wearing a high visibility vest.**

When the transition zone closes, remove the garbage bag and **lock** the garbage can with any cones, signs, and vests not moving forward to another location in a porta-potty for pickup.

Deposit garbage in the nearest bear-proof dumpster.



S6 SASKATCHEWAN RIVER CROSSING FINISH LINE

51.584 N 116.447 W





Marshal just ahead of the finish line: (1)

Direct approaching runners into the finish chutes. Caution them about the footing as they depart the road and enter the chutes.

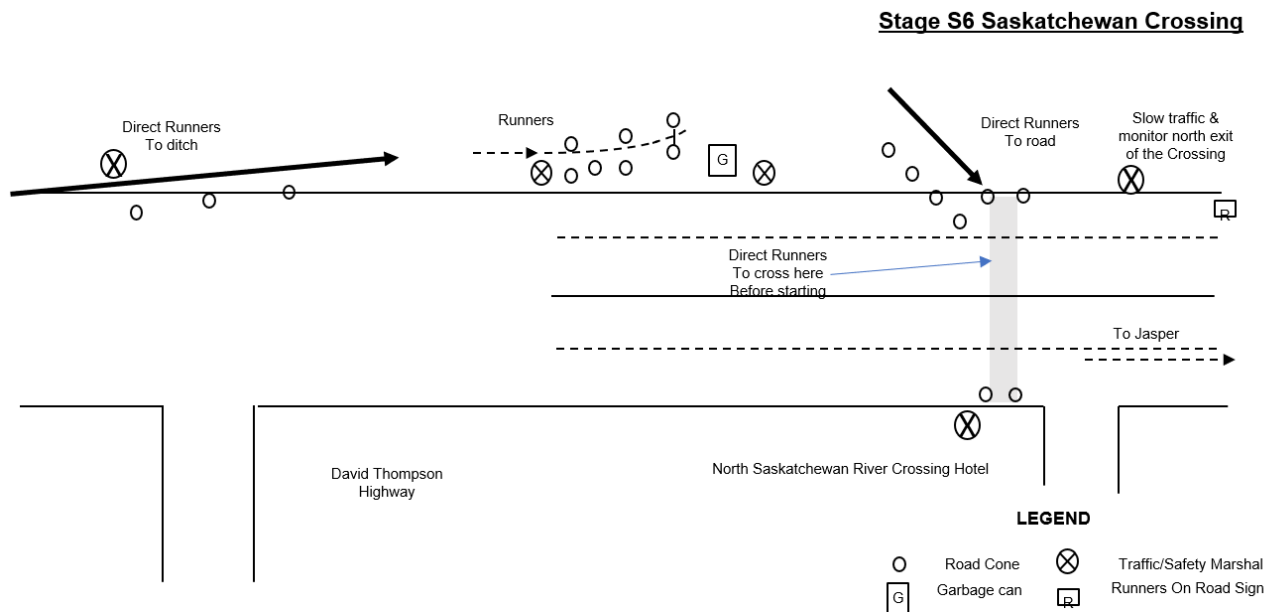
Finish Line / Transition area: (2)

One person monitors finishing Stage S5 runners, directing them through the finish/tag up chutes. Another person announces incoming runners and marshals Stage S6 runners, directing them to stand off to the side to tag up. **Check that all runners are wearing a high visibility vest.**

When the transition zone closes, collect the tent, cones, signs, high visibility vests and garbage can and move underneath the flatbed trailer (marked with a Banff Jasper Relay logo) in the parking lot north of the cafeteria. Place any garbage in the nearest bear-proof dumpster.

Marshals at entrance/exits from The Crossing: (2)

One person at each entrance to slow cars down and direct them to the appropriate parking area. Assist runners as they cross the road.





N7 START LINE FOR THE NORTH PHASE SASKATCHEWAN RIVER CROSSING

51.584 N 116.377 W

Marshals at Start line: (2)

Assist the Timing Director in starting the race. Call runners to the start line no later than 6:45 AM. Set up two cones on either side of start line. Send runners off at exactly 7:00 AM. A verbal “Ready, Set, Go” is sufficient. Check that all runners are wearing a high visibility vest. When runners have all started, please help the marshal set up the Stage 6 finish line area.

The equipment for this transition can be found underneath a flatbed trailer (marked with a Banff Jasper Relay logo) parked in the large vehicle parking lot north of the cafeteria. The orange traffic cones should be visible. The tent and cones are awkward and heavy so are best moved in a vehicle.





N8 NORMAN CREEK

52.41 N 116.5459 W

Marshal at Norman Creek parking area: (1)

Stop traffic entering parking area as soon as it fills up. This will be soon after the 7 AM start.

Advise support vehicles to park further down the highway on the shoulder.

Marshal across road from transition zone: (1)

Slow traffic down and advise support vehicles to park further down the road on the shoulder.

Marshal uphill road from transition zone: (1)

Slow traffic down and advise support vehicles to park further down the road on the shoulder.

Finish Line / Transition area: (2)

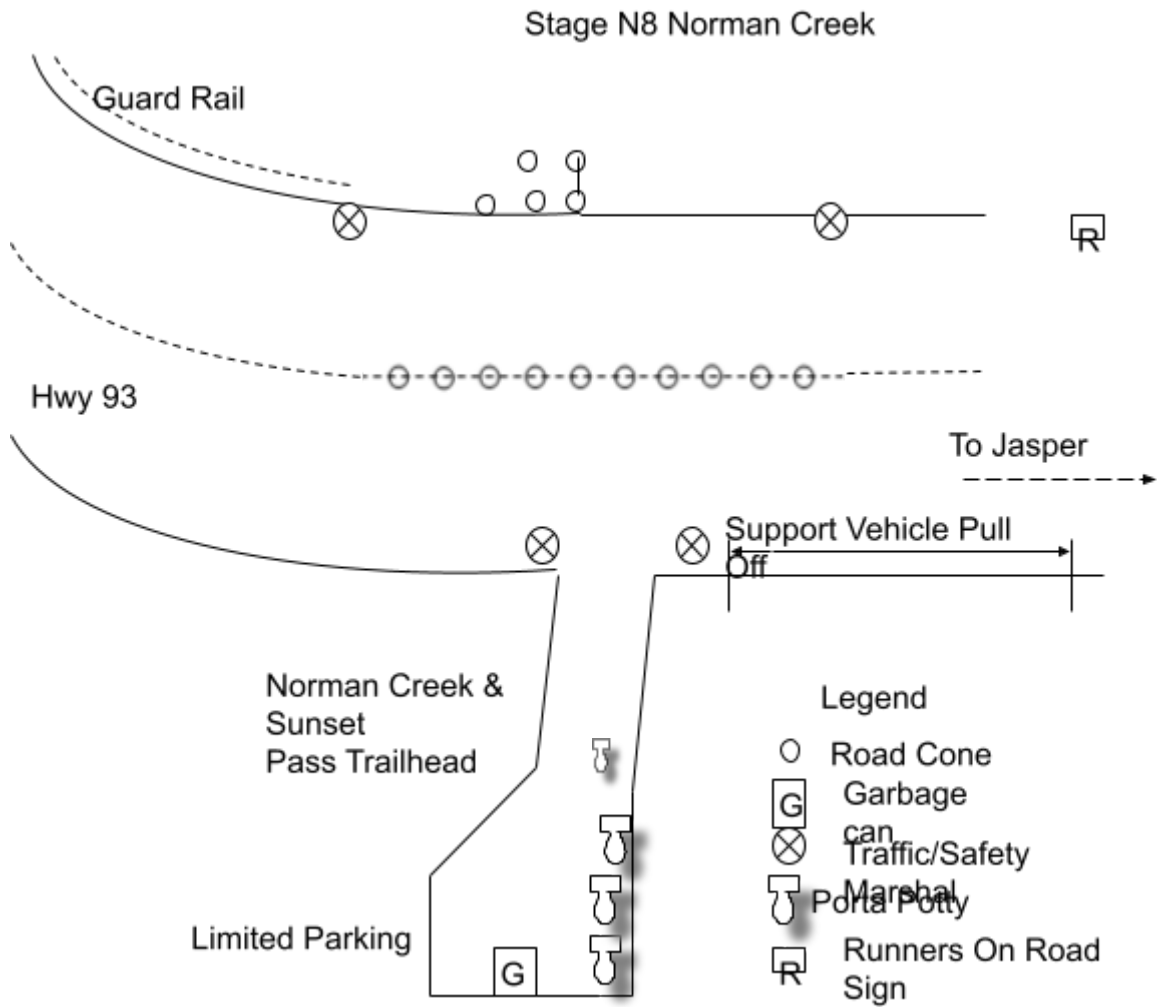
One person monitors finishing Stage N7 runners, directing them through the finish/tag up chutes.

Another person announces incoming runners and marshals Stage 9 runner, asking them to stand off to the side to tag up. **Check that all runners are wearing a high visibility vest.**

When the transition zone closes, remove the garbage bag and **lock** the garbage can with any cones, signs, and vests not moving forward to another location in a porta-potty for pickup.

Deposit garbage in the nearest bear-proof dumpster.







N9 BIG BEND

52.1023 N 117.439W

Set cones to define running lane:

Place cones to define a safe running lane for the runners going up the hill. Cones should be placed all the way up the hill to the top of the cement safety barrier to provide a clearly defined running lane between barrier and the downhill traffic lane. Sufficient cones should be dropped for this purpose at the top of the concrete barrier.

Cones should also be placed along the inside of the curve across from the relay exchange point to indicate that parking there is prohibited.

Marshal at Big Bend Pull off area: (1)

One person to stop and direct traffic entering or leaving pull-off area to allow runners to pass safely or to turn away any traffic attempting to pull into the parking area when the lot is full. Set up cones so there is only one small controllable entrance.

Marshal across road from transition zone: (1)

Advise support vehicles to pull off to right side of road but not across from the exchange point. Direct traffic as required. **Don't forget to collect the cones from the left side of road up the hill from the transition zone. (Return to the transition zone and place by the porta-potties.**

Marshal uphill from transition zone: (1)

One person should be positioned uphill from the transition area with a sign to slow traffic approaching the transition area from the North.

Finish Line / Transition area: (2)

One person monitors finishing Stage N7 runners, directing them through the finish/tag up chutes.

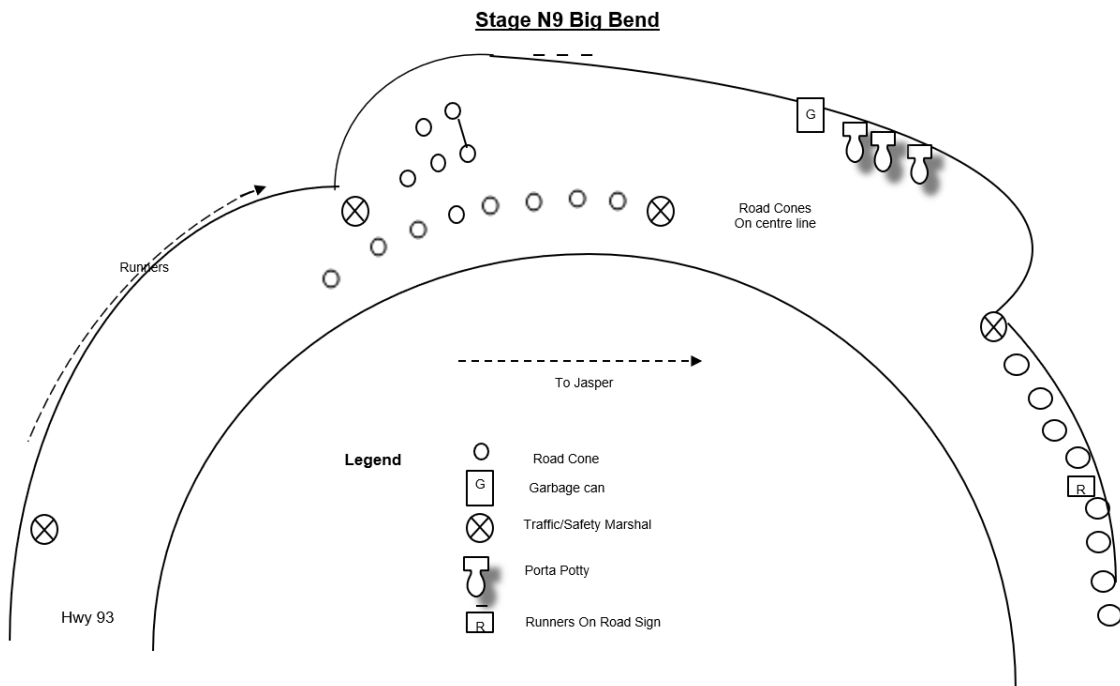
Another person announces incoming runners and marshals Stage N8 runners, directing them to stand off to the side to tag up. **Check that all runners are wearing a high visibility vest.**





When the transition zone closes, remove the garbage bag and **lock** the garbage can with any cones, signs, and vests not moving forward to another location in a porta-potty for pickup.

Deposit garbage in the nearest bear-proof dumpster.





N10 Wilcox Pass Camp Road

52.1306 N 117.1115 W

Marshal at Icefields Road driveway: (1)

Slow traffic entering and leaving driveway. Make sure tour buses and runners do not interfere with each other. (Give runners priority if safe to do so.)

Marshal at Road across from transition point: (1)

Slow traffic. Make sure traffic and runners do not interfere with each other. (Give runners priority to cross the road if safe to do so.)

Marshal north of transition zone: (1)

Slow traffic coming south up the hill and entering and leaving parking lot to Info Centre.

Marshal south of transition zone on right side of road: (1)

Slow traffic that is coming north.

Finish Line / Transition area: (2)

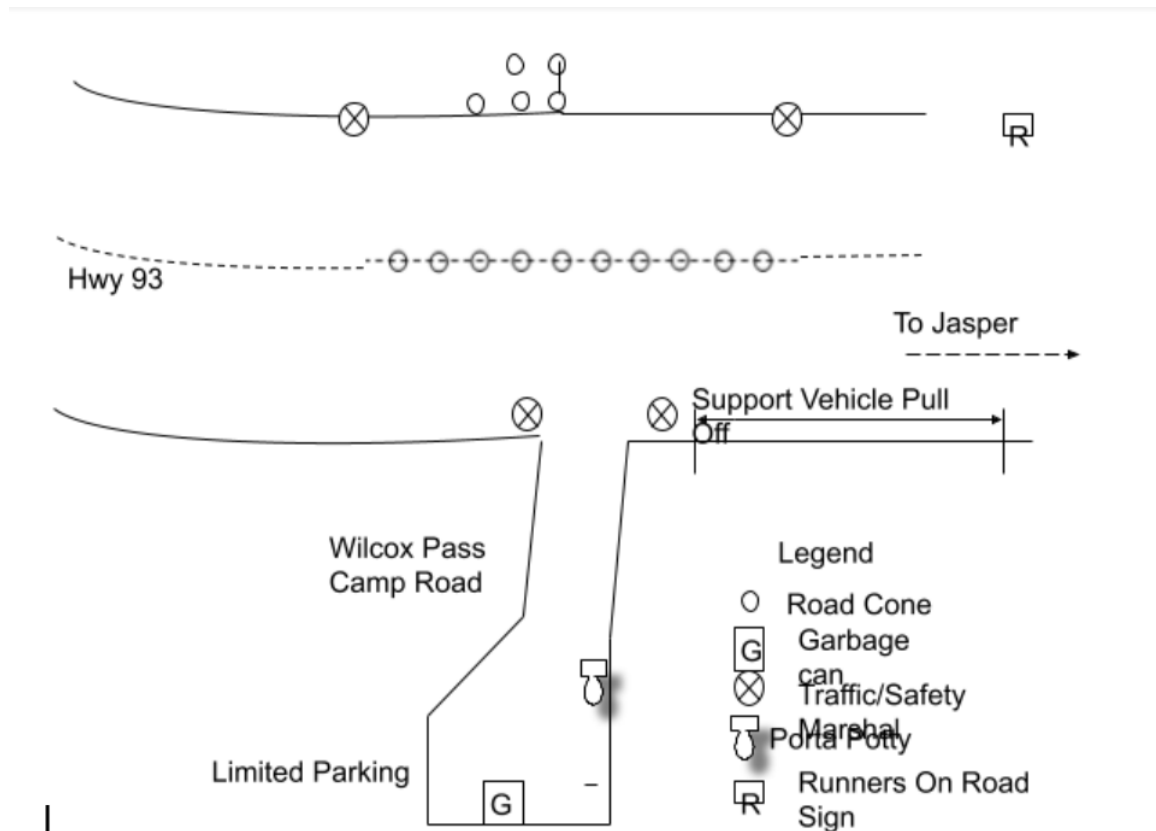
One person monitors finishing Stage N8 runners, directing them through the finish/tag up chutes.

Another person announces incoming runners and marshals Stage N9 runners, directing them to stand off to the side to tag up. **Check that all runners are wearing a high visibility vest.**

When the transition zone closes, remove the garbage bag and **lock** the garbage can with any cones, signs, and vests not moving forward to another location in a porta-potty for pickup.

Deposit garbage in the nearest bear-proof dumpster.







N11 BEAUTY CREEK HOSTEL

52.2063 N 117.2032 W

Marshal at Beauty Creek Hostel parking area: (1)

Stop traffic entering or leaving parking area to allow runners to pass safely.

Finish Line / Transition area: (2)

One person monitors finishing Stage N9 runners, directing them through the finish/tag up chutes.

Another person announces incoming runners and marshals Stage N10 runners, directing them to stand off to the side to tag up. **Check that all runners are wearing a high visibility vest.**

When the transition zone closes, collect the garbage can and any cones, signs, & high visibility vests that are not moving forward to another location and stack in porta-potties for pickup. Lock the porta potty that holds the equipment.

Collect garbage and transport to the nearest bear-proof dumpster.

Marshal south of exchange point to slow northbound traffic: (1)

This marshal slows traffic and cautions runners to cross the road safely as they approach the exchange point.

When transition zone closes, collect cones and signs and stack by porta-potties for pickup. Collect garbage and transport to the nearest bear-proof dumpster.

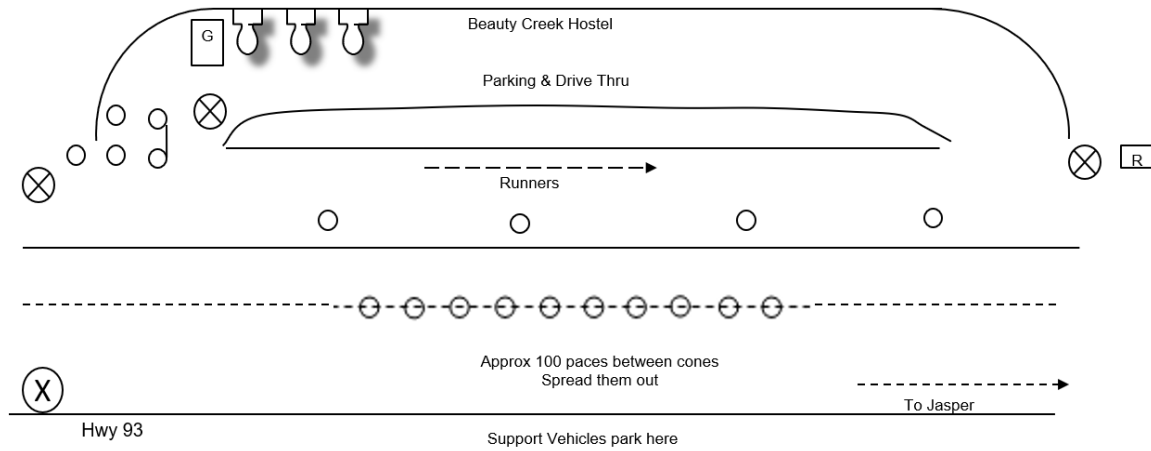




Stage N11 Beauty Creek Hostel

Legend

-  Road Cone
-  Garbage can
-  Traffic/Safety Marshal
-  Porta Potty
-  Runners On Road Sign





N12 ENDLESS CHAIN RIDGE ROAD

52.2849 N 117.3005 W

Important Note: This exchange is not at a signed pull off of any sort. It is simply the side of the road **3.2 km north of the Warden Station driveway**. It is marked with a white line on the side of the road. The porta potties should be in place and help locate the Stage Transition position.

Marshal north and south of exchange point to slow traffic: (2)

This marshal slows traffic and cautions runners to cross the road safely as they approach the exchange point.

Marshal across road from transition zone: (1)

Enforce the no stopping zone. Encourage support vehicles to park just down the road on the right shoulder.

Finish Line / Transition area: (2)

One person monitors finishing Stage N10 runners, directing them through the finish/tag up chutes. Another person announces incoming runners and marshals Stage N11 runners, directing them to stand off to the side to tag up. **Check that all runners are wearing a high visibility vest.**

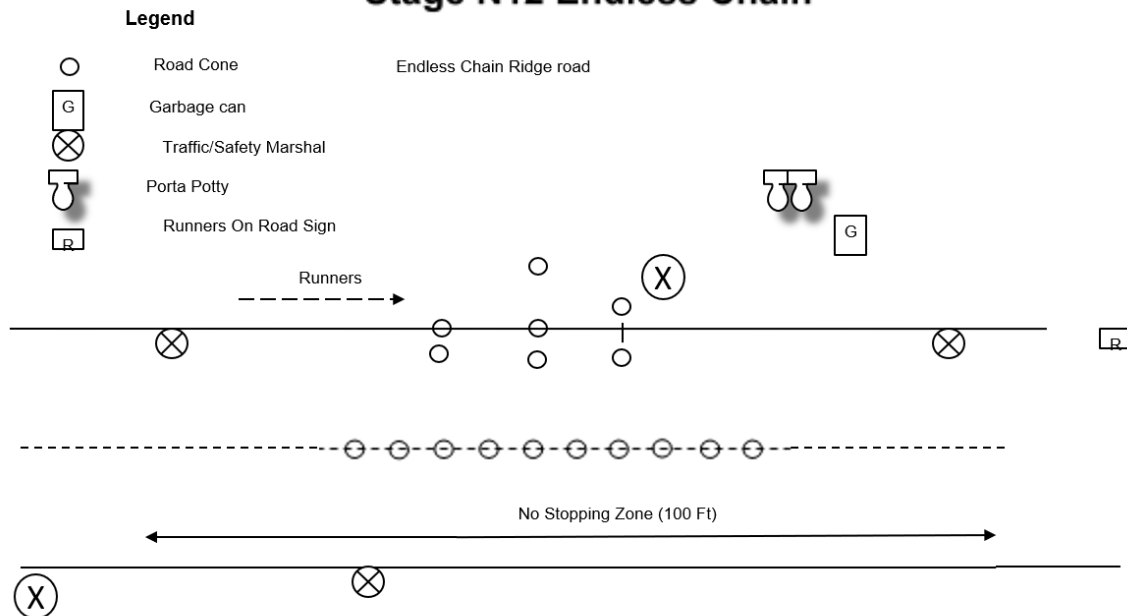
When the transition zone closes, remove the garbage bag and **lock** the garbage can with any cones, signs, and vests not moving forward to another location in a porta-potty for pickup.

Deposit garbage in the nearest bear-proof dumpster.





Stage N12 Endless Chain



N13 BUCK LAKE/OSPREY LAKE ROAD

52.3294 N 117.406 W

Due to the small size of the parking lot, it is recommended that only volunteer parking be permitted in the parking lot. All other team support vehicles should be directed to park on the road to the north of the transition area. Vehicles turning in and out of the parking lot during the operation of the station create a hazard both exiting and entering the highway. Putting a ribbon across the entrance to the parking lot will help to facilitate the closure of the parking lot. **Allow tourists to access the parking lot.**

Marshal at Buck/Osprey Lake parking lot entrance: (1)

One person for stopping or directing traffic to park along the side of the highway instead of in the parking lot. Enforce the closure of the parking lot except to volunteer vehicles and other essential vehicles.





Safety Marshal: (2)

One safety marshal should be positioned with a sign in each direction from the transition area to slow traffic from the north and from the south as they approach the station and the parking areas along the shoulder.

Finish Line / Transition area: (2)

One person monitors finishing Stage N11 runners, directing them through the finish/tag up chutes. Ensure that no runner for the next stage waits behind the timing vehicle to take the exchange.

Another person announces incoming runners and marshals Stage N12 runners, directing them to stand off to the side to tag up. **Check that all runners are wearing a high visibility vest.**

When the transition zone closes, remove the garbage bag and **lock** the garbage can with any cones, signs, and vests not moving forward to another location in a porta-potty for pickup.

Deposit garbage in the nearest bear-proof dumpster.





N14 (South of) MT KERKESLIN LOOKOUT

(The transition point is 0.7 km south of the Mt. Kerkeslin Lookout)

52.3704 N 117.5079 W

Transition Point Marshal: (1)

Slow traffic entering or leaving parking area to allow runners to pass safely. Keep support vehicles out of transition area.

Marshal across road from transition zone: (1)

Slow traffic and direct support vehicles to park on the shoulder of the road.

Marshal north of exchange point to slow traffic: (1)

This marshal slows traffic and cautions runners to cross the road safely as they approach the exchange point.

Finish Line / Transition area: (2)

One person monitors finishing Stage N12 runners, directing them through the finish/tag up chutes.

Another person announces incoming runners and marshals Stage N13 runners, directing them to stand off to the side to tag up. **Check that all runners are wearing a high visibility vest.**

When the transition zone closes, remove the garbage bag and **lock** the garbage can with any cones, signs, and vests not moving forward to another location in a porta-potty for pickup.

Deposit garbage in the nearest bear-proof dumpster.

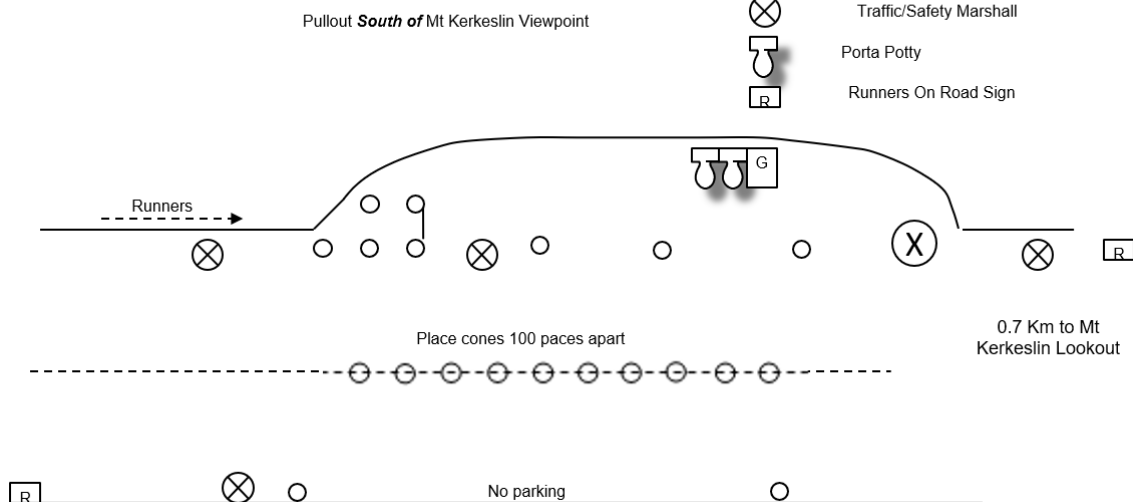




Stage N13 Mount Kerkeslin

LEGEND

-  Road Cone
-  Garbage can
-  Traffic/Safety Marshall
-  Porta Potty
-  Runners On Road Sign



N15 ATHABASCA RIVER RAFT LANDING

52.7398 N 117.9571 W

Marshal at Athabasca River Raft Landing area: (1)

Slow traffic (**race officials only**) entering or leaving area to allow runners to pass safely.

Marshal across road from transition zone: (1)

Slow traffic and direct **all** support vehicles to park on the right shoulder of the road ahead of the transition area.

Marshal north of exchange point to slow traffic: (1)

This marshal slows traffic and cautions runners to cross the road safely as they approach the exchange point.





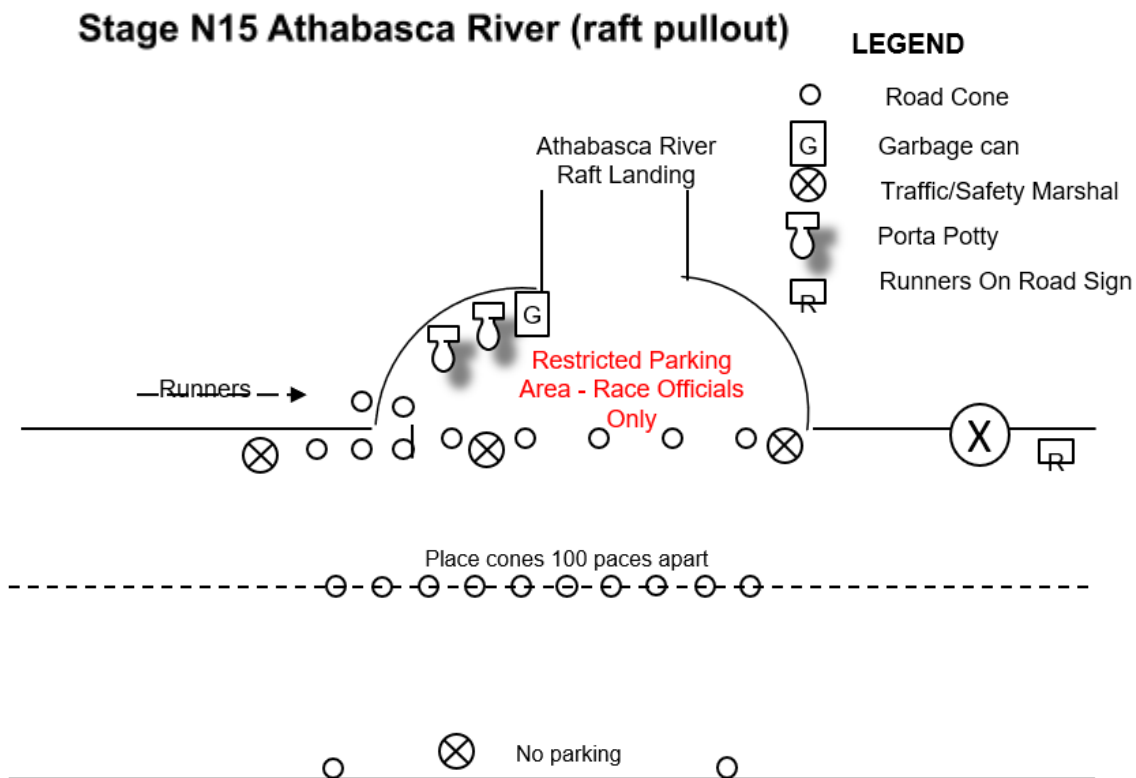
Finish Line / Transition area: (2)

One person monitors finishing Stage N13 runners, directing them through the finish/tag up chutes.

Another person announces incoming runners and marshals Stage N14 runners, directing them to stand off to the side to tag up. **Check that all runners are wearing a high visibility vest.**

When the transition zone closes, remove the garbage bag and **lock** the garbage can with any cones, signs, and vests not moving forward to another location in a porta-potty for pickup.

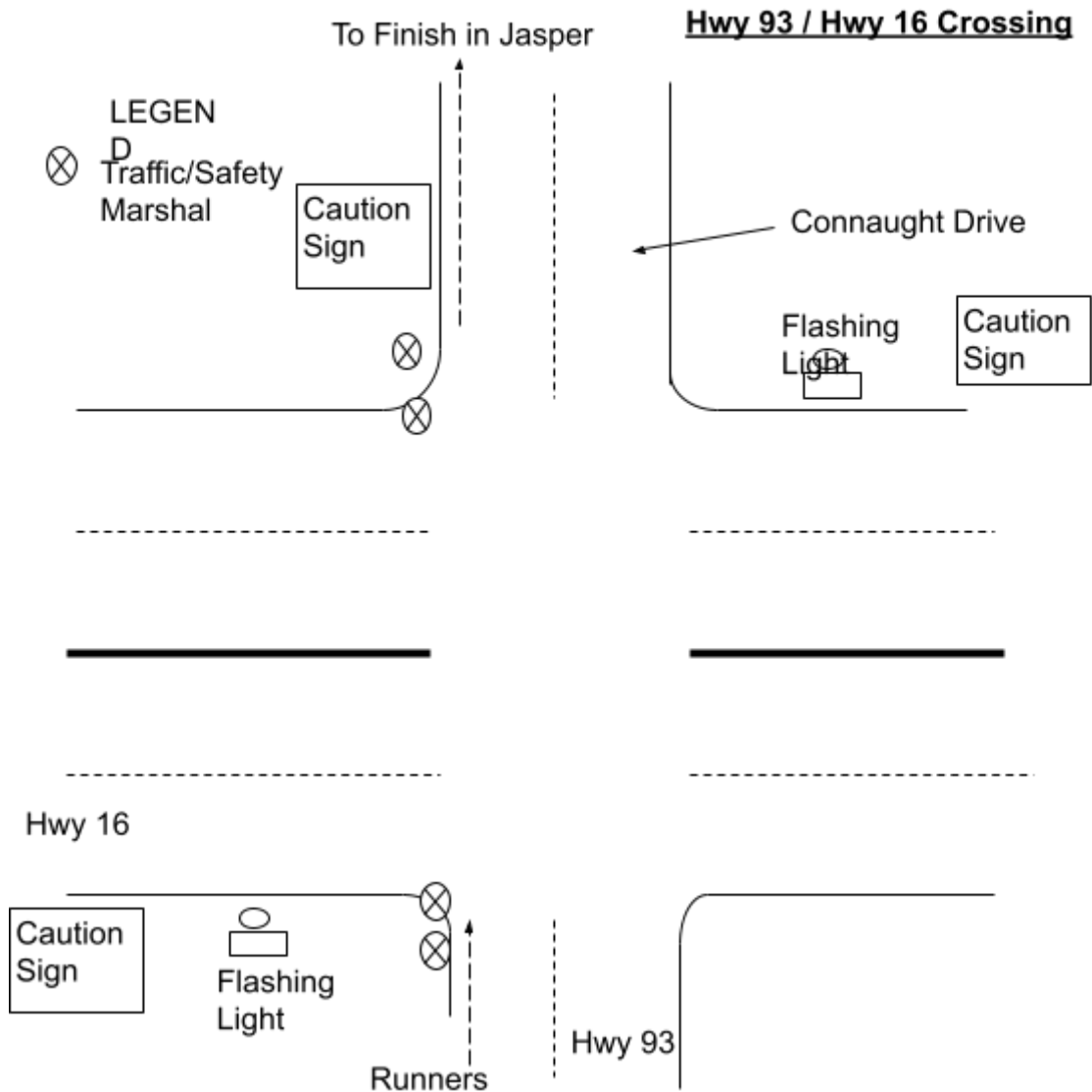
Deposit garbage in the nearest bear-proof dumpster.





HWY 93 / HWY 16 INTERSECTION CROSSING

Managed by Traffic Control Staff





ENTRANCE ROAD TO JASPER

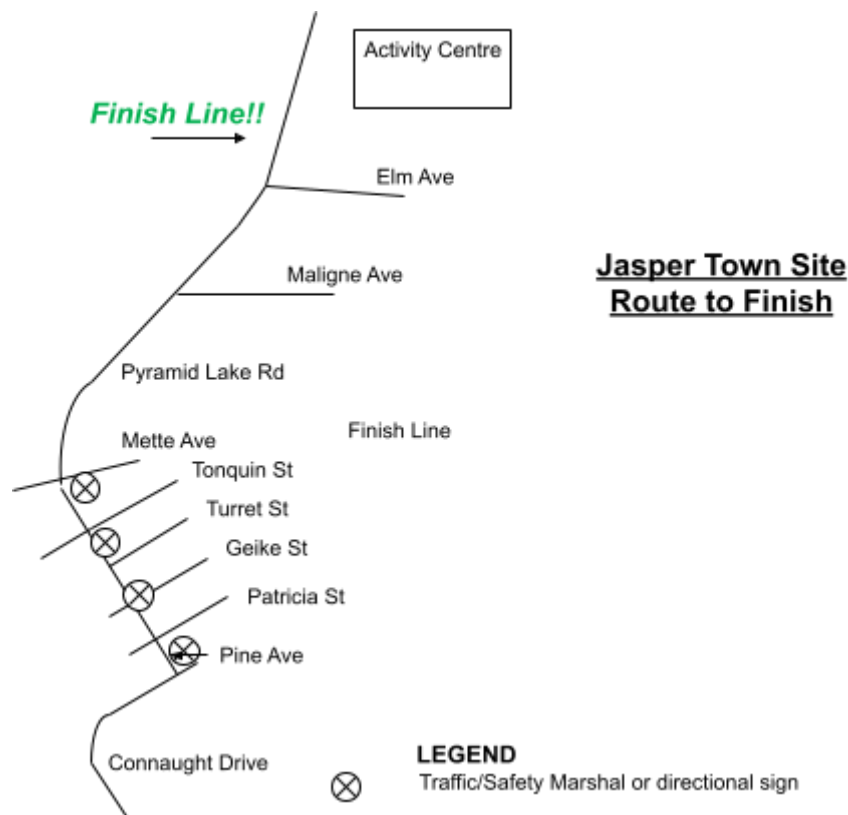
Marshals at road crossings in Jasper: (7)

There are numerous road crossings on Pine Ave and Bonhomme Road where runners need to be protected from traffic. Stop runners or slow traffic with signage as required allowing runners to pass safely.

The most dangerous intersections are those on Pine Ave where cars will be turning right, into oncoming runners. The driver's attention will be on traffic to their left and not on runners approaching from the right.

The intersection at Pine Ave and Mette Ave is large and confusing, so extra attention is required here.

Once runners have crossed Mette Ave, direct runners to cross to the RIGHT side of the road all the way to the Finish line!







FINISH LINE IN JASPER

Set up the finish chute at the finish line (painted on the sidewalk/road). Since runners may be quite spread out at the finish, for your comfort, borrow a table and some chairs from the activity centre.

Marshal Just Ahead Of Finish Line: (1)

Direct approaching runners into the finish chute. Ensure ONLY the runner enters the chute and direct any team-members who have joined them to pull-off.

Pedestrian Marshall (2):

The road in front of the activity centre remains open to traffic. Marshall groups of runners who congregate on the road to move to the sidewalk. If necessary, direct race vehicles that stop on the road to the parking lot

Timing Crew Assistants: (2)

The Timing Director will train this crew in the recording of each runner's finish time and place.

Once the last runner has arrived, dismantle the finish chute and stack the cones in the storage bin across the street for pickup. Return any borrowed tables or chairs to the activity centre.

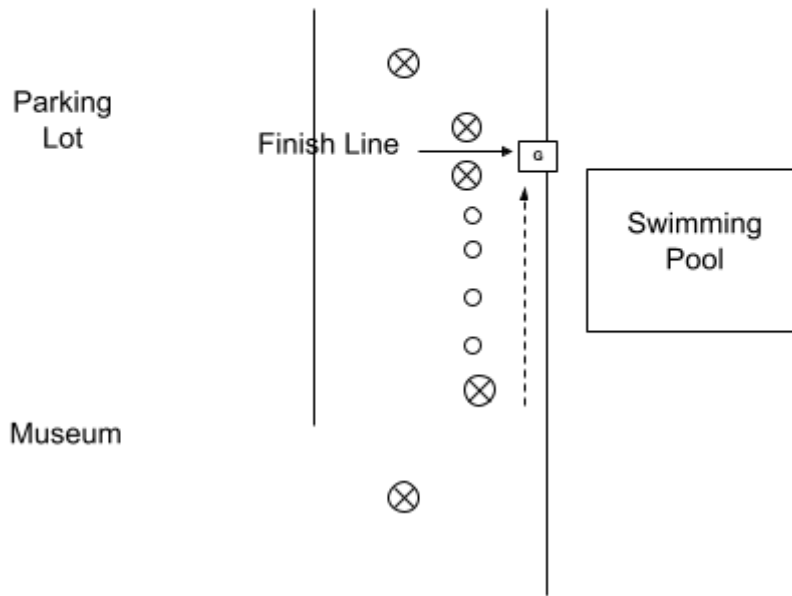




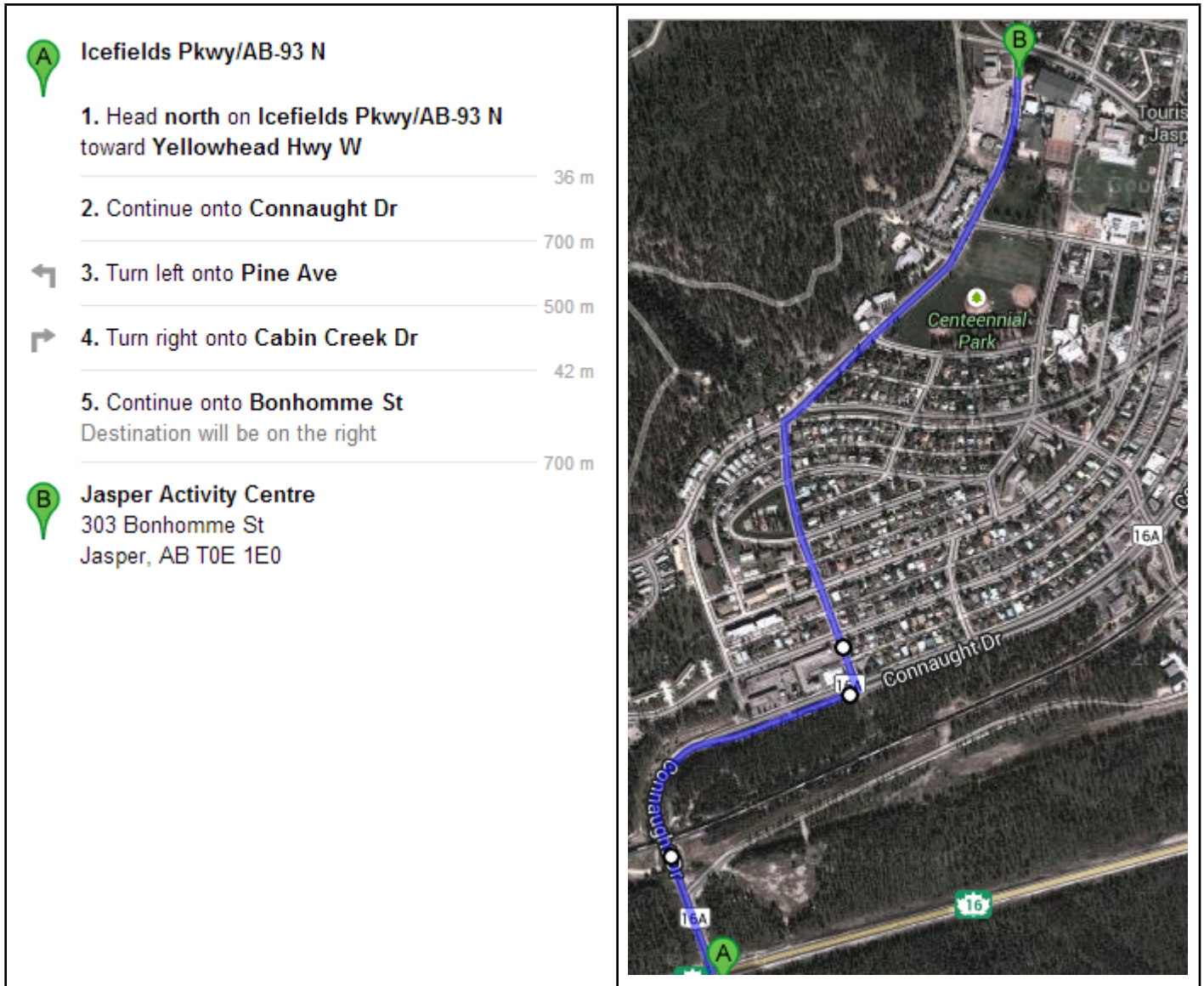
Jasper Finish

Legend

- Road Cone
- Garbage can
- ⊗ Traffic/Safety Marshal



JASPER TOWN SITE MAP



A= The intersection of Highways 93 and Highway 16

B = Jasper Activity Centre; finish line is on the street in front of the Activity Centre. Party inside the Activity Centre!



View this location on Google Maps to explore the area in closer detail and for directions: <http://goo.gl/maps/7dNCR>





Exchange Point Timing Chart (estimated)

Banff Jasper Relay - 2022 Timing Chart

Cum KM	Driving Time	Leg	Stage Name	Volunteers	Timer's	First Runner	Last Runner	Forced Start	Exchange Close
	70kms/hour			Arrive	Arrive				
0		South start S1	Castle MTN Village	6:30	6:40	7:00 start			7:15
14.9	13	S2	Baker Creek Cabins	7:10	7:40	7:55	9:15	8:40	9:20
32.6	15	S3	Herbert Lake Lookout	8:30	9:00	9:20	10:50	10:20	10:55
53.2	18	S4	Mosquito Camp	9:40	10:10	10:50	12:55	11:45	12:55
69.8	14	S5	Bow Summit	11:30	11:40	12:10	14:04	13:15	14:10
87.3	15	S6	Waterfowl Lake	13:00	13:40	13:40	15:30	14:00	15:40
105.6	16	South Finish	Sask River Xing Finish	14:30	14:30	15:10	16:10		16:30
0		North Start N7	Sask River Xing Start		6:50	7:00 start			7:15
16.4	14	N8	Norman Creek Trailhead	7:10	7:40	8:00	9:00	8:40	9:05
34	15	N9	Big Bend	8:15	8:45	9:30	11:05	10:20	11:00
47	12	N10	Wilcox Creek Camp	9:10	9:40	10:25	12:10	11:45	12:05
66.9	17	N11	Beauty Creek Hostel	11:25	11:55	12:00	14:00	13:30	14:00
85.9	16	N12	Endless Chain Ridge	12:45	13:25	13:35	16:00	15:10	16:05
100.3	12	N13	Buck Lake Turnoff	14:15	14:30	14:35	17:25	15:40	17:20
114.3	12	N14	Before MTN Kerkeslin View	15:00	15:30	15:50	17:45	16:45	17:55
133.7	17	N15	Athabaska Raft Landing	16:25	16:55	17:10	19:10	17:30	19:20
153.4	17	North Finish	Jasper Activity Ctr Finish	17:30	17:30	18:30	19:50		20:00

Total Km: 259.0

