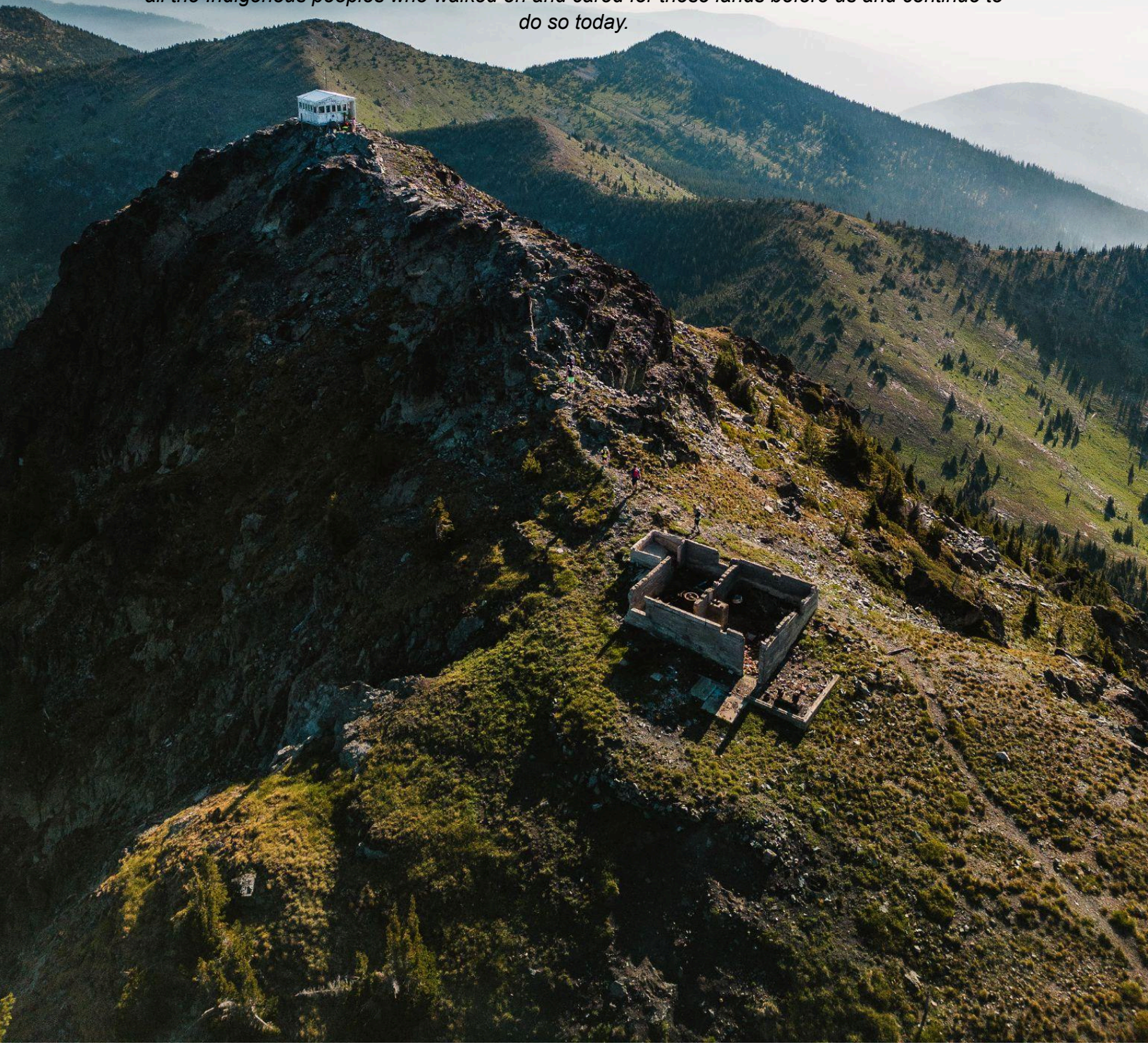


# BROKEN GOAT 2024

## RACE GUIDE PACE TRAIL RUNS

*Our team would like to acknowledge that Broken Goat takes place on the traditional, ancestral and unceded territory of the sngaytskstx (Sinixt) People. We continue to celebrate and honour all the Indigenous peoples who walked on and cared for these lands before us and continue to do so today.*





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## THANK YOU FOR CHOOSING PACE!

We are a small, family owned series with a simple goal: Offer a professional, memorable, and challenging race series that is inclusive to all. We want you to feel like you're coming home to your PACE Family!

We work hard to keep our events grassroots and hope you feel a part of our family at every event. We strive to add our unique, quirky handmade touches to every event: Homemade pies and jam, ceramic finisher's medals, stained glass podium trophies and small batch roasted coffee. All of these quirks and perks are handmade by the race director, her husband, and their loving family and friends.

We prioritize values such as composting and recycling so that we can keep enjoying these lands for years to come. We also donate a portion of our race fees back to the trail groups that build, maintain and advocate for the trails we are so privileged to enjoy.

Thanks again for choosing PACE, and welcome to the #pacefamily in 2024!

Hugs,

The PACE Team



# BEFORE THE RACE

## RACE PACKAGE PICK UP

**When:** Friday, July 19th from 5:00 pm to 8:00 pm

**Where:** The Josie Autograph Collection - Guest Services (Upstairs)

Click [here](#) for directions!

Race package pick up is offered ahead of time for those participating in *all distances* of Broken Goat.

ID must be shown by the registered runner to pick up the race package/bib. *You cannot pick up a race package/bib for anyone else or have someone pick up your package/bib on your behalf.* No exceptions.

Only special considerations will be made for day of race *bib only* pick up. Contact us via email at [stephaniepacetrailruns@gmail.com](mailto:stephaniepacetrailruns@gmail.com) to request possible special considerations.

Broken Goat will have professional chip timing from Startline Timing. Lightweight chips are located in the bibs for accurate, seamless results.





## DROP BAGS

All 52 km runners may bring one small drop bag with them to *package pick up on Friday, July 19th*. Each drop bag must be no larger than a shoe bag. Please label your drop bag clearly with your *bib number and first and last name*. It is best not to include any valuables in your drop bag as we cannot be responsible for any lost or stolen items

52 km runners may also bring a *small drop bag to the start line* for their morning warm layer and extra fluids. There will be a designated location to put these bags in the highway parking lot at the start line.

(Aid Station #1 also acts as Aid Station #2 for the 52 km course, so runners will have access to their drop bags twice).

All drop bags will be *returned to the finish area* once the last runner is through Aid Station #2 (approximately 3:00 pm).

List of 52 km bib numbers [here!](#)

## MANDATORY PRE-RACE BRIEFING

This year, there will be *no in person mandatory briefing* the night before the race. Instead, we will be *emailing out a pre-recorded race briefing* that all runners **MUST** watch before race day.

### Saturday, July 20th - Race Day

All distances will have an additional *mandatory briefing 15 mins before their respective start times*. This will take place in the starting chute at the start line of each event.



# RACE MORNING

## RACE SHUTTLE

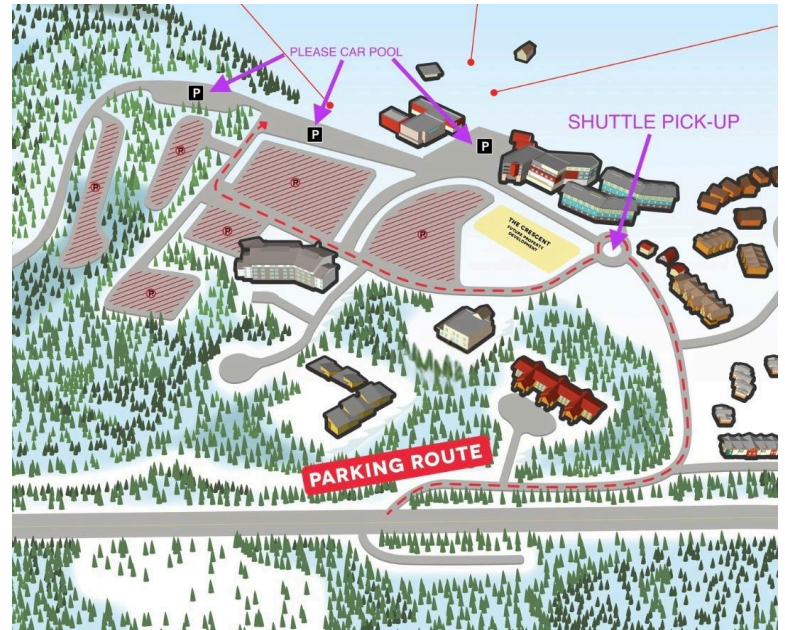
Broken Goat 52 km and 25 km requires runners to either shuttle or arrange their own drop off to get to the start line.

**52 km Shuttle Pick-Up: 5:00 am**

**25 km Shuttle Pick-Up: 7:00 am**

The shuttle departs from the *roundabout at Red Mountain Resort Base Lodge* and takes runners to the Nancy Greene Summit/Strawberry Pass/Seven Summits trailhead and transport time is approximately 15 mins.

There is parking at the Nancy Green Summit *behind the highway parking area*. The highway parking area is reserved for our shuttles, so runners must get dropped off or park in the back parking lot. Thank you.



**\*\*\*Shuttle sign-up closed as of July 1st.**

We must pre-order shuttles based on the amount of reserved seats, and the shuttle company requires *confirmation of all bookings by July 1st*.

If you reserved a spot on the shuttle, *check the link below to make sure your name is on the list*. If you no longer require your spot, please email us so we can update the lists. Thank you.

[52 km Shuttle List](#)

[25 km Shuttle List](#)



## MANDATORY GEAR

Broken Goat is a remote point to point race and it is crucial that all racers are properly prepared. If you are forced to spend longer than expected out in the elements, you will be much better off with extra fuel and clothing.

*Aid Station #1 is approximately 22 km into the 52 km course and 16 km into the 25 km course.*

**52 km and 25 km runners *MUST* start with the following items:**

- Lightweight jacket for variable weather and cold temperatures
- Emergency blanket
- Hydration pack, handheld bottles or flasks equalling a *minimum of 1.5 litres*
- Food equating to a *minimum of 400 calories*

**12 km runners *MUST* start with the following items:**

- Hydration pack, handheld bottles or flasks equalling a *minimum of 1 litre*
- Food equating to a *minimum of 200 calories*

52 km runners must keep all mandatory gear with them until they are out of the higher elevations and reach *Aid Station #3* at the bottom of Red Mountain Resort. If runners decide to drop gear at Aid Station #3, it *must be dropped with their personal crew members* and not with our team/volunteers.

25 km runners must keep all mandatory gear on their person for the *whole race*.



***Additional RECOMMENDED gear:***

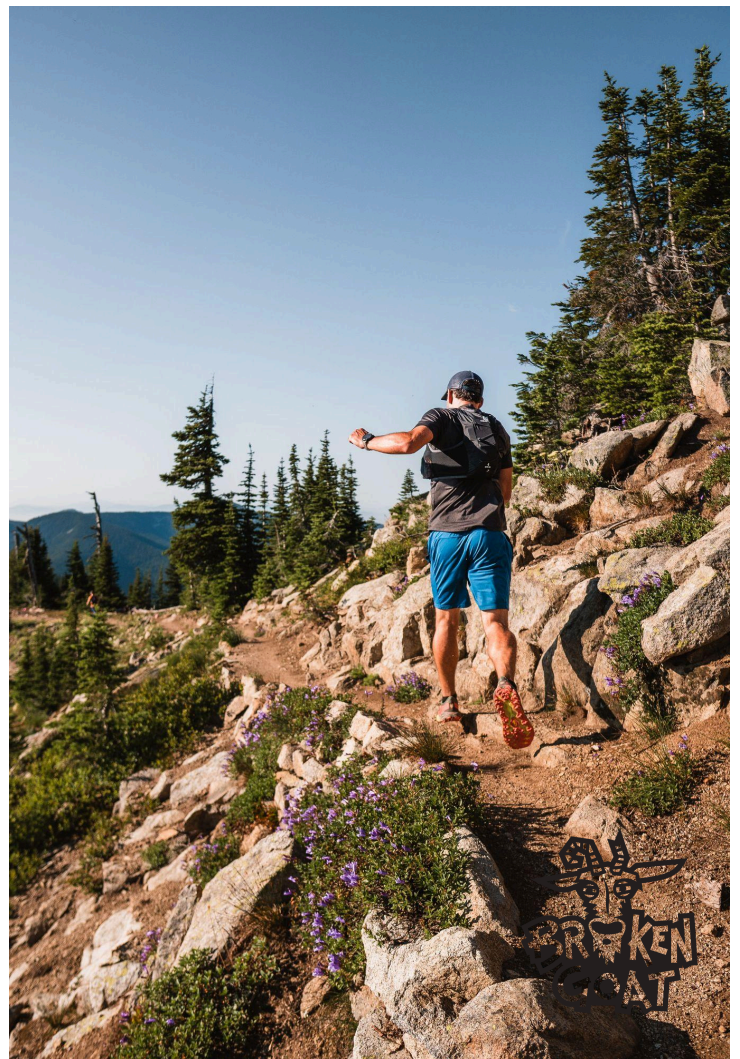
- Hat/toque
- Gloves
- Additional warm layer (long sleeve base layer, thin jacket)
- Cell phone: service will be available in various portions of the course
- Bear spray
- Sunglasses
- Sunscreen + lip balm
- High energy fuel + drink

We encourage everyone to come prepared with the ***10 Essentials for Backcountry Safety***. Learn more about the ***10 Essentials*** [here!](#)

***All Aid Stations will act as check in points*** throughout the race. ***Please ensure that your bib is visible and on the front of your person*** so that our volunteers can check you in seamlessly. Thank you.

Random gear checks will occur at the start of the race and throughout the race while on-course. ***Any runner without their mandatory gear will be disqualified.***

***Please note: This is for your safety and race organizers reserve the right to adapt or change the mandatory list/rules last minute. Please ensure you watch the mandatory race briefing video for any last minute changes. Thank you for your cooperation,***





## COURSE MARKINGS

All distances of Broken Goat will be marked using the following practices:

- We use pin flags, PACE labelled ribbon, and coroplast arrows
- Expect either a pin flag or PACE ribbon approximately *every 100 metres* on course
- At intersections, we will guide runners in the proper direction with a *curve of pin flags around the corner*

All of the course marking information will be reiterated in the must watch *pre-race briefing mailed out before race day*. Please keep your eyes and ears up while on course to ensure you do not miss any course markings.





# RACE OVERVIEW

Our race guide is separated by distance to make sure you get the most important information as easily as possible. You can use the *links below* to jump to each section quickly!

[Broken Goat 52 km](#)

[Broken Goat 25 km](#)

[Broken Goat 12 km](#)

## BROKEN GOAT 52 KM

**Start Time:** 6:00 am

**Start Location:** [Nancy Greene Summit/Strawberry Pass/Seven Summits Trail Head](#)

***\*\*\*Please save our Course Director's number in your phone in the event of any on course emergency. Thank you.***

***Course Director #: 250-878-7432***

There is a parking lot at the Nancy Green Summit behind the parking lot along the highway. The parking lot along the highway is reserved for our shuttles only. *If you are getting a ride to the start, you must get dropped off in the back parking lot only.*

Click [here](#) for an interactive race map!  
Download the *GPX File* from our website [here](#)!

## AID STATIONS

The 52 km course has 4 aid stations throughout the race that also act as required checkpoints. *It is mandatory that you check in at all aid stations*, so please have your bib visible on the front of you.



Please bring a foldable bowl/mug to receive food/drinks at the aid stations. *There will be no bowls, plates or cups at the aid stations or finish line.* This is our small way of reducing unnecessary waste.

Our Aid Stations will include a mix of the following fuel/hydration:

- Water
- Hammer Nutrition Heed/Endurolytes
- Hammer Nutrition Gels
- Chips
- Gummy Bears/Welches
- Pickles
- Fruit (Bananas, Watermelon, Oranges)
- Coke
- Fig Newtons

### ***Aid Station #1/#2: Granite Mountain (22.5 km/33 km)***

The Granite Mountain aid station acts as both *Aid Station #1 and Aid Station #2*. It is quite remote and requires 4x4 access for aid, volunteers and medical crew.

Runners will have *access to their drop bags* that were left at Package Pick Up at this aid station (22.5 km in and 33 km in), so plan accordingly.

### ***Aid Station #3: Red Mountain (40 km)***

*All 52 km runners must carry all their mandatory gear up until Aid Station #3.* Runners may choose to drop some gear, so long as it is dropped with a personal support crew member and not left randomly at Aid Station #3.

Aid Station #3 is located right by the finish line/accommodations, so family and friends will be able to easily pop by to provide support/grab dropped gear.

Finish line/crew access map [here!](#)



### ***Aid Station #4: Reservoir Road (47 km)***

Reservoir Road is the final aid station for 52 km runners. Crew will also have easy access to this aid station for any additional needs.

*Runners may not receive assistance outside of the designated aid station by anyone other than another registered active runner.* This is a standard put in place and enforced to ensure fairness for all runners.

That being said, runners may receive assistance from a crew ***within the aid station boundaries***, so long as it does not impede other runners or race staff.

Aid Station #4 crew access map [here!](#)

	<b>DISTANCE</b>	<b>DROP BAG</b>	<b>CREW ACCESS</b>
<b><i>Aid Station #1 (Granite)</i></b>	22.5 km	<i>Yes</i>	No
<b><i>Aid Station #2 (Granite)</i></b>	33 km	<i>Yes</i>	No
<b><i>Aid Station #3 (Red MTN)</i></b>	40 km	No	<i>Yes</i>
<b><i>Aid Station #4 (Reservoir Rd)</i></b>	47 km	No	<i>Yes</i>

### **CUT OFF TIMES**

The 52 km distance has *4 cut off times* and allows a total of 11 hours to complete the 52 km course. Cut offs are put in place to make sure all runners have a safe and fun experience, and ensure our volunteers, sweeps and event/permit timelines are followed. *If a runner arrives at a checkpoint after the published cut off time, they will be disqualified and taken back to the finish line.*



**1st Cut Off: Aid Station #1 - 11:30 am**

This gives participants 5.5 hours to complete approximately 22.5 km of the full 52 km course.

**2nd Cut Off: Aid Station #2 - 1:10 pm**

This gives participants just over 7 hours to complete approximately 33 km of the full 52 km course.

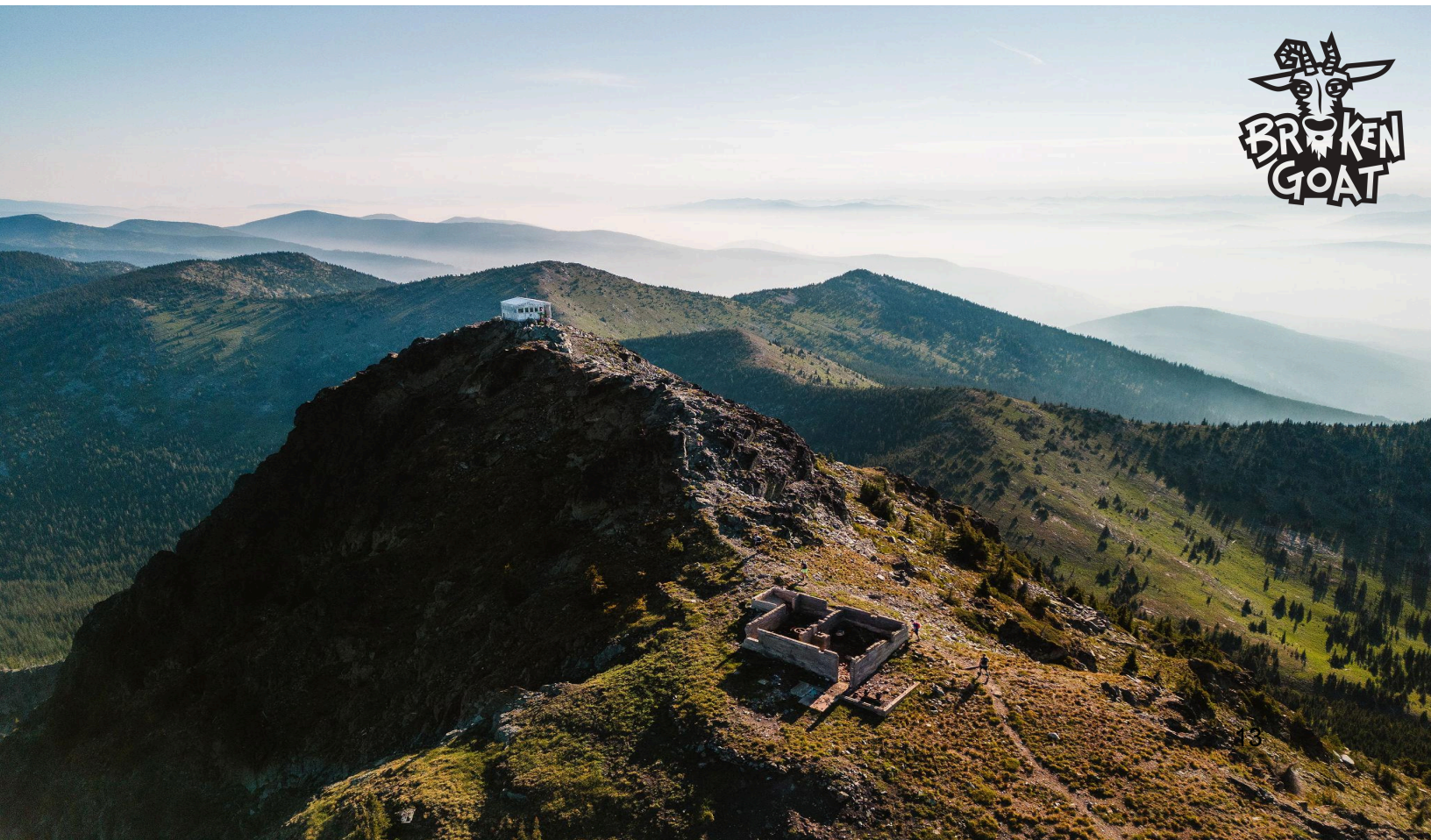
**3rd Cut Off: Aid Station #3 - 2:00 pm**

This gives participants 8 hours to complete approximately 40 km of the full 52 km course.

**4th Cut Off: Finish Line - 5:00 pm**

This gives participants 11 hours to complete the entire 52 km course.

**Please Note:** *If a runner arrives late to the Granite Mountain aid station and are still deemed in "Good Form" from our medical staff, they will be encouraged to run to Aid Station #3 at the base of Red Mountain, as **extraction from Granite Mountain is limited to those in distress.***





## BROKEN GOAT 25 KM

Start Time: 8:00 am

Start Location: [Nancy Greene Summit/Strawberry Pass/Seven Summits Trail Head](#)

**\*\*\*Please save our Course Director's number in your phone in the event of any on course emergency. Thank you.**

**Course Director #: 250-878-7432**

There is a parking lot at the Nancy Green Summit behind the parking lot along the highway. The parking lot along the highway is reserved for our shuttles only. *If you are getting a ride to the start, you must get dropped off in the back parking lot only.*

Click [here](#) for an interactive race map!  
Download the *GPX File* from our website [here](#)!

### AID STATION: GRANITE MOUNTAIN (16 KM)

The 25 km course has one aid station that also acts as a required checkpoint. *It is mandatory that you check in at all aid stations*, so please have your bib visible on the front of your person.

This aid station is quite remote and requires 4x4 access for aid, volunteers and medical crew. *There is no crew access at this aid station.*

Please bring a foldable bowl/mug to receive food/drinks at the aid station. *There will be no bowls, plates or cups at the aid station or finish line.* This is our small way of reducing unnecessary waste.

Our Aid Station will include a mix of the following fuel/hydration:

- Water
- Hammer Nutrition Heed, Endurolytes
- Hammer Nutrition Gels
- Chips
- Gummy Bears/Welches
- Pickles
- Fruit (Bananas, Watermelon, Oranges)
- Coke
- Fig Newtons

*Runners may not receive assistance outside of the designated aid station by anyone other than another registered active runner.* This is a standard put in place and enforced to ensure fairness for all runners.

That being said, runners may receive assistance from a crew ***within the aid station boundaries***, so long as it does not impede other runners or race staff.

## **CUT OFF TIMES**

The 25 km distance has ***2 cut off times*** and allows a total of 9 hours to complete the 25 km course.

### ***1st Cut Off: Aid Station #1 - 11:30 am***

This gives participants 3.5 hours to complete approximately 16 km of the 25 km course.

### ***2nd Cut Off: Finish Line - 5:00 pm***

This gives participants 9 hours to complete the entire 25 km course.

**Please Note:** *If a runner arrives late to the Granite Mountain aid station and are still deemed in "Good Form" from our medical staff, they will be encouraged to run to Aid Station #3 at the base of Red Mountain, as ***extraction from Granite Mountain is limited to those in distress.****



## BROKEN GOAT 12 KM

Start Time: 9:30 am

Start Location: [Red Mountain Resort](#)

The start line for the 12 km race is at the base of Red Mountain Resort *within walking distance of the on-mountain accommodations* and is a short drive from Rossland/neighbouring towns.

***\*\*\*Please save our Course Director's number in your phone in the event of any on course emergency. Thank you.***

***Course Director #: 250-878-7432***

Click [here](#) for an interactive race map!  
Download the *GPX File* from our website [here](#)!

### AID STATION: RESERVOIR ROAD (7KM)

The 12 km course has one aid station that also acts as a required checkpoint. *It is mandatory that you check in at all aid stations*, so please have your bib visible on the front of you.

Please bring a foldable bowl/mug to receive food/drinks at the aid station. *There will be no bowls, plates or cups at the aid station or finish line.* This is our small way of reducing unnecessary waste.

The Reservoir Road aid station will have crew access for family and friends to cheer! The 52 km runners also pass through here, so it can be a *fun alternate viewpoint other than the finish line.*



Our Aid Station will include a mix of the following fuel/hydration:

- Water
- Hammer Nutrition Heed/Endurolytes
- Hammer Nutrition Gels
- Chips
- Gummy Bears/Welches
- Pickles
- Fruit (Bananas, Watermelon, Oranges)
- Fig Newtons

*Runners may not receive assistance outside of the designated aid station by anyone other than another registered active runner.* This is a standard put in place and enforced to ensure fairness for all runners.

That being said, runners may receive assistance from a crew ***within the aid station boundaries***, so long as it does not impede other runners or race staff.

Aid Station crew access map [here!](#)

## CUT OFF TIMES

The 12 km distance has ***one cut off time***, allowing runners 7.5 hours to complete the 12 km course. Cut offs are put in place to make sure all runners have a safe and fun experience, and ensure our volunteers, sweeps and event/permit timelines are followed.

### ***1st Cut Off: Finish Line - 5:00 pm***

This gives runners 7.5 hours to complete the entire 12 km course.



## KIDS RACE

**Start Time:** 9:35 am

**Start Location:** [Red Mountain Resort](#)

Registration for the kids race will remain open until *Friday, July 19th at 12 am*. There will be *no day of race registration* for the kids race. You can register *online* or at the package pick up at the *Josie Hotel Friday night from 5:00 pm to 8:00 pm* and also pick up kids race bibs on Friday.

**Sign up for the kids race [here!](#)**

Our kids race is an amazing way to spend some family time on race day! Kids will receive a race bib, sticker and a finisher's treat, and the race is not timed.

The kids race is about more than just having fun, it is also about raising awareness for mental illness. 1 in 5 kids will suffer from mental illness in their lifetime, with only 25% getting the support they need.

Our kids race supports *Georgia's Wish*, an amazing charity focused on providing accessible mental health support for all. For more information you can check out their website [here!](#)

*Kids under the age of 5 must be accompanied by an adult*, although adults are welcome to run with kids of all ages :)



# ADDITIONAL INFORMATION

## ON MOUNTAIN DINING

### The Velvet Restaurant and Lounge

Located within the Josie Hotel, the Velvet Restaurant and Lounge will be offering breakfast, lunch and dinner throughout the race weekend.

***Dinner: 5:00 pm to 9:00 pm, July 19th - 21st***

In addition to their regular menu, their chef has created a *Winning Racer Bowl* consisting of mixed greens, edamame, cucumber, gem tomatoes, sweet potatoes, quinoa, broccolini, avocado and their green goddess dressing. For all to enjoy for ***\$27.00 per person!*** Shrimp, chicken or flank steak can be added with an additional cost.



Race director Rene will also be doing a *welcome announcement Friday, July 19th at 7:00 pm!*

***Breakfast: 7:00 am to 10:00 am, July 20th & 21st***

A full buffet-style breakfast will be available for ***\$26 per person!*** The buffet consists of fruit salad, yoghurt and granola, deli meats and cheeses, eggs, bacon, chicken sausage, roasted potatoes, sourdough bread and assorted pastries and muffins.

***Lunch: 11:00 am to 2:00 pm, July 20th & 21st***

The Velvet will be providing lunch *à la carte* with sandwiches and more to eat on the go!

## SATURDAY JULY 20TH: Red Mountain Resort Outdoor Patio

### **Lunch: 11:00 am to 5:00 pm**

Red Mountain will be hosting a BBQ at the finish line for racers and spectators to enjoy! There are no advance tickets for the BBQ, and *food and refreshments can be purchased using cash or card.*

Come cheer on the racers and enjoy the BBQ on race day!

### **Dinner: 6:00 pm to 8:00 pm**

Red Mountain will be hosting a banquet-style pasta party dinner after the race is wrapped up! Their menu consists of the following:

- Mixed Greens Salad with House Dressing
- Linguine and Penne Pasta, with your choice of Bolognese or Tomato Primavera Sauce
- Herb and Garlic Grilled Chicken Breast
- Assorted Dessert Squares

There are limited meal tickets so be sure to *pre-purchase tickets*. All are welcome to join for drinks and festivities.

Pre-purchase your dinner tickets [here!](#)

JULY 20TH

# FOOD TICKETS

VEGAN OPTION AVAILABLE



MOUNTAIN RESORT  
ROSSLAND, B.C. | www.redresort.com



**\$27 PASTA PARTY** BUY NOW



**MOUNTAIN RESORT**

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## AWARD CEREMONY + LIVE MUSIC

***Award Ceremony: 7:30 pm to 8:15 pm***

***Red Mountain Resort Outdoor Patio***

Located on the *Red Mountain Resort Outdoor Patio*, the top 3 runners in each category will be awarded a ***traditional German beer stein*** for their performance! People participating in their ***5th Broken Goat*** will also receive a special handmade reward!

Alongside the typical award ceremony, race director Rene and race announcer Steve will be bringing back their world famous ***live music trivia!*** Winners will receive special draw prizes from our sponsors!

***Live Music + Dancing: 8:30 pm to 10:00 pm***

***Red Mountain Resort Outdoor Patio***

Come join us for a proper Broken Goat 2024 send-off! The night finishes with a fun, warm social gathering. Feel free to mingle, chill and dance (if your legs still work by then).

The live music will be courtesy of [Truckvancar](#), a 5 piece alt, soul, reggae and rock band based in Rossland, B.C. They will be playing an array of covers and originals for all to groove to.

We look forward to seeing you all there!

## ACCOMMODATIONS

Rossland is a beautiful town with lots of amazing options for accommodations! A few on-mountain accommodations are right by the finish line area, and some have *discounted rates* for Broken Goat participants.

### Red Mountain Resort



Red Mountain Resort is the hosting sponsor for Broken Goat, and their accommodation at Slalom Creek is great for group bookings. Slalom Creek is a prestigious on-mountain condo complex fully equipped with gourmet kitchens, islands with breakfast bars, gas fireplaces, in-suite laundry and underground parking. *They are only a 2 minute walk from the finish line area/shuttle pick up.*

They offer a *special Broken Goat 2024 guest rate* you can find [here!](#)  
Call 1-877-969-7669 to make a reservation or book online [here!](#)

### The Josie Hotel, Autograph Collection

The Josie Hotel is only *one minute from the finish line/shuttle pick up area*. Marriott Bonvoy members can also earn points or use their points when booking their stay at the Josie!



They are offering an *exclusive special event offer* from \$215/night + tax! Please be sure to identify yourselves as a Broken Goat participant.

Book your group rate for the Josie Hotel [here!](#)



## RACE RULES

*Bibs are non-transferable* to other runners under any circumstance.

*No short cutting any portion of the race.* If a runner makes a wrong turn, they must return to the course on foot to the point where the error occurred and continue the race from there.

*Do not litter on the course.* This will result in disqualification.

If you come across an injured fellow runner, *please stay with that person until the sweep or medical team arrives.*

*No pacing:* Non-participants may not accompany registered runners (on foot or otherwise) along the course.

## REGISTRATION POLICIES

Please note that you accepted these policies when you went through the registration process for all PACE Trail Runs events and that the *deferral policies apply only to runners dropping out of events*, not for cancellations. Thank you.

- Once an event is sold out, there will be *no new spots, transfers or waitlists*
- You can request a drop down in distance within the *same event* for no cost. No credits will be issued if you drop down. You cannot move up in distance
- Between 14 to 30 days before the race, we offer a *50% deferral of race fees* towards another *not yet sold out* PACE event within the calendar year
- We offer *100% deferrals for anyone who is pregnant* and won't be able to participate in a PACE event they signed up for

PACE Trail Runs reserves the right to cancel any PACE Trail Runs event or change the route on short notice due to fire bans/fire closures, air quality, weather conditions, wildlife or safety concerns, pandemic, unforeseen construction, Acts of God or other such reasons with no reimbursement to the participant.

In the case of event cancellation by PACE Trail Runs, no refunds will be available. All entries will be subject to factors such as incurred event expenses and transferred to the next available date that the event is able to operate. Thank you.

## BROKEN GOAT 2024 SPONSORS

**SALOMON**

THE *Josie*

**R E D**



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TOURISM   
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