

WILDSIDE SKYRACE & WILDSIDE VK

RULES AND REGULATIONS

Version: September 3 2026

1. EVENT OVERVIEW

- 1.1 These rules apply to the Wildside Skyrace and Wildside VK (the “Events”).
- 1.2 The Events take place on marked mountain, trail, fell, or other natural terrain and may include steep ascents and descents, uneven ground, loose rock, mud, water, exposure, changing weather, and other natural hazards.
- 1.3 Participants must read and understand these rules, event communications, and any course-specific instructions before taking part.
- 1.4 The organiser may amend the course, schedule, safety procedures, or these rules where reasonably necessary because of weather, ground conditions, safety concerns, permissions, or other operational reasons.

2. EVENT DETAILS

2.1 Wildside Skyrace

Item	Details

Date	Saturday, July 17, 2026
Start location	Apex Mountain Resort, Penticton, BC
Finish location	Apex Mountain Resort, Penticton, BC
Approximate distance	28km
Approximate elevation gain	2125M
Course time limit	10 Hours

2.2 Wildside VK

Item	Details
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Date	Friday, July 16, 2026
Start location	Apex Mountain Resort, Penticton, BC
Finish location	Summit- Apex Mountain Resort, Penticton, BC
Approximate distance	5km
Approximate elevation gain	972M
Course time limit	3 hours

2.3 Distances and elevation figures are approximate and may vary because of course changes, weather, access restrictions, or measurement methods.

3. ELIGIBILITY AND REGISTRATION

3.1 All participants must register under their own name and provide accurate contact, emergency-contact, and medical information.

3.2 The minimum age is:

- Wildside Skyrace: 15 on race day.
- Wildside VK: 15 on race day.

3.3 Participants who do not meet the minimum age requirement will not be permitted to start.

3.4 Registration transfers, deferrals, withdrawals, and substitutions are permitted only in accordance with the published registration policy.

3.5 A participant may not sell, lend, transfer, or otherwise allow another person to use their race number or entry without the organiser's written approval.

3.6 The organiser may refuse or cancel an entry where necessary for safety, capacity, eligibility, conduct, or administrative reasons, subject to the published terms and applicable law.

3.7 All participants must complete the event waiver and any required declarations before starting.

4. PARTICIPANT RESPONSIBILITIES

4.1 Participants must be physically and mentally prepared for the distance, elevation, terrain, exposure, and weather conditions associated with their chosen Event.

4.2 Participants are responsible for assessing whether they are fit and adequately prepared to take part. If in doubt, they should obtain appropriate medical advice before participating.

4.3 Participants must follow all instructions given by the organiser, race officials, marshals, medical personnel, land managers, and emergency services.

4.4 Participants must act respectfully and responsibly toward other participants, volunteers, staff, members of the public, animals, landowners, and the environment.

4.5 Participants must immediately report significant hazards, missing markers, injured participants, or other safety concerns to the nearest marshal or race official.

5. MANDATORY EQUIPMENT

5.1 Participants must carry the equipment specified for their Event and any additional equipment required by the organiser.

5.2 The mandatory equipment list is:

❖ Wildside Skyrace:

- Minimum 1L of liquid hydration, cupless event so Aid Station fills utilize your water containers
- Water and Wind Resistant Jacket with hood
- Head covering, toque, beanie or buff
- Space Blanket
- Timing Chip (provided) and Race Bib displayed on front of body (bib provided)

❖ Wildside VK:

- Minimum 500ml of liquid hydration, no aid stations in VK
- Water and Wind Resistant Jacket with hood
- Head covering, toque, beanie or buff
- Space Blanket

- Timing Chip (provided) and Race Bib displayed on front of body (bib provided)

5.3 The organiser may introduce additional or amended equipment requirements before or during the Event because of forecast or prevailing conditions.

5.4 Equipment may be checked before the start, at any point on the course, or at the finish. Participants who do not have the required equipment may be prevented from starting, stopped, withdrawn, or disqualified.

5.5 Participants must carry sufficient food, water, clothing, and other personal supplies for the expected conditions and duration of the race based on knowing their own needs.

6. START PROCEDURE

6.1 Participants must report to the start area within the time stated in the event briefing.

6.2 Participants must start only when instructed by the organiser or an authorised race official.

6.3 A participant who starts late must obtain permission from a race official. A late start may result in a recorded time penalty or exclusion.

6.4 Participants must use the race number, timing device, or other identification issued to them and must display it as instructed.

7. COURSE AND NAVIGATION

7.1 Participants must follow the designated course and remain on marked or otherwise identified routes.

7.2 Cutting the course, bypassing a checkpoint, using an unauthorised shortcut, or deliberately following an incorrect route is prohibited.

7.3 Where a course is temporarily unmarked or markings are unclear, participants must use the official route information and exercise reasonable care. They must return to the last confirmed point if they become unsure of the route.

7.4 Participants must comply with public-right-of-way requirements, road-crossing instructions, closures, gates, stiles, and directions from marshals.

7.5 Participants must not interfere with course markings, signs, barriers, timing equipment, or safety equipment.

7.6 The organiser may reroute, shorten, neutralise, delay, suspend, or cancel an Event. Any decision made for safety or operational reasons is final, subject to applicable law.

8. OVERTAKING AND TRAIL ETIQUETTE

8.1 Participants must overtake only where it is safe and must give clear verbal warning before passing where appropriate.

8.2 Participants must not force another participant off the trail, obstruct the course, or behave aggressively.

8.3 Participants travelling uphill, on narrow terrain, or in a technically exposed section may require additional space and courtesy.

8.4 Participants must keep noise to a reasonable level and respect other trail users.

9. ASSISTANCE AND OUTSIDE SUPPORT

9.1 Participants may provide reasonable assistance to another participant in difficulty. Providing assistance does not remove a participant's obligation to complete the course safely.

9.2 Participants who stop to assist an injured or distressed person must notify a marshal or the organiser as soon as possible.

9.3 Outside assistance, pacers, escorts, or personal aid stations are not permitted on course unless at an Event provided Aid Station or within 20m of an Event provided Aid Station

9.4 Unauthorised assistance may result in a time penalty, withdrawal, ban, or disqualification for the participant and, where applicable, the assisting person.

10. CHECKPOINTS AND TIMING

10.1 Participants must pass through all required checkpoints and timing points in the prescribed order.

10.2 A missing checkpoint record may be treated as evidence that the participant did not complete the official course unless the participant can establish otherwise to the satisfaction of the organiser.

10.3 Timing may be recorded using electronic timing, manual recording, race numbers, photographs, or other methods.

10.4 Participants must not tamper with or exchange timing devices or race numbers.

10.5 Results are provisional until reviewed and confirmed by the organiser.

11. WITHDRAWAL AND RETIREMENT

11.1 A participant who retires must notify a marshal, checkpoint official, finish official, or the event control team as soon as reasonably possible.

11.2 Participants must not leave the course without notifying the organiser, except where immediate evacuation or emergency action is required.

11.3 A participant who retires must follow instructions regarding transport, evacuation, or return to the start or finish area.

11.4 Failure to report a withdrawal may result in unnecessary search-and-rescue activity and may lead to exclusion from future events.

12. MEDICAL AND SAFETY PROCEDURES

12.1 The organiser may stop, withdraw, or prevent a participant from continuing where it considers that the participant's health or safety, or the safety of others, is at risk.

12.2 Participants must follow medical and safety instructions immediately.

12.3 Participants may be required to provide relevant medical information to medical staff where necessary for their care.

12.4 Participants acknowledge that mountain and trail events involve inherent risks, including falls, collision, weather exposure, hypothermia, heat illness, dehydration, injury, illness, and delayed access to medical assistance.

12.5 Participants should not participate if unwell or injured and must notify the organiser if a relevant medical

condition develops before or during the Event.

13. ENVIRONMENTAL RESPONSIBILITY

13.1 Participants must not litter. All waste, including food packaging, clothing, tissues, bottles, and other items, must be carried to an appropriate disposal point.

13.2 Participants must remain on the designated route unless directed otherwise.

13.3 Participants must not damage vegetation, disturb wildlife, remove natural objects, or interfere with livestock, property, or land-management operations.

13.4 Trekking poles are permitted, be conscious of your surroundings and other people when utilizing them. Music devices are permitted at one's own risk, in the form of ear buds or headphones only, no speakers or music to be broadcast beyond personal ear devices. Music devices must be turned off when entering an Aid Station and start/finish line areas.

13.5 Any participant whose conduct risks the event's permissions, environmental impact, or relationship with landowners may be withdrawn or disqualified.

14. PROHIBITED CONDUCT

14.1 The following may result in a time penalty, withdrawal, disqualification, or future exclusion:

- Failure to follow these rules or official instructions.
- Providing false registration, medical, or emergency information.
- Using another participant's entry, race number, or timing device.
- Taking an unauthorized route or deliberately cutting the course.
- Accepting unauthorized outside assistance.
- Tampering with course markings, signs, barriers, or timing equipment.
- Dangerous, abusive, threatening, discriminatory, or unsporting behaviour.
- Littering or causing avoidable environmental damage.
- Failing to report a withdrawal.
- Refusing a reasonable equipment, identity, or safety check.

15. PENALTIES AND DISQUALIFICATION

15.1 The organiser or appointed race officials may impose penalties, require a participant to stop, remove a participant from the results, or disqualify a participant where these rules have been breached.

15.2 The penalty will reflect the seriousness of the breach and may include:

- A time penalty.
- A requirement to return to the point of a course infringement.
- Withdrawal from the Event.
- Disqualification from the results.
- Exclusion from future Wildside events.

15.3 A participant who is disqualified must comply with instructions to leave the course or finish area.

15.4 The organiser's decision on competition matters is final, subject to any appeal process published for the Event and applicable law.

16. APPEALS AND COMPLAINTS

16.1 A participant wishing to challenge a result, penalty, or disqualification must submit an appeal to the race director within 2 hours of the relevant decision or provisional results being published.

16.2 Appeals must include the participant’s name, race number, the decision being challenged, and the grounds for the appeal.

16.3 The organiser may request additional information and will review the matter as soon as reasonably practicable.

17. WEATHER, COURSE CHANGES, AND CANCELLATION

17.1 The organiser may alter the start time, course, distance, elevation, cut-offs, equipment requirements, or format because of weather, safety, access, landowner requirements, emergencies, or other circumstances beyond its reasonable control.

17.2 The organiser may delay, suspend, shorten, or cancel an Event where it considers this necessary.

17.3 Participants will be notified of material changes through the official event communication channels where reasonably practicable.

17.4 Refunds, credits, or transfers in the event of cancellation or material alteration will be handled in accordance with the published terms and conditions.

18. MEDIA AND PERSONAL DATA

18.1 The organiser may record photographs, video, and audio at the Event for legitimate event, safety, promotional, and archival purposes, subject to its published privacy policy.

18.2 Personal data will be handled in accordance with the organiser’s privacy notice and applicable data-protection law.

19. ACCEPTANCE OF THESE RULES

19.1 By registering for or participating in an Event, each participant confirms that they have read, understood, and agree to comply with these rules, the event terms and conditions, and reasonable instructions issued by the organiser.

19.2 These rules do not limit any legal rights or obligations that cannot lawfully be excluded or limited.

20. CONTACT DETAILS

Contact	Details
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Event organiser	Wildside Skyrace LTD
Email	admin@wildsideskyrace.ca
Website	wildsideskyrace.ca
Emergency/event-control number	403.563.0382