



PRESENTED BY **Newmont**
CANADA

POWER TO SUMMIT—ROUTE CARD

TEAM NAME: _____

RACER NAME

BIB#

CONTACT NUMBER

	FRIDAY	SATURDAY	SUNDAY
START TIME			
PLANNED END TIME			
GENERAL ROUTE DESCRIPTION <i>Where you are headed, starting point, parking, trail, etc...</i>			
PLANNED TOTAL ELEVATION GAIN			
WEATHER FORECAST			
CHECKED IN WITH EMERGENCY CONTACT	<input type="checkbox"/> before racing <input type="checkbox"/> after racing	<input type="checkbox"/> before racing <input type="checkbox"/> after racing	<input type="checkbox"/> before racing <input type="checkbox"/> after racing

Contact for Race Inclusion Ambassador

Pre-race email sparr@powertobe.ca. During race please call or text 604-318-1467.



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ANY COVID-19 RESTRICTIONS/PRECAUTIONS TO CONSIDER?

EMERGENCY EQUIPMENT CARRIED *i.e. First Aid Kit, Headlamp, etc...*

- cell phone (charged) water snacks
- racer bib any other needed supplies

EMERGENCY CONTACT PERSONS

NAME	CELL	ALTERNATE PHONE
<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>

Provide this trip plan to one of your responsible emergency contacts (who will not be with you)

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