



PRESENTED BY **Newmont**

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 |

For inquiries regarding Power To Summit, or to be put in touch with our Race Inclusion Ambassador, please contact Lara at Isherry@powertobe.ca or call 250-507-8417. In case of an emergency, contact emergency services at 911.



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ANY 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 |
|------|------|-----------------|
| | | |
| | | |

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