

IPM Run Yukon Program – FAQ

1. **What is the IPM Run Yukon Program?**

The IPM Run Yukon program is a one of a kind program and event held for trail running enthusiasts looking for an incredible experience and challenge. This is a solo half marathon or marathon event as well as a team relay marathon event. Preparation for this event will be with a group of fellow runners who will accompany you to the event and all will participate in the Yukon River Trail Marathon as the final run in this program.

2. **When and where does the program take place?** *The program begins with our first group run on April 12 with the final group run on July 26th. The majority of the weekly runs will take place in Edmonton. The Yukon River Trail Marathon takes place on Aug 5th in Whitehorse, Yukon.*

3. **What is the terrain and elevation of the run like?** *Expect all sorts of terrain from a bit of paved trail, to gravel singletracks to steep hills and incredible views. The actual course description and maps can be found here...*

<http://www.yukonmarathon.com/Content/route>

4. **How many people are you taking in the program?** *The program will take a maximum of 10 people. If there is a high demand, the program may grow to accommodate the demand.*

5. **Can I sign up for this program alone?** *You can sign up alone. You will then either be paired up with a fellow runner for your hotel stay or have to pay the additional cost of a single supplement for your own room.*

6. **Do you have to be at a certain fitness level to participate?** *Yes you do. If you can complete a 10km run without stopping you will be at an excellent starting point for this program. Should you need additional help with planning a program moving forward from here you can choose the optional training program package and IPM will work with you to create your program to get you across the finish line.*

7. **What is the time commitment for training?** *The program is 16 weeks in duration and the time commitment will vary based on the individual and the programs established by the trainer. There will be group runs/training sessions that will prepare participants to complete the Run Yukon Program. This will increase in time commitment as we get closer to the event. Group training activities will take place once per week on Thursday evenings. There will also be an optional mountain training weekend planned which will be included in the program.*

8. **Does the program fee cover the mountain training session?** *The program fee does cover the cost of the organization and leading of the training session while in the*

mountains. The fee does NOT include any expenses such as accommodations and travel expenses over this weekend. We will do our best to work as a group to have people car pool and share accommodations to minimize expenses.

9. **Where will the mountain training runs take place?** *The goal is to do 2 mountain runs on consecutive days. Jasper/ Bragg Creek/ Canmore/Banff will be the areas of choice. These runs will likely be in the 10-15km range and will incorporate all sorts of terrain. The runs will be planned for June or July.*
10. **Will I need any special equipment for this event?** *For safety purposes, participants are encouraged to carry the following equipment:*
a) Rainwear (rain jacket and long pants) if the weather looks bad b) clothing appropriate to the weather conditions c) 1 small First Aid Kit / tape for blisters d) 1 Survival Blanket e) ID card, money f) Sun-screen g) optional Bear Spray.
A list of required items will be provided by the race organizers when the 2018 event info is updated.
11. **What accommodations are available near the event location?** *As this is a group program, all participants will be staying together at the Coast High Country Inn in Whitehorse. Accommodations for three nights (Fri, Sat, Sun) are part of this program.*
<https://www.coasthotels.com/hotels/yukon/whitehorse/coast-high-country-inn/>
12. **Is the cost of a individual training program included in this program?** *Participants will have the option to choose an individual training program for an additional cost. Weekly group runs etc are included.*
13. **What is the total cost of the Run Yukon program?** *Participants will have two options to choose from...*

Full Option Including Flights...

Option A: \$1130 This option includes the IPM Run Yukon program fee, your race entry, accommodations, return flight from Edmonton to Whitehorse, airport pick up and your individual training program for the 16 weeks of the Run Yukon program.

Flight Schedule is:

Depart Edmonton to Whitehorse Friday Aug 3rd at 9:30pm

Return from Whitehorse to Edmonton Monday Aug 6th at 8:15am

Option B: \$1030 the same as option A, however NO individual training program for the 16 weeks.

No Flight Option (maybe you have points to use or want to drive? You find your way to the Yukon)

Option A: \$655

Option B: \$555

*** A non-refundable deposit of \$150 will be required to secure your spot in this program. This deposit will be applied to the final cost of your program. If flying with IPM a deposit of \$52.50 is also required to secure your spot on the plane. Flights with the IPM group need to be secured by March 31st.

Remaining outstanding balance payments for the program can be split into two payments due May 31st and June 30th, 2018.

14. **How do I register for this program?** *To register for the Run Yukon Program contact Kevin at inpursuitfitness@gmail.com for more information*