

Yeti Ascent

Cancellation of snowshoe series spawns brand new Shore event.

By JUSTIN BEDDALL
Staff Reporter

It's snow problem. Organizers of the Yeti Snowshoe Mountain Series have been forced to cancel the rest of the season because of a dearth of snow at the local hills.

But, rather than lamenting the warm weather, they've created a new event — The Yeti Ascent on April 16, a race from Deep Cove to the Pump Peak at Mt. Seymour.

"What I would say about the Yeti for this season is that you can't trust Mother Nature and if you can't beat her, join her," explained Marc Campbell of the Yeti

Mountain Snowshoe Series. "This is how the Yeti Ascent was created, hopefully this will prove to be something good from a bad situation."

The event, which organizers are calling the biggest trail run/snowshoe ascent race in North America, is open to solo contestants, two-person relay teams and groups.

Participants start in Deep Cove and make their way to Mount Seymour where they will either grab their backpack and snowshoes or tag a relay partner to make their way to the snowline in order to make the transition into their snowshoes. Then, they will head up to Pump Peak, an elevation of 4,500 feet.

"I think it is a challenging course when you look at any race based purely on climbing and elevation. It's going to be hard work and that's part of the appeal," said Dave Howells, Yeti technical director.

After reaching the summit, racers will make their way back down to the transi-

tion area to take off their snowshoes and race to the parking lot at Mount Seymour to finish.

"If we have a clear day it is going to be spectacular," said Campbell. "This will be like doing the Grouse Grind three times in one day."

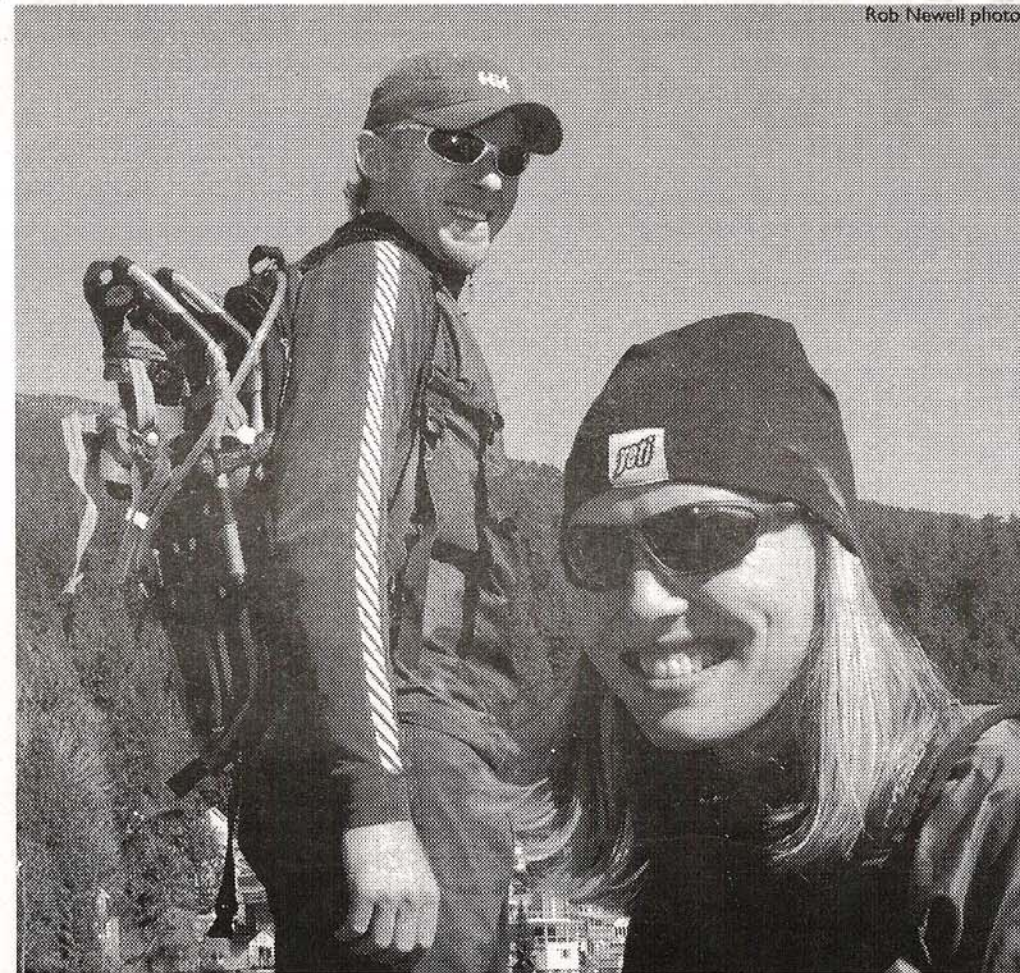
Campbell said next year he will make changes to the Yeti Snowshoe Mountain Series to factor in the weather.

"Option-A is lots of snow and a full-on snowshoe race. Option-B, not so much snow and we have — a trailrun/snowshoe race. Snowshoeing is still on the rise and The Yeti is the ultimate snowshoe event for beginners to advanced-level athletes."

The Yeti Mountain Snowshoe Series is comprised of six events, each with a 5km and a 10km course — on terrain for both beginner and advanced level athletes.

For more info or to register for the Yeti Ascent visit www.theyeti.ca. ©

Rob Newell photo



ARE YOU UP FOR IT? — Yeti technical director Dave Howells and Penny Lidstone consider the Yeti Ascent that will take racers from Deep Cove to Seymour's Pump Peak — a gain of 4,500 feet — in just 13.5 km.