



DAY OF THE SEAFARER

2024 PEAK CHALLENGE

PARTICIPANTS GUIDE



Dear Participants,

Thank you for supporting our third annual Peak Challenge on the Grouse Grind® in North Vancouver on the International Day of the Seafarer, **Tuesday, June 25th**. This event is our opportunity for the shipping community to gather and reflect on the lives of seafarers, and how their work contributes to the success of our industry and our economy. The annual Day of the Seafarer is June 25th and for 2024 the global campaign focuses on safety at sea. Everyone is encouraged to show appreciation for the work of seafarers and their contribution to our livelihood. Seafarers are asked to share photos of the working environment on social media with the hashtag [#SafetyTipsAtSea](#).

The Peak Challenge is intended to be a team-building event and offers some friendly competition for seasoned climbers. While everyone deserves some recognition for taking on the challenge, trophies will only be awarded to the fastest team based on the combined times and to the fastest male and female, so enjoy the hike!

Start Time: Start times have been allocated randomly to each team. These start times can be adjusted to a start time between 4:00 and 5:15 pm on the 25th. Please give your team enough time to reach the top of the Grind® no later than 6:00 pm.

Check-in: ISSC volunteers will be located at the **bottom of the Grind®** to hand out race numbers, check-in participants in, and record actual start times. Please arrive at the base of the **Grouse Grind®** 10 minutes before your team's start time. All team members must be present and start at the same time.

We are discouraging the use of single-use plastic and plastic waste so please bring your own water bottles.

The Challenge: The fastest team will be determined by adding the three individual times together. If the second and third team members arrive within two minutes of the first team member then two minutes will be deducted from the team's total time. The fastest male and female awards will be presented to the male and female that completes the challenge in the shortest time. Each team member qualifies for the individual challenges. Note the finish time is recorded by our volunteers at the top of the stairs at the edge of the chalet. Please ensure that your race numbers are visible.

Dinner: For those attending the dinner only, tickets for the Skyride will be left at Guest Services for individual pickup.

The reception and dinner will be held in the Altitudes Bistro from 6:00pm. Dinner will be open seating and will consist of a barbecue buffet with several entrées to choose from. A complimentary drink ticket

THE GROUSE GRIND®

- 2,830 Steps
- 2.9 km
- Elevation Gain: 853m
- Avg. Time: 90 min
- ISSC Record Time: 35 Minutes

will be provided and additional drinks can be purchased at the bar where all major credit and debit cards are accepted.

Change of Clothes: Grouse Mountain guest services located at the base of the mountain will check in a small bag with a change of clothes for participants and transfer them up to the Alpine Guest Services on the main floor of the chalet where they can be collected. Please note that there are no shower facilities available. There is a charge for each bag so please try to limit yourself to one bag. Dinner is informal and a change of clothes is optional but encouraged.

Parking: All lots at the base of Grouse Mountain are pay parking. Pay by coin, VISA, MasterCard, American Express or Pay-By-Phone - <https://www.grousemountain.com/parking>. We encourage teams to carpool and plan for rush hour traffic. Grouse Mountain also offers a free shuttle to and from Canada Place – for more information visit: <https://www.grousemountain.com/shuttle>.

What to expect: The trail is clearly marked and is made up of a friable loose top layer of soil and small stones and laid stone steps in roughly equal parts. There is neither scrambling nor climbing anywhere on the Grouse Grind®, and the trail is under the forest canopy except for the last 50 metres. Runners and light hiking boots are sufficient for the Grind.

Caution: This is not an easy hike, so participants should be reasonably fit and in good health. If you come across a bear they are generally on a contour route around the mountain and will cross perpendicular to your path, stay calm and the bear will quickly pass by.

Restrooms: There are restroom facilities at the base of the mountain and in the chalet at the top.

The Skyride: Skyride passes for your trip down the mountain will be issued to you at the reception – the pass is required for the ride down to the parking lot.

Questions?: Contact Bonnie Gee at cell: 604-816-3524 or email: thepeak@sailorssociety.ca.

We look forward to seeing you all on the Grind!!

THANK YOU FOR YOUR SUPPORT THIS DAY OF THE SEAFARER!

2024 Sponsors

