



Tackle the Toad Racer Guide

27th June 2026

Presented by Tackle Events Inc.

HELLO!

Welcome to the 2026 Tackle the Toad Ultra! This race is organized by Tackle Events Inc., a trail running organization aimed at promoting grassroots racing in the amazing mountain town of Nelson, BC.

If you are local, thanks for choosing to race in your hometown. If visiting, we hope you enjoy exploring the Nelson trails. Here's to a great race weekend!

Registration Policy

PLEASE NOTE THAT AS PART OF REGISTRATION YOU ACCEPTED THE POLICIES BELOW:

1. Transfers and will be accepted up until 12th June for a \$20 fee
2. **NO REFUNDS** will be issued at any time
3. We accept a drop down in distance from the 50km to the 20km at no extra cost.
Please email us at contact@tacklethetoad.com to coordinate this. There will be no refunds for the extra amount paid.
4. Participants must be at least 17 years old on race day. Parents must provide written consent if a participant is under 17 years of age.

Tackle Events Inc. reserves the right to change the route or cancel Tackle the Toad 50km and 20km at short notice due to wildfire bans/closures, air quality, wildlife concerns, unforeseen circumstances or other such reason with no reimbursement to the participant.

Racer Rules and Trail Etiquette

- Participants must complete a waiver during online registration and at the event.
THIS IS MANDATORY.
- No pacers. We have a strict runner limit due to our permit and cannot allow pacers.
- Participants may only wear ONE earbud or bone conducting headphones. Any racer found with 2 earbuds will be disqualified.
- NO LITTERING, anywhere!
- No dogs! We LOVE dogs however this race is exposed and hot.
- No touching or tampering with signage
- Help fellow runners! If you see someone struggling please stop and help them. If you sacrifice your race in the process, we will give you a free entry for another year.
- No cutting corners - stay on the flagged trail and respect your surroundings.
- DROPPING OUT - Please drop out at aid stations ONLY. If you can't make it to an aid station stay on trail and race staff will come to you. Medical Staff and Aid Station Captains have the ability to remove runners from the race at any time due to safety concerns. Their word is final - please respect this.
- Be aware of bikers! This event takes place on mountain bike trails. We have staff notifying bikers but if they are coming downhill please give them the right of way.
- Poles are allowed.
- Mandatory gear must be carried at all times and will be checked at registration.
- HAVE FUN!

Mandatory Gear

- Emergency blanket or Rain Jacket
- Food - 50km only
- Water (at least 1 litre) - 50km only

Recommended Gear

- 2L of water on all legs
- Electrolytes and nutrition
- Bear spray
- Cellphone
- A cup! We are a cup free race.

Package Pickup

Friday 26th June: 4-7PM

Morning Mountain Parking Lot https://maps.app.goo.gl/rFt78Jp5udv476wT6?g_st=ic

If you are unable to make Friday's compulsory package pick up, there will be a chance for pick-up the morning of the race.

Event Day

50km

Saturday June 27th – 50km RACERS

- **5AM: Couldn't make it Friday? You must pick up your bib by 5:30AM at the Start Line**
- 6AM: Race Start!
- 1PM: Awards and Draw Prizes
- 2PM: Aid Station 4 (33km) cutoff 8 hours
- 6PM: Course Closes

20km

Saturday June 27th – 20km RACERS

- **6AM-7.30AM: Couldn't make it Friday? You must pick up your bib by 7:30AM at the Start Line**
- 8AM: Race Start!
- 1PM: Awards and Draw Prizes
- 6PM: Course Closes

Aid Stations

Only Runners and official race Volunteers can touch the Aid Station food/water! We ask all Crew/Spectators to stay clear. Spectators can help their racers off to the side, however, we ask for everyone to do their best in decluttering the Aid Station area.

50km: There will be 6 aid stations

Aid Station 1 - 7km

Aid Station 2 - 15km

Aid Station 3 - 21km

Aid Station 4 - 33km CUT OFF 2pm

Aid Station 5 - 40km

Aid Station 6 - 43km

20km: There will be 2 aid stations

Aid Station 1 - 7km

Aid Station 2 - 13km

The following will be available at our Aid Stations...

- Fruit: Watermelon, Oranges and Bananas
- Chips
- Gummies
- Gels: Limited variety of Gels – please don't depend on our stock, travel with your own race food!
- Pickles
- Water
- Ice
- Coke
- Feminine hygiene products
- Sunscreen

We cannot emphasize enough our recommendation to carry 2+ litres of water + electrolytes + fuel on all Legs. This is a very challenging race, with big, exposed climbs! It will more than likely be HOT. You will drain your water faster than you expect.

Other Information

Accommodation

HOTELS

- The Adventure Hotel
- The Prestige Lakeside
- The Best Western

CAMPING

- City of Nelson Campground
- Whitewater Campground

Directions

START/FINISH: Morning Mountain Parking lot:
https://maps.app.goo.gl/rFt78Jp5udv476wT6?q_st=ic

Volunteers

We love and heavily rely on volunteers. We are very grateful for the amazing support we've received, and support our volunteers with the below...

- A tackle the toad hat
- A voucher to a local restaurant
- Eternal thanks and a great day on the trails!

Volunteer registration is OPEN and can be found at
<https://www.tacklethetoad.com/volunteer-registration>. Thank you in advance for your help!