

# 18<sup>th</sup> Lost Soul Ultra – 2017 “Toughest (and nicest) Race on the Prairies”

## 100mile & 100km Race – Friday 9:00am start Lethbridge Lodge Hotel 320 Scenic Drive south

- 8:00am to 8:30am (100km & 100mile)
  - 100mile, 100km bag drops (label with Name, Bib#, station: 1-HQ, 2-Pavan)
  - 8:35am to 8:50am Mandatory pre-race meeting inside Lodge Hotel for all runners
- 9:00am Race start!!!

## 50km Race – Saturday 7:00 am start

- 6:15am to 6:30am (50k)
  - Bag drops (label with Name, Bib#, station – 1-HQ, 2-Pavan)
- 6:40am to 6:50am Mandatory pre-race meeting inside Lodge Hotel for all runners
- 7:00am Race start!!!

### Guide for a Successful Race:

- Must have bib#, Name clearly visible on front. Speak your # and name to the timer
- Must Check-IN at each aid station (HQ, Softball Valley, Pavan)
- Must turn in race number at a timing station if you drop out (avoid search & rescue)
- Cannot change race distances during the race (stopping after 1 lap does not equal 50k event)
- Must respect the course (private landowners and City graciously allow us to use it)
- Carry 2 lights and/or extra batteries for 100k and 100milers
- Must have warm clothes for night (low of 5C and dew on long grass)
- \*Must carry 1000ml or 32oz water. Recommend 1500ml of water on hot days
- Follow the Pink flags (white survey paint on rocks) always one in sight
- BYOcup - we will have limited cups on course. LSU reusable cups at package pickup \$12.

### Lost Soul Ultra Course

- Leg 1: South loop hills from/to HQ using red shale path above the fort) 7.0k
- Leg 2: North hills to Softball Valley, enter at parking lot 8.4k
- Leg 3: North hills to Pavan, exit is north east up to gun range hill, includes Ryan’s Ridge 9.6k
- Leg 4: North loop through private land, back to Pavan. With unmanned water station 16.4k
- Leg 5: South along river to Softball Valley, enter between ball diamonds 6.6k
- Leg 6: South along river to HQ, head west to river, then south 6.2k
  - Finish up “Haybale hill” left of the fort to parking lot finish area 54.2k
- 100k 2 laps (skips the 2<sup>nd</sup> Leg 1 south loop of 7k) 101.4k
- 100mile 3 full laps 162.6k

**Awards Breakfast Sunday 9:00am** at Lethbridge Lodge (bring cash to buy extra tickets or swag):

2017 Shirt \$50, Volunteer Tshirts \$20, Hats \$25, Buffs \$25.

Old stock: 2016 fleece, tshirts, etc.

**Finisher Tile**– at Sunday breakfast or you can pickup in Fort Macleod Saturday afternoon (let us know)

**Drop Bags-** have your crew pickup. Available at HQ Saturday 6pm or Sunday after breakfast

- **Package pickup at Runners Soul** - 2646 South Parkside Drive south 403-327-2241
  - Thursday Noon to 7:45pm
  - Friday Noon to 5:15pm (or at start line before the race)
  - From HQ, take Scenic drive south, left on 10<sup>th</sup> ave south, just across Mayor Magrath drive
- **HQ** is in the back parking lot of Lethbridge Lodge Hotel 320 Scenic Drive south (race hotel)
  - Only hotel patrons may park in the lot, others must use on-street parking Friday. Saturday we have arranged at Hudson's Bay lot, and Provincial building across the street
- **Softball Valley (Peenaquim)**
  - Use the Scenic drive north. Follow signs to Softball Valley (turn west, after 9 Ave N. lights).
  - Northbound runners can be seen at Peenaquim Dog Run (1 mile north of diamonds)
- **Pavan Park**
  - Use Scenic drive north past residential, watch for left turn to Pavan Park (stay left to John Martin picnic shelter)
  - Crew can bring food and chairs for a picnic and use bbq there (playground for kids)
- **\*bonus Racer Viewing area at Alexander Park**
  - Northbound racers pass through the bottom parking lot
  - Southbound racers pass through 400m past bottom parking lot (west on shale path)
- **What to wear:**
  - Can expect highs of 30C and morning lows of 4C. The dew will make for wet feet and legs
  - In the coulee valleys there is less air movement, but windy on top
  - Mostly exposed to the sun with maybe 20% tree coverage
  - 54km = 38km single track, 6k pavement, 5k gravel road, 5k shale path
  - Mosquitos at night and wasps during the day
  - Night runners might get caught in the field irrigation spray near Pavan
- **Safety**
  - Coherency check
    - If you are judged to be unfit to continue, race official's decision is **final**
    - Many parts of the course are dangerous if you become disoriented
    - Runners **cannot** refuse EMS/911 service if deemed required by race/aid officials
  - Aid stations will have a small heated area with blankets
  - Menu: PBJ & ham sandwiches, cookies, gummies, fruit, pop, lime GU, ice, hot liquids/soup
  - No dogs or bikes on course. Pacers only at night (8:30pm) or last lap of 100mile
  - Watch out for deer, porcupines, skunks, snakes, and the odd "cougar" (Essie's nightclub...)
  - Washrooms located at the aid stations and Alexander north-bound
  - Basic first aid items at the aid stations. Some volunteer medical staff available
  - Your aid crews can access all the aid stations – please be courteous to volunteers
- **Cut-off times** 100mile (33 hours), 100km (21 hours), 50km (11 hours)
  - Sat **9:00am** - 100 mile deadline to head North to Softball Valley Leg 2
  - Sat **Noon** –must leave Pavan northbound Leg 4
  - Sat **3:00pm** –must leave Pavan homebound Leg 5. Water, limited snacks after 2pm
  - Sat **5:00pm** –must leave Softball Valley Leg 6. Water, limited snacks after 4pm
  - Sat **6:00pm** – Finish line closed. End of timing. Limited services after 5pm
- **Wet Weather Course** – Everything moves to Pavan with 15k loops north through private land
- **Emergency Situation** – monitor [www.lostsoulultra.com](http://www.lostsoulultra.com) and Facebook for updates