

Welcome to the 22nd Annual Lost Soul Ultra!



Thank you for choosing the Lost Soul Ultra!

Our race is held in the beautiful river valley in Lethbridge, Alberta where you traverse scenic coulees while running next to the Oldman River and under the High Level Bridge. All three of our races start at the Sandman Signature hotel (formerly Lethbridge Lodge):

- **100 mile** - Friday, September 9, 2022 at 7:00 am
- **100 kilometer** - Friday, September 9, 2022 at 9:00 am
- **50 kilometer** - Saturday, September 10, 2022 at 7:00 am

Please read through this Lost Soul Ultra Racer Guide prior to race weekend. This guide serves as the official documentation for the race. If you require any further clarification, please contact one of the Lost Soul Ultra Race Directors.

Organization

The Lost Soul Ultra is a community-based event organized by runner-driven volunteers who promote trail and ultrarunning events in Lethbridge, Alberta. The Lost Soul Ultra would not be possible without the assistance of over 200 volunteers on race weekend who help with everything from aid stations and medical support, to course flagging and timing.

History

The Lost Soul Ultra was founded in 2000 by ultrarunners Ron Bain, Paul Shipp, Marc Hayward, Terry Schwengler, Rod Dueck and Dave Watson. Over the years the race has evolved from a small 40-person event where everyone received a sandwich at the end of the race ... to the awesome event it is today.

The original goal of the race was to offer **"the toughest (and nicest) race on the Prairies"** ... and we work hard every year to live up to this goal!



Race Headquarters

All three races start and finish at Lost Soul Ultra Headquarters located in the back parking lot of:
 Sandman Signature
 320 Scenic Dr S
 Lethbridge, AB
 T1J 4B4



Race Course

Our [race course](#) is a 54 km lap with approximately 1,200 m (3,600 feet) of elevation incline and decline. Most of the hills (coulees) are 150 - 250 feet and you traverse about 16 hills in one lap. In the 54 km lap there is 39 km of single track, 5 km of pavement, 5 km of gravel road and 5 km of shale path.

The race course is divided into 6 legs which correspond with check-in points at the three Aid Stations: Headquarters (HQ), Softball Valley (SV) and Pavan (PV)

Leg	Description	Distance
Leg 1: HQ to HQ	South loop hills from/to HQ using red shale path above the fort	7.0 km
Leg 2: HQ to SV	North hills to Softball Valley, enter at parking lot	8.4 km
Leg 3: SV to PV	North hills to Pavan, exit is north east up to gun range hill, includes Ryan's Ridge	9.6 km
Leg 4: PV to PV	North loop through private land, back to Pavan. There are unmanned water stations on this leg.	16.4 km
Leg 5: PV to SV	South along river to Softball Valley, enter between ball diamonds	6.6 km
Leg 6: SV to HQ	South along river to HQ, head west to river, then south. Finish up "Haybale hill" left of the fort to parking lot finish area	6.2 km
Total Loop		54.2 km

- ★ The 100 mile race consists of 3 laps 162.6 km
- ★ The 100 km race consists of 2 laps (minus Leg 1 on final lap) 101.1 km
- ★ The 50 km race consists of 1 lap 54.2 km

LOST SOUL ULTRA

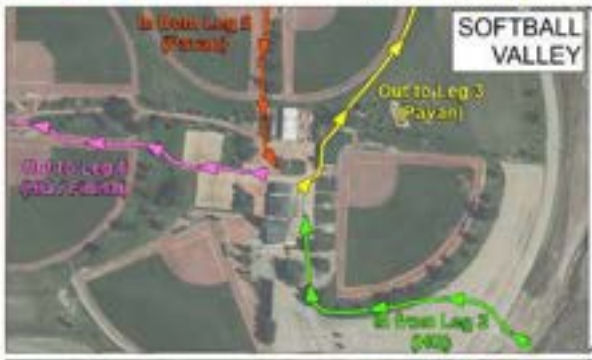
SOKM · 100KM · 100MI

LETHBRIDGE, AB

"Toughest (and nicest) Race on the Prairies"



- | Aid Stations | Race Legs |
|----------------------|--|
| ★ Start/Finish Point | — Leg 1 (South Loop) |
| ● Water Station | — Leg 2 (HQ to Softball Valley) |
| ○ First Aid | — Leg 3 (Softball Valley to Pavan Park) |
| Navigation | — Leg 4 (North Loop Pavan) |
| Ⓟ Parking Lot | — Leg 5 (Pavan Park to Softball Valley) |
| — Driving Route | — Leg 6 (Softball Valley to HQ [Finish]) |



Race Package Pickup

Runners Soul
2646 South Parkside Drive South
Phone: 403-327-2241



- ★ Noon - 7:45 pm Thurs. Sept. 8, 2022
 - ★ Noon - 5:15 pm Fri. Sept. 9, 2022
- Remaining race packages will be at Headquarters Timing (start line) prior to race start.

Directions to Runners Soul from Headquarters (Sandman Signature):

- ★ Turn right on Scenic Drive South and then turn left on 10th Avenue South
- ★ Located on right hand side just after crossing Mayor Magrath Drive South

Your race package includes the following:

- ★ Racer garment
- ★ Race bib. There are four key parts to your race bib:
 - Front of bib: Includes your race number and name. Your race bib must be worn on the front and clearly visible at all times during the race.
 - Back of bib: Includes Emergency Contact Information (to be completed by you). It also includes key race cutoff times.
 - HQ Drop Bag Tag (bottom left tear-off section): Includes your name and bib number. Affix to your HQ drop bag using a zip tie or tape.
 - Pavan Drop Bag Tag (bottom right tear-off section): Includes your name and bib number. Affix to your Pavan drop bag using a zip tie or tape.
- ★ Pins to attach your race bib
- ★ Zip ties to attach your drop bag tags
- ★ Sunday breakfast ticket (for racer)
- ★ Other Lost Soul Ultra items you pre-purchased (i.e., extra breakfast tickets, hats, neck gaiters, etc.)



You can also pick up the following at package pickup:

- ★ LSU neck gaiters (\$25)
- ★ LSU collapsible/reusable cups (\$12)



Schedule of Events

Friday, September 9, 2022	
6:00 - 8:30 am	100 mile/100 km racers take their drop bags to LSU Headquarters: <ul style="list-style-type: none"> - Place Headquarters drop bag in designated area - Place Pavan drop bag in designated area
7:00 am	100 mile Race Start
9:00 am	100 km Race Start
Saturday, September 10, 2022	
6:00 am	100 km Race Cutoff (21 hours) <ul style="list-style-type: none"> - End of race timing - 100 km racers must check-in/DNF at next Aid Station
6:15 - 6:30 am	50 km racers take their drop bags to LSU Headquarters: <ul style="list-style-type: none"> - Place Headquarters drop bag in designated area - Place Pavan drop bag in designated area
7:00 am	50 km Race Start
8:00 am	100 km drop bags available for pickup at Headquarters
4:00 pm	100 Mile Race Cutoff (33 hours) <ul style="list-style-type: none"> - End of race timing - 100 mile racers must check-in/DNF at next Aid Station
6:00 pm	50 Km Race Cutoff (11 hours) <ul style="list-style-type: none"> - End of race timing - 50 km racers must check-in/DNF at next Aid Station (Limited services available after 5:00 pm) - All drop bags available for pickup at HQ
Sunday, September 11, 2022	
9:00 am	Breakfast at Sandman Signature Lethbridge Lodge (bring your breakfast ticket from your race package and cash or credit card if you want to buy LSU merchandise)

Race Rules

- ★ All racers must:
 - Follow the course as marked in the direction of the race. You cannot change race distances during the race (i.e., stopping after 1 lap does not equal a 50 km race).
 - Follow the pink flags (or white survey paint on rocks) - there will always be one in sight.
 - Stay on the designated trails whenever possible as some parts of the course are in environmentally sensitive areas.
 - Respect the course as private landowners and the City of Lethbridge graciously allow us to use it. Please do not litter.
 - Be respectful of all volunteers.
 - Only receive aid from a designated LSU Aid Station, from your crew at (or within 500 m) of a LSU Aid Station, or from another LSU on-course racer.
 - Carry 1,000 ml (32 oz.) of water. We recommend 1,500 ml (48 oz.) of water on hot days.
 - Bring your own cup (BYOC). We are a cupless race.
 - Pass a coherency check:
 - If you are judged to be unfit to continue, the race official's decision is final.
 - Many parts of the course are dangerous if you become disoriented. You cannot refuse EMS/911 service if deemed required by race/aid officials.
- ★ 100 mile and 100 km racers must:
 - Have warm clothes for night as there may be lows of 4 C and dew on long grass.
- ★ Leg Cutoff times will be posted at the start of each leg and strictly enforced.
 - Each leg will be closed at the specified time.
 - After 50 km leg cutoff times, course deflagging with course sweeps will begin (Note: The gates at Pavan Aid Station and Softball Valley Aid Station will be locked after the last official racer has left the Aid Station).



NEW!

Time	100 Mile	100 Km	50 Km
5:00 pm Friday	HQ - Cutoff to complete Lap 1 (10 hours)		
8:00 pm Friday		HQ - Cutoff to complete Lap 1 (11 hours)	
Midnight Friday		Pavan - Cutoff to start Leg 4 (northbound)	
3:00 am Saturday		Pavan - Cutoff to start Leg 5 (southbound)	
4:00 am Saturday	HQ - Cutoff to complete Lap 2 (21 hours)		
6:00 am Saturday		100 Km Race Finish (21 hours)	

9:00 am Saturday	Pavan - Cutoff to start Leg 4 (northbound)		
Noon Saturday			Pavan - Cutoff to start Leg 4 (northbound)
1:00 pm Saturday	Pavan - Cutoff to start Leg 5 (southbound)		
3:00 pm Saturday			Pavan - Cutoff to start Leg 5 (southbound) *Only water and limited snacks available after 2:00 pm
4:00 pm Saturday	100 Mile Race Finish (33 hours)		
6:00 pm Saturday			50 Km Race Finish (11 hours)

- ★ Any finish times after these cutoff times will be recorded as DNF (Did Not Finish):
 - 6:00 am Saturday - 100 km
 - 4:00 pm Saturday - 100 mile
 - 6:00 pm Saturday - 50 km
- ★ Finisher Rocks (available at Race Finish Line):
 - Official finish times are based upon gun start times:
 - 7:00 am Friday - 100 mile
 - 9:00 am Friday - 100 km
 - 7:00 am Saturday - 50 km
 - Racers who successfully finish their race shall receive a Lost Soul Ultra Finisher rock.
 - Racers who wish to have their name and official finish time included on their rock need to make arrangements for this service with rino.LAstonetworks@gmail.com
- ★ Extreme Wet Weather Course
 - If deemed necessary by the Race Directors, all racers will be notified and will use the 10 Km West Loop to complete the required number of loops for their race distance. Each 10 km loop will start and end at Headquarters (Sandman Signature).
- ★ Emergency Situations
 - In the event of an emergency situation, please monitor your email, lostsoulultra.com and the [Lost Soul Ultra Facebook page](#) for updates.
 - Air Quality Health Index: If forest fire smoke is an issue and air AQHI = 10+, the race will be paused/stopped. The race may be paused/stopped at AQHI level 8.



Parking

NEW! Designated Parking Areas

- ★ Friday Racers (100 Mile/100 Km) with Hotel Reservations
 - Racers who are staying at Sandman Signature can park in the Sandman lot.
 - Racers who are staying at the Day's Inn can park in the Day's Inn lot.
- ★ Friday Racers being Dropped Off
 - Your crew can temporarily park in the Galt Museum lot to see you start the race but they can't stay there all day as there will be parking attendants and their vehicle will likely be towed.
- ★ Friday Racers Who Need to Park But Don't Have Reservations at Sandman
 - You can pay for on-street parking (pay at meters in a Zone 10 area). This [link](#) shows the 10-hour "Zone 10" parking locations. Zone 3 parking is a maximum of 3 hours.
- ★ Saturday Racers (50 Km)
 - Saturday parking is free for on-street parking and at the Bay upper parkade.
 - You cannot park in the Sandman lot or the Galt Museum lot (both venues have weddings/conferences Friday and Saturday). Parking in those lots will result in your Disqualification from the race (parking rules adherence is a requirement of our permit) and your vehicle will likely be towed.

Aid Stations

Your crew can only assist you at designated Aid Stations (6 times per lap by driving between the 3 aid stations). Your crew must respect Aid Station volunteer requests.

Headquarters (HQ)

The HQ Aid Station is located in the back parking lot of the Sandman Signature (race hotel) at 320 Scenic Drive South.

Softball Valley (SV)

To drive to the SV Aid Station from the HQ Aid Station:

- ★ Turn left on Scenic Drive North.
- ★ Follow the signs to Softball Valley (left turn after 9 Avenue N. lights).
- ★ Northbound runners can also be seen at Peenaquim Off Leash Dog Park (1 mile north of ball diamonds).



Pavan (PV)

To drive to the PV Aid Station from the SV Aid Station:

- ★ Turn left on Scenic Drive North and continue past the residential areas.
- ★ Follow the signs to Pavan Park (left turn) and stay left to John Martin picnic shelter.
- ★ Crew can bring food and chairs for a picnic and use the BBQ at Pavan. There is also a playground for kids.

Aid Station Timing

- ★ When you complete a leg and arrive at an Aid Station (HQ, SV, PV), you must check-in at the timing station by speaking your name and bib number to the timing volunteers.
- ★ Your name and time is recorded in a manual system.
- ★ **NEW!** At the end of Leg 3 (SV to PV), Leg 4 (PV to PV) and Leg 6 (SV to HQ), your time will be electronically recorded on UltraSignup Live Results. Your friends and family can access UltraSignup Live Results by visiting lostsoulu.com/live

Aid Station Resources

Our Aid Stations (HQ, SV, PV) are fully stocked and equipped with:

- ★ Awesome, friendly and helpful volunteers (please be courteous to all volunteers).
- ★ Washrooms (There is also an outhouse on Leg 3 [northbound] at Alexander Park).
- ★ Basic first aid items and medical volunteers (trained Ski Patrol members).
 - Pain killers will NOT be available at the Aid Stations.
- ★ Small heated area with blankets.

Aid Station Food, Snacks, Beverages for Racers			
Food	Snacks	Beverages	Other
<ul style="list-style-type: none"> ○ Watermelon ○ Oranges ○ Bananas ○ Peanut butter & jam sandwiches ○ Ham & cheese sandwiches ○ Cheese sandwiches ○ Boiled potatoes ○ Chicken broth ○ Vegetable broth ○ Quinoa (to add to broth) ○ Rice balls ○ Protein (bacon, burgers, veggie burgers, etc.) 	<ul style="list-style-type: none"> ○ Salt & vinegar chips ○ Plain chips ○ Pringles chips ○ Pretzels ○ Cheezies ○ Chocolate chip cookies ○ Oreo cookies ○ Gingersnap cookies ○ Gummy bears ○ Mini chocolate bars ○ Hot rods ○ Beef jerky ○ Dill pickles 	<ul style="list-style-type: none"> ○ Water and ice ○ Coke/Pepsi ○ Ginger Ale ○ Lemon-Lime Gatorade ○ Coffee ○ Tea ○ Hot chocolate 	<ul style="list-style-type: none"> ○ Salt (for cramping) ○ Tums (for cramping) ○ Mustard packs (for cramping) ○ Ginger candy (for upset stomach) ○ Frozen treats (freezies, etc.)



Aid Station Drop Bags

Your drop bags are accessible to all volunteers/crews and are:

- ★ Transported via truck/trailer from HQ to the PV Aid Station.
- ★ Organized by bib number at the HQ Aid Station and PV Aid Station.
- ★ Returned early from PV Aid Station to HQ if the drop is placed in the "Return Early" bin.

Dropping from the Race at an Aid Station

- ★ If you decide to drop from the race, you must turn in your race bib at Aid Station timing (to avoid search and rescue).
- ★ The timing volunteer will record the time of DNF (Did Not Finish).

The Final Aid Station (Finish Line)!!

- ★ When you finish your race, we post your official time on Ultrasignup.com and announce your name. You can celebrate your finish with a burger!

Course Information

Course Markings

- ★ The course is marked with pink flags that include a Lost Soul Ultra sticker and reflector. There is also white survey paint on rocks.
- ★ White signs at Aid Stations indicate the starting point for each leg.



Course Emergencies

- ★ If you encounter a non-medical emergency on the course, please call the Race Director phone number on the back of your race bib.
- ★ If you encounter a runner in medical distress, please call 911 with GPS location.

Pacers

- ★ 100 mile pacers are allowed on the third lap or after 8:00 pm.
- ★ No pacers are allowed for 100 km or 50 km racers.
- ★ Pacer must check-in at an Aid Station and wear a Pacer bib. You may use multiple pacers, but only one at a time. Pacer must be human and on foot (no dogs or bikes).
- ★ Pacer cannot mule or carry your gear or supplies (water, shoes, clothing, etc.).

Race Photos

- ★ Photographers will be on course Friday and Saturday taking photos.
- ★ Volunteers will also take photos at the finish line.

Western States Qualification

- ★ Our 100 km race is a qualifier for the Western States Endurance Run.
- ★ 100 km racers who finish in less than 21 hours qualify for the Western States lottery.
- ★ 100 mile racers can earn a Western States lottery qualification if they finish 2 laps (107 km) in less than 21 hours AND they must finish 3 laps (100 miles) in 33 hours.

Course Records

Race	Men		Women	
200 km	29:36	Patrick Humenny (2019) Kimberley, BC	34:54	Anna Duda (2019) Delburne, AB
100 mile	19:05	Dave Proctor (2021) Black Diamond, AB	22:06	Chelsey Topping (2018) Lethbridge, AB
100 km	10:07	Stefan Schreiber (2019) Edmonton, AB	10:59	Svenja Espenhahn (2019) Calgary, AB
50 km	3:48	Evan Bayer (2018) Calgary, AB	5:09	Deb Russell (2017) Calgary, AB

Weather and Finisher Rates

Temperatures: Expect highs of 30 C and lows of 4 C.

Moisture: Overnight dew makes for wet feet and legs. Night runners may be sprayed by field irrigation near Pavan.

Wind: Air movement is limited in the coulee valley but it is usually windy on top.

Sun exposure: The course is mostly exposed with approximately 20% tree coverage.

Insects: Prepare for wasps during the day and mosquitos at night.

Year	Friday High	Friday Low	Rain	Saturday High	Rain	Comment	Finisher Rates
Sept 7-8, 2012	27.3 C	3.7 C	0	30.2 C	0		100M (20/50 = 40.0%) 100K (53/73 = 72.6%) 50K Fri (31/39 = 79.5%) 50K Sat (75/78 = 96.0%) Overall (179/240 = 74.6%)
Sept 6-7, 2013	25.6 C	15.8 C	1.2 mm	18.2 C	0.4 mm		100M (29/44 = 65.9%) 100K (69/91 = 75.8%) 50K (105/110 = 95.4%) Overall (203/245 = 82.9%)
Sept 5-6, 2014	22.5 C	3.1 C	0	25.3 C	0		100M (20/44 = 45.4%) 100K (71/102 = 69.6%) 50K (137/156 = 87.8%) Overall (228/302 = 75.5%)
Sept 11-12, 2015	28.1 C	11.8 C	0	31.6 C	0.7 mm		100M (25/56 = 44.6%) 100K (94/124 = 75.8%) 50K (109/136 = 80.1%) Overall (228/316 = 72.2%)
Sept 9-10, 2016	21.2 C	7.3 C	1.4 mm	23.6 C	0		100M (38/57 = 66.7%) 100K (113/136 = 83.1%) 50K (127/132 = 96.2%) Overall (278/325 = 85.6%)

Sept 8-9, 2017	34.3 C	10.3 C	0	31.7 C	0	Smoky - AQHI 10+	100M (19/57 = 33.3%) 100K (49/110 = 44.5%) 50K (102/131 = 77.9%) Overall (170/298 = 57.0%)
Sept 7-8, 2018	31.1 C	9.8 C	0	26.6 C	0	Smoky - AQHI 4 - 6	100M (22/51 = 43.1%) 100K (87/141 = 61.7%) 50K (122/142 = 85.9%) Overall (231/334 = 69.2%)
Sept. 6-7, 2019	22.0 C	7.3 C	0.4 mm	23.8 C	0		200K (8/23 = 34.8%) 100M (25/40 = 62.5%) 100K (95/111 = 85.6%) 50K (137/151 = 90.7%) Overall (265/325 = 81.5%)
Sept. 10-11, 2021 (*modified course Sept. 11)	18.2 C	7.7 C	0	17.2 C	16.4 mm		100M (16/25 = 64%) 100K (102/127 = 80.3%) 50K (129/130 = 99.2%) Overall (247/282 = 87.6%)

Sunday Breakfast

Awards

- ★ During the Sunday Breakfast we present:
 - LSU plaques to the Top Male and Top Female in each race (50 Km, 100 Km, 100 Mile).
 - **NEW!** LSU painted mini rocks to the Top Male and Top Female Finisher in each age category (18-29, 30-39, 40-49, 50-59, 60+) in each race
 - Memorial awards.

Drop Bags

- ★ Please pick up any remaining drop bags after the Sunday breakfast.

Merchandise Store (Limited Hours at Finish Line and Sunday Breakfast)

- ★ Bring cash or credit card to buy LSU merchandise for your crew, family and friends!
 - \$50 2022 Racer garment
 - \$30 2022 Hats
 - \$25 2022 Neck gaiter
 - \$20 2022 Volunteer t-shirts
 - Various Previous year's racer garments, t-shirts, etc.

1000 Mile Club

- ★ We provide special recognition (and a HUGE rock) to racers who finish ten 100 mile Lost Soul Ultras. We currently have 4 members in our 1000 Mile Club!

**Larry Kundrik
(2014)**



**Hiroshige Watanabe
(2016)**



**Richard Carvalho
(2017)**



**Karen Johansen
(2021)**



Triple Crown Club

★ We are in absolute awe of racers who have won the 50 km, 100 km and 100 mile Lost Soul Ultra. We have 3 members in our Triple Crown Club!




	<p>Phil Fraser</p>	<ul style="list-style-type: none"> → 1st Overall 50 km (2000) → 1st Overall 100 km (2001, 2003) → 1st Overall 100 mile (2002)
	<p>Carl Pryce</p>	<ul style="list-style-type: none"> → 1st Overall 50 km (2009, 2012) → 1st Overall 100 km (2010) → 1st Overall 100 mile (2011)
	<p>Oleg Tabelev</p>	<ul style="list-style-type: none"> → 1st Overall 50 km (2011) → 1st Overall 100 km (2012) → 1st Overall 100 mile (2010)

Photo Credits: Ralph Arnold Photography

Training and Race Tips

- ★ Train in the heat if you can. If you cannot, set up a plan to keep cool.
- ★ Make sure you always have enough fluid/water capacity.
- ★ Many runners who drop out of our race note they went out too fast. To keep at an easy pace early in the race, we recommend walking the uphill sections on the first leg. This will keep you from going too fast and will save your energy for later in the race. You will most likely still be ahead of your goal pace even if you walk significant portions of the first leg. Don't waste energy trying to run the climbs in the first few coulees!
- ★ Be prepared for dogs at the Peenaquim Off Leash Dog Park (Legs 3 and 5).
- ★ Beware of small cactus plants that grow on the edge of the trails.
- ★ During the night, you may think you are hallucinating but are actually seeing some of the wildlife that lives in the river valley. Racers have told many funny stories about harmless mule and whitetail deer, coyotes, beavers, foxes, porcupines, skunks, owls, geese, ducks, rabbits, badgers and marmots that like to share the trails with you! There is a remote possibility you might see a snake and very unlikely to see a rattlesnake.

Accommodation

Please refer to lostsoulultra.com/accommodations for information about your accommodation options.

Sponsors

We sincerely appreciate the generosity of our wonderful sponsors. Please thank and support them whenever possible.

- ★ Runners Soul
- ★ Sandman Signature
- ★ Prime Catering
- ★ Sobey's Uplands
- ★ Fire Safety Services
- ★ Altra Shoes
- ★ Stoneworks
- ★ Tollestrup Construction
- ★ Lafarge
- ★ Spic and Span Dry Cleaners
- ★ Fit Physio
- ★ Ralph Arnold Photography

