Welcome to the 26th 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 and finish at Softball Valley (Peenaquim Park):

- **100 mile** - Friday, September 11, 2026 at 8:00 am
- **100 kilometer** - Friday, September 11, 2026 at 8:30 am
- **50 kilometer** - Saturday, September 12, 2026 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 equally 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 Start and Finish

All three Lost Soul Ultra races start and finish at:
Softball Valley (Peenaquim Park)
Scenic Drive North
Lethbridge, AB
T1J 4K2

Race Course

Our race course is a 50.3 km lap with approximately 1,200 m (4,000 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 50 km lap, there is 36 km of single track, 2 km of pavement, 5 km of gravel road, and 7 km of shale path.

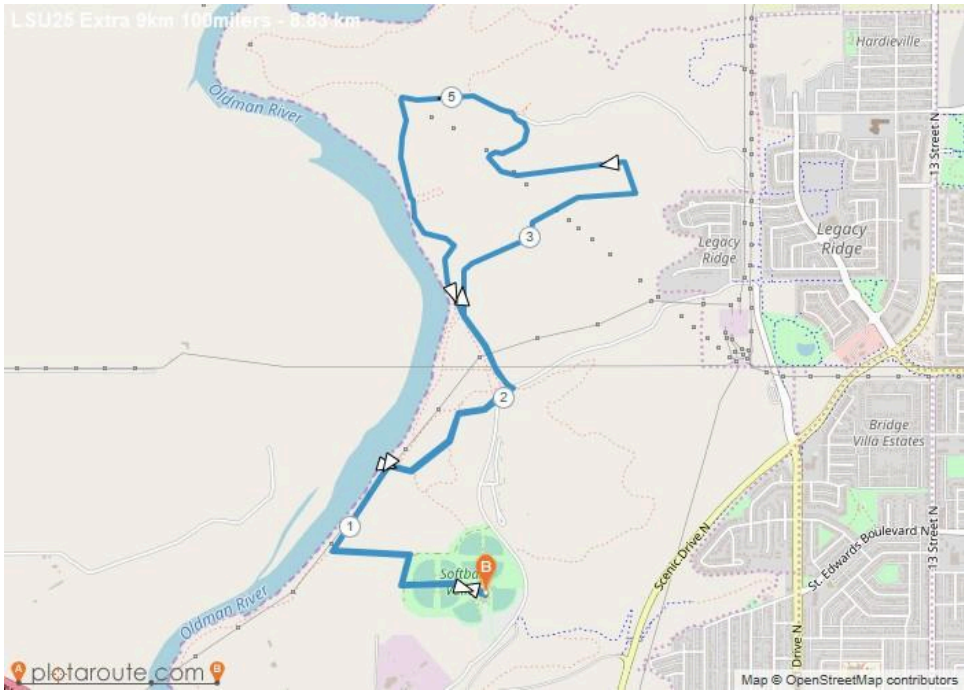
The race course is divided into 5 legs, which correspond with check-in points at the three Aid Stations: Softball Valley (SV), Elks (Elks), and Pavan (PV)

Leg	Description	Distance
Leg 1: SV to Elks (West side loop) (100 m elevation)	Start running west to the river and then south along the river to Tollestrup's berm. Continue south on the edge of the berm, past the Tollestrup office, dropping down to the river again. Pass under Highway 3 and continue through Helen Schuler Nature Reserve along the river. Cross on the bridge to the west side of Lethbridge. At the High Level train bridge, stay on the single track and pass by on the right side of the steel pillar. Continue south through the woods until you hit the paved path. Follow this past the Elks Aid station (5 km point) and continue along the paved path to Whoop Up Drive bridge. Cross over the river and drop onto the single path to the right, through the trees for the westside loop. At the outflow culvert, go over and continue north on the shale path to the wooden stairs beside the "Bobsled" trail. Go up the stairs and continue beside the "Bobsled" trail that turns into dirt single-track up the hill (do not turn right on the limestone switchbacks). At the top, turn left/south and follow the limestone/shale pathway south towards the Bull Trail stairs. Drop down and then onto the Whoop Up Drive bridge and east across the river. Turn left off the bridge on pavement and follow the flags/pylons, along the river to the Elks Aid Station (mandatory check-in). *Note: We do not expect you to enter the Elks aid station at the 5 km point before you go to west Lethbridge, as the volunteers will assume you completed the whole 10 km loop and may direct you onto leg 2 (and a subsequent disqualification). ***100 Mile Racers Only (Initial 9 Km Loop with 140 m elevation)** Start the race as normal, but when you get to the river, turn right (north) and go backwards on leg 5. Through the bushes, past the dog park fence, cross the road at the wood chips, and cross it again to go north along the dog park bypass. You are now on leg 3 and follow it to the Alexander bathrooms. Normally you would get off the shale trail at 50 m, but continue	10 km

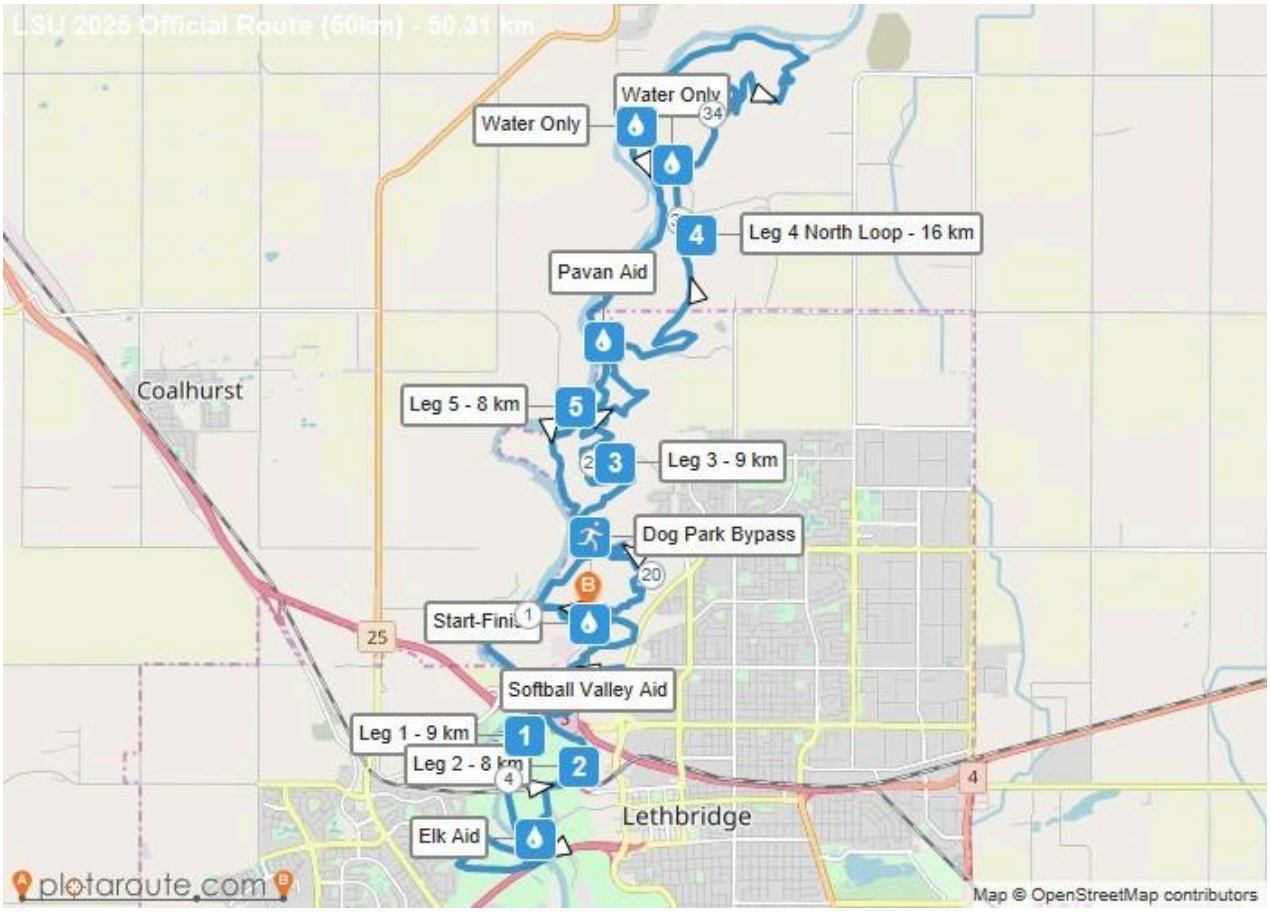
	straight on the shale trail to join leg 5. Follow leg 5 as normal, back to Softball Valley start/finish line. You will now complete 3 laps of the course for your 100 miles.	
Leg 2: Elks to SV (300 m elevation)	Head northeast along the shale path out of Elks Aid Station. Connect to the paved path near the picnic shelter and cross the road. Follow the paved path, north to the High Level train bridge. Turn right after you pass under the bridge and follow the trail to the top, staying next to the train bridge. At the top, turn left and be ready for your photo with the bridge in the background. Continue on the original single track, which will drop you onto the Highway 3 on-ramp. Cross over the off-ramp and follow the road beside the parking lot, north under the Highway 3 bridge, and then east (right) on the Tollestrup off-ramp to connect back to single-track heading north (you will be on the north side of Highway 3. Go up and back on the coulee trails and drop onto the road at the Sewage Treatment plant. Follow the road east (right) to the road gate. Cross the road to the single-track heading east. Climb up "Stink Hill" to the top parking lot (Scenic Drive). Follow the paved path north and then get back on the single-track for a short, steep climb, and then drop down to the Softball Valley Aid Station (mandatory check-in). *Enter Softball Valley from the northeast edge (start of gun range hill). **The change involves you going up the east coulee under the High Level bridge instead of the path along the river.	8.6 km
Leg 3: SV to PV (Gun range) (300 m elevation)	Exit Softball Valley east up Gun Range Hill, follow their fence around the top of the gun range, and then turn right towards the chain-link fence (old garbage dump). Drop down and then up Ryan's Hill. Turn left/west at the top and run the Roller Coaster down to the dog park. Cross the road and take the trail above the dog park to the Alexander Park hills. (Note: The Dog Park Bypass trail, which is now shared with southbound runners on Leg 5, is located on this hillside.) Continue north and climb and descend the hills to drop down at the Alexander bathrooms. Travel west on the shale pathway for only 100 m and take a right/north onto single track. If you go too far on the shale path, you will hit Leg 5 and be lost forever … Enjoy the Hardieville Hills to Pavan Park Aid Station (mandatory check-in).	9.5 km
Leg 4: PV to PV (North loop) (250 m elevation)	Start east through the trees, along the road, to Dragon's Back hill and take the next ridge down on Dragon's Tail. Turn right/north at the bottom and hug the coulee to the private land fence. Cross over the fence and continue north on single track and then dirt road to bypass the farm houses (*previously you went under the big yellow gate and past the houses). At 4.5 km, there will be the first water station. This is the "Point of No Return", and you should assess your health before continuing (help may take 2 hours to arrive, and cellular coverage is spotty past this point). Turn right/east along the horse coral on the dirt road and then head north along the gravel road along the coulee bottoms. Continue right/east on the road past the "Radiation" sign for about 500 m and turn right/south on the single track up the hill (*if you see 2 large concrete blocks beside the road, you have gone too far). Up and down the hills heading east and then drop down to the water crossing/bridge. Then west along the pond for 100 m and then right on the trail through the trees to a dirt road. Before you get to the gravel pit office, you will drop down towards the river and continue west through the willows and dry river bed. When you get to the dirt road, this will be the	16 km

	water station (12k from start and 4k to the aid station). Back onto the single track through the trees and along the river to Pavan Aid Station (mandatory check-in). *Assess your fitness/health status at that first water station (4 km point). From here, help is not coming quickly and cellular coverage is spotty.	
Leg 5: PV to SV (Finish leg) (130 m elevation)	Exit Pavan Aid Station the same way you came in (north gate) and turn left on the paved path towards the bathroom building. Follow the dirt "horse path" south that cuts through the trees before the end of the path. This is the start of B1 and B2, which drops into the Alexander lowland peninsula. *Change: Stay on the red shale path to B3 that heads to the dog park (you don't do the loop on the peninsula). Slant left to the shared Dog Park Bypass on the hill above the dog park. Cross the road at the dog park parking lot and turn right along the road, into the ditch, and go for 40m. Cross over the road again at the Wood Chip piles and follow the chain link dog fence west to the river. Join the original course through the "Jungle". At the Sewage Lagoon fence, turn left/east into Softball Valley Aid Station (mandatory check-in/finish).	6 km
	Total Lap	50.3 km

★ The 100 mile race consists of Initial 9 Km Loop and then 3 laps 161 km
★ The 100 km race consists of 2 laps 100.6 km
★ The 50 km race consists of 1 lap 50.3 km



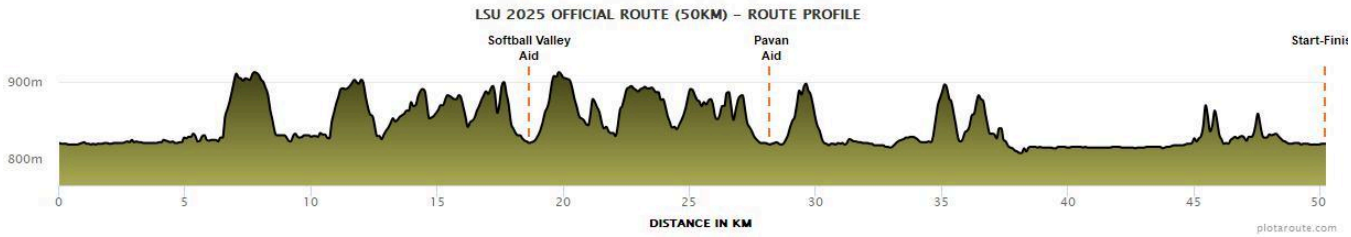
Initial 9 KM Loop for 100 Mile



50 Km LSU Loop

(refer to lostsoulultra.com for detailed view, GPX file and RunGo App)

(Also available as a public course on Garmin and Strava)



Race Package Pickup

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

★ Noon - 7:30 pm Thurs. Sept. 10, 2026
★ Noon - 5:15 pm Fri. Sept. 11, 2026
Remaining race packages will be at Softball Valley Timing (start line) prior to race start. Packages not picked up will be forfeited at the start time of the race.

Directions to Runners Soul from Host Hotel (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).
  - SV Drop Bag Tag (bottom left tear-off section): Includes your name and bib number. Affix to your SV drop bag using 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 zip tie or tape.

★ Pins to attach your race bib
★ Zip ties to attach your drop bag tags
★ Collapsible cup
★ Ice bandana with zipper
★ Optional: Sunday breakfast ticket (if purchased by racer on LSU Shop page)
★ Optional: Other Lost Soul Ultra items pre-purchased on LSU Shop page (i.e., extra breakfast tickets, hats, neck gaiters, etc.)

You can also pick up LSU Shop items at package pickup.

Schedule of Events

Friday, September 11, 2026	
7:00 - 8:30 am	100 mile/100 km racers take their drop bags to Softball Valley: - Place at Softball Valley drop bag area, north side of building - Place Pavan drop bag in designated area/vehicle for delivery to Pavan
8:00 am	**100 mile Race Start**
8:30 am	**100 km Race Start**
Saturday, September 12, 2026	
5:30 am	**100 km Race Cutoff (21 hours)** - End of race timing - 100 km racers must check-in/DNF at next Aid Station
6:00 - 7:00 am	50 km racers take their drop bags to Softball Valley: - Place Softball Valley drop bag in designated area, north of building - Place Pavan drop bag in designated area/vehicle for delivery to Pavan
6:00 am	100 km drop bags available for pickup at Softball Valley
7:00 am	**50 km Race Start**
5:00 pm	**100 Mile Race Cutoff (33 hours)** - End of race timing - 100-mile racers must check-in/DNF at next Aid Station
6:00 pm	**50 Km Race Cutoff (11 hours)** - 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 Softball Valley
Sunday, September 13, 2026	
9:00 am	Breakfast at Sandman Signature (Lethbridge Lodge) - Bring your breakfast ticket (if you pre-purchased one on the LSU Shop page) and cash or credit card if you want to purchase 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, 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 a LSU Aid Station area, or from another LSU on-course racer.
- Carry 1,000 ml (32 oz.) of water minimum. 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).

Time	100 Mile	100 Km	50 Km
8:00 pm Friday	SV - Cutoff to start Lap 2 (12 hours)		
1:00 am Saturday (Firm)		Pavan - Cutoff to start Leg 4 (northbound)	
5:30 am Saturday		**100 Km Race Finish (21 hours)**	
7:00 am Saturday	SV - Cutoff to start Lap 3 (23 hours) Deflagging starts.		
1:00 pm Saturday (Firm)	Pavan - Cutoff to start Leg 4 (northbound)		Pavan - Cutoff to start Leg 4 (northbound)

5:00 pm Saturday	**100 Mile Race Finish (33 hours)**		Pavan - Cutoff to start Leg 5 (southbound) *Only water and limited snacks available after 4:00 pm
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):
- 5:30 am Saturday - 100 km
- 5:00 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:
  - 8:00 am Friday - 100 mile
  - 8:30 am Friday - 100 km
  - 7:00 am Saturday - 50 km
- Racers who successfully finish their race will 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.LAstoneworks@gmail.com

★ Extreme Wet Weather Course
- If deemed necessary by the Race Directors, all racers will be notified and will use a modified route that links the three aid stations. If course alterations are required mid-race, your last aid station time/distance will be used and you will be directed on how to continue.

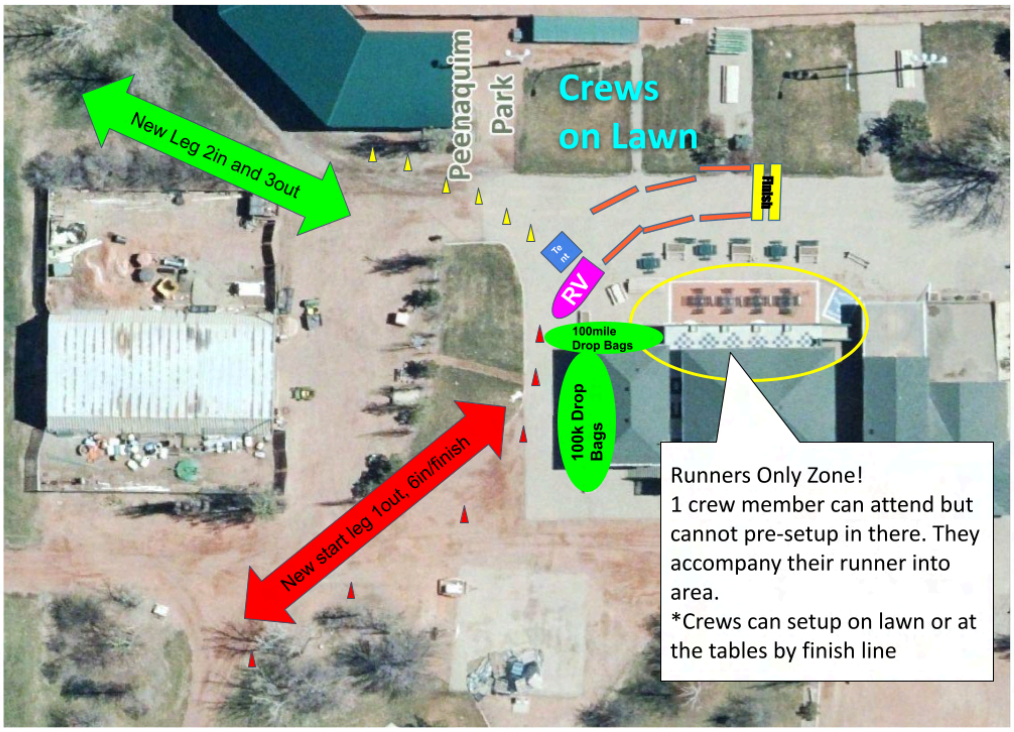
★ Emergency Situations
- In the event of an emergency situation, please monitor your email, lostsoulultra.com and the Lost Soul Ultra Facebook page for updates.
- Air Quality Health Index: If forest fire smoke is an issue and air AQHI = 10+, the race will be paused/stopped. The race may be paused/stopped at AQHI level 8. We suggest runners have a N95 mask available for personal protection.

Aid Stations

Your crew can only assist you at designated Aid Stations (5 times per lap by driving between the 3 aid stations). Your crew must respect Aid Station volunteer requests.

Softball Valley (SV) - Race Start/Finish

★ On Scenic Drive North, follow the signs to Softball Valley. Turn west onto Peenaquim View from Scenic drive.
★ Northbound runners can also be seen at Peenaquim Off Leash Dog Park (1 mile north of ball diamonds).



Elks Community Recreation Area (Elks)

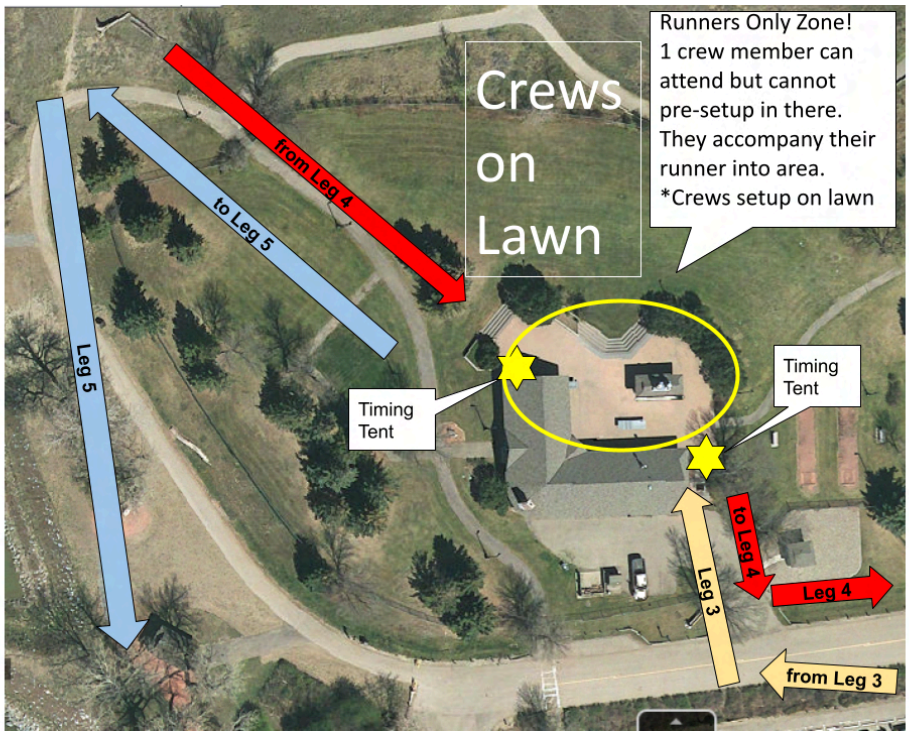
To drive to the Elks Aid Station from SV Aid Station (~ 8 min):

★ Turn right on Scenic Drive North.
★ Turn right on 3rd Avenue South and continue past Fort Whoop-Up
★ Follow signs to Elks Community Recreation Area.
★ There is limited parking in the parking lot next to the Elks Community Recreation Area.

Pavan (PV)

To drive to the Pavan Aid Station from Softball Valley Aid Station (~11 min):

★ 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.
★ There are 2 parking lots on the left hand side at Pavan Park.
★ 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

★ You must enter each aid station and pass by the Timing Table/Volunteer.
★ Timing points: (Elks, Softball Valley, Pavan), you must check-in at the timing station and show bib number to the timing volunteers.
★ Your name and time is recorded manually and into an online system.
★ At the end of each leg, your time will be electronically recorded on LSU Live Results. Your friends and family can access Live Results by visiting lostsoulultra.com/live

Aid Station Resources

Our Aid Stations (Elks, 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. Chairs.

Aid Station Food, Snacks, Beverages for Racers			
Food	**Snacks**	**Beverages**	**Other**
○ Watermelon ○ Oranges ○ Bananas ○ Peanut butter & jam sandwiches ○ Ham & cheese sandwiches ○ Cheese sandwiches ○ Boiled potatoes ○ Chicken broth ○ Vegetable broth ○ Quinoa (to add to broth) ○ Protein - bacon, burgers, veggie burgers (gluten free vegan), etc. **(SV only)**	○ 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	○ Water and ice ○ Coke ○ Ginger Ale ○ Lemon-Lime Gatorade ○ Coffee ○ Tea ○ Hot chocolate	○ Salt (for cramping) ○ Tums (for cramping) ○ Mustard packs (for cramping) ○ Ginger candy (for upset stomach) ○ Frozen treats (freezies, etc.)

Aid Station Drop Bags (no valuables: no car keys, no wallet, no phone)

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

★ Transported via truck/trailer from SV Aid Station (race start) to the PV Aid Station.
★ Organized by bib number at the SV Aid Station and PV Aid Station.
★ Returned early from PV Aid Station to SV Aid Station (race finish) if the drop bag 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 remove your race bib at Aid Station timing (to avoid search and rescue).
★ The timing volunteer will record the time and location of DNF (Did Not Finish).

The Final Aid Station (Finish Line)!!

★ When you finish your race, we post your official time on Ultrasignup.com. 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. Yellow is "Wrong Way"!
★ White signs at Aid Stations indicate the starting point for each leg.

Course Emergencies

★ 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. 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 Lottery Qualification

★ 100 km: Finish within the 21-hour limit.
★ 100 mile: Finish within the 33-hour limit. You will not receive WS qualification if you stop after 100 km. You must finish the race you start.

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	10:03 Cassandra De Winter (2025) Lethbridge, AB
50 km	4:11 Evan Bayer (2018) Calgary, AB	4:46 Emma Neigel (2025) Lethbridge, 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%)
Sept. 9 - 10, 2022	16.4 C	4.0 C	5.7 mm	25.4 C	0		**100M** (20/50 = 40%) **100K** (79/106 = 74.5%) **50K** (110/125 = 88%) **Overall** (209/281 = 74.4%)
Sept. 8 - 9, 2023	19.8 C	6.9 C	0	21.8 C	0		**100M** (26/53 = 49%) **100K** (63/102 = 61.7%) **50K** (119/134 = 88.8%) **Overall** (208/289 = 71.9%)
Sept. 6 - 7, 2024	32.4 C	9.0 C	0	31.8 C	0		**100M** (17/51 = 33%) **100K** (53/119 = 46%) **50K** (126/156 = 82%) **Overall** (196/326 = 60%)
Sept. 5 - 6, 2025	26.7 C	7.1 C	0	32.4 C	0		**100M** (34/65 = 52%) **100K** (74/116 = 64%) **50K** (135/149 = 91%) **Overall** (243/330 = 74%)

Sunday Breakfast

Awards

★ During the Sunday Breakfast we present:
- LSU award to the 1st Place Male and Female in each race (50K, 100K, 100 Mile).
- LSU award to the 2nd Place and 3rd Place Male and Female in each race (50 Km, 100 Km, 100 Mile).
- LSU award to the Top Male and Top Female Finisher in each age category (18-29, 30-39, 40-49, 50-59, 60-69, 70+) in each race
- Memorial awards.

Drop Bags

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

LSU Store (Limited Hours at Softball Valley Finish Line and Sunday Breakfast)

★ Bring cash or credit card to buy LSU merchandise for your crew, family and friends!
- $70 2026 Racer garment
- $40 2026 Hats
- $20 Neck gaiter
- $20 2026 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 5 members in our 1000 Mile Club!

Larry Kundrik (2014) 	**Hiroshige Watanabe (2016)**
Richard Carvalho (2017) 	**Karen Johansen (2021)**
Adam French (2023) 	

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 4 members in our Triple Crown Club!

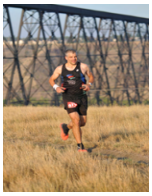
	Phil Fraser	➔ 1st Overall 50 km (2000) ➔ 1st Overall 100 km (2001, 2003) ➔ 1st Overall 100 mile (2002)
	Carl Pryce	➔ 1st Overall 50 km (2009, 2012) ➔ 1st Overall 100 km (2010) ➔ 1st Overall 100 mile (2011)
	Oleg Tabelev	➔ 1st Overall 50 km (2011) ➔ 1st Overall 100 km (2012) ➔ 1st Overall 100 mile (2010)
	**Stefan Schreiber**	➔ 1st Overall 50 km (2023) ➔ 1st Overall 100 km (2019) ➔ 1st Overall 100 mile (2022)

Photo Credits: Ralph Arnold Photography

Training and Race Tips

★ Train in the heat if you can. 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 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 share the trails with you! There is a remote possibility you might see a snake and possibly a rattlesnake.

Accommodation

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

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