



Welcome! Here are a few things you should know:

- **START & FINISH:** Pete's Park (124th Street and 19th Avenue, Blairmore)
 - 10km start: 10:00am
 - 5km start: 10:25am
 - 2.5km start: 10:30am
- Your **RACE NUMBER** must be clearly and visibly pinned on the **front of your body**.
- Once again, we will be using chip timing for fast and accurate results. Your chip will be attached to your race number and there is no need to return it after the race.
- Please only run in the race for which you have registered (2.5km, 5km or 10km). Doing otherwise messes with results.
- There will be **water stations** at these approximate distances:
 - 5km race: 2km and 4km
 - 10km race: 2km and 7km
 - No water stations on the 2.5km course. Pack water with you if you think you might need it.
- The course is marked with blue pin flags and signage, and there will be volunteers at critical junctions. However, it's a good idea to take a minute to review the course map and familiarize yourself with the route that you will be running.
- You will spend some time running on the ski hill road. Be aware that there could be vehicular traffic on the road as well.
- There is a bike race happening on the trails on race day and it is possible that there will be bikers on the same trails as Sole Survivor runners.
PLEASE BE AWARE AND CAUTIOUS when on the trails, especially where the race trail intersects other trails on the 5km and 10km races.
- There are no washrooms on the race course. What happens in the forest, stays in the forest...
- A display clock is at the finish line for your personal reference only. Official results will be based on chip timing.
- Results will be posted at www.solesurvivor.ca



Post-Race Social:

- Please join us after the race at Pete's Park for a BBQ, drinks and prizes.
- If you purchased a meal when you registered, your race number contains your meal and beverage ticket. This is **REQUIRED** in order to get your post-race meal and beverage.
- You must be present to receive draw prizes.

Thank you to our fantastic sponsors:

A&B Liquor Store	Allied Ace Hardware
Alpenglow Woodworks	Alpenland Ski & Cycle
Back Country Butchering	Ben Wong Restaurant
Blairmore Lions Club	CNP Waste Disposal
Crowsnest Coffee Company	Crowsnest Dental
Crowsnest License & Registry	Crowsnest Pass Agricultural Society
Crowsnest Pass Golf Club	Crow Works Engraving & Signs
Greg's Liquor Store	Heather Fletcher Pottery
K&M Custom Homes	Komatsu
Limber Pine Smokehouse & Taberna	Morency's Plumbing & Heating
Mountain Peak Clean	Municipality of Crowsnest Pass
Northback	Rocky Mountain Optometry
Runner's Soul	Sinister Sports
spry	Stone's Throw Café
Teck	The Brick
The Crowsnest Pantry	The Pass Beer Co.
The Veggie Guy	Turtle Mountain Pharmacy
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**And thanks for supporting our small-town
trail race for 21 years running!**

Sole Survivor Race Course Descriptions

2.5 km

Start at Pete's Park, head east through the ball field and enter the Little Shred Riding Hood trail beside the bike park. Cross the ski hill road into the Beginner Loop, then cross the road again to hook onto the lower trail system. This is where the climbing begins! Take a left at the first intersection (RC2) and head straight at the second intersection (RC3) towards the ski jump. Follow the trail around, then heads-up for the quad trail that will take you back down to the gas line and over to the short, steep descent into the ISS field and the cheering crowds at the finish line!

5 km

Start at Pete's Park for a lap around the soccer field, then head east through the ball field and enter the Little Shred Riding Hood trail beside the bike park. At the ski hill road, head right along the road and hook back onto the trail (this is the beginning of the climb). Take a left at the first intersection (RC2) and a left at the next intersection (RC3) onto Double Dirt-Spresso. This will take you up to the water tower, and coincidentally, the first water station.

After a quick drink, cross the ski hill road and hit the trails again. Take your first right onto Knotty Flow (RC4) and admire the nearby mountain bike flow trail (Berm-A-Grin) as you continue to climb. At the next major intersection, take a left onto Jiffy Pop and enjoy the downhill! At the bottom of Jiffy Pop (RC5), bid a fond farewell to any nearby 10km racers and take a left to get back onto Double Dirt-Spresso. Continue back to the water tower and the second water station (okay, it's the same as the first water station, but you won't notice because you'll be delirious with joy after that sweet downhill).

Head up the ski hill road (sorry about that part!) to the first corner and onto the luge track. **Be aware** – the course crosses Nothing to Luge *twice* as soon as you enter the luge track. Follow the luge track down until you can take a left onto Little Shred Riding Hood. Follow the trail around, then heads-up for the quad trail that will take you back down to the pipeline and over to the short-but-steep descent into the ISS field and the cheering crowds at the finish line!

Sole Survivor Race Course Descriptions

10 km

Start at Pete's Park, head east through the ball field and enter the Little Shred Riding Hood trail beside the bike park. At the ski hill road, head right along the road and hook back onto the trail (this is the beginning of the climb). Take a left at the first intersection (RC2) and a left at the next intersection (RC3) onto Double Dirt-Spresso. This will take you up to the Water Tower, and coincidentally, the first water station.

After a quick drink, cross the ski hill road and hit the trails again. Take your first right onto Knotty Flow (RC4) and admire the nearby mountain bike flow trail (Berm-A-Grin) as you continue to climb. At the next major intersection, take a left onto Jiffy Pop and enjoy the downhill! At the bottom of Jiffy Pop (RC5), bid a fond farewell to any nearby 5km racers and take a right to head out on Double Dirt-Spresso. Stay left at RC6 and continue climbing until the trail pops onto an OHV trail. Head west from here, across the top of the Pass Powderkeg Bunny Hill and to the second water station.

Take a quick sip (or a leisurely drink – we won't judge), and continue heading west across the hill. If you haven't been cursing already, you might start as you enter the trees and begin the steep climb. But never fear, because once you take a right at the 'Y' in the trail, you'll be cruising down to the finish on the Buck 50 trail. Enjoy this section – it will make all of that climbing worthwhile.

Follow the trail all the way back to the short-but-steep descent into the ISS field and the cheering crowds at the finish line!



PASS POWDERKEG TRAIL NETWORK

Legend

- Sole Survivor
 - 2.5 km
 - 5 km
 - 10 km
- Other Trails
 - singletrack
 - luge
 - service road/OHV track



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JLucas 2017.07.04

