



MOOSE MOUNTAIN TRAIL RACES (MMTR) - RACER INFORMATION/RACE RULES

(UPDATED MARCH 2025)

Huge love for supporting Moose Mountain Trail Races (MMTR) hosted by Lewiston Ultra Events! Led by a passionate and dedicated trail runner, Lewiston Ultra Events is committed to delivering an unforgettable experience. From creating lasting memories to ensuring participants get the best value for their entry, every effort is made to provide an exceptional event while giving back to the trail community, supporting our trail stewards, and prioritizing sustainability.

Our goal is to leave the trails better than we found them, ensuring they thrive for both the stewards who care for them and future generations of runners and outdoor enthusiasts.

WHEN: Saturday, August 23, 2025 @ 8:30am (29KM, 42KM & 50KM) & 11am (16KM)

WHERE: Start/Finish at West Bragg Creek Recreation day use area parking lot in the Kananaskis County park system.

MANDATORY RACER CHECK IN: 7:30am until approx. 8:20am (29KM, 42KM & 50KM) & 10am until approx. 10:50am (16KM). We will attempt to contact runners that have NOT checked in but have picked up their race package (you must check in or you will DNS - Did Not Start).

PRE RACE BRIEFING: Racer guide, event details, course info, etc will be hosted on the Lewiston Ultra Events YouTube channel & not at the start line. Link to the 2025 RACE BRIEFING VIDEO will be emailed to registered racers prior to event week. Racers can also watch the video [here](#).

The MMTR course is open to the public on race day. Please be mindful, courteous and aware of other users.

RACE PACKAGE PICK UP:

FRIDAY, AUGUST 22, 2025

Noon - 7pm

BORN BREWING

3, 414-36th Ave SE

Calgary, Alberta

(403) 247-0295

***There is option for race package pick up on race morning (between 7:30am-8:20am & 10am-10:50am at the start/finish) HOWEVER, this is not recommended and should be a last minute alternative. We will not be able to accommodate all racers for package pick up on race morning.**

Government issued identification is required to pick up race package. It is acceptable to pick up for another registered runner with written confirmation (text/email) and/or copy of photo ID.

*Race bibs are assigned to the registered runner only and must not be transferred to another runner. Unregistered runners are not covered under Lewiston Ultra Events insurance & if identified, the runner will be banned from all future Lewiston Ultra Events.



info@thelewistonultra.com | www.lewistonultraevents.com

(587) 899-7125



RACE DAY TEMPERATURE:

*High of 22° & low of 4° (on average)

SUNRISE & SUNSET:

*6:40am/8:40pm

RACE COURSE:

The MMTR (start & finish) is hosted in the West Bragg Creek Recreational day use area parking lot (coordinates for navigation system/Google Map: 50.948329, -114.691772). West Bragg Creek ascends from rolling prairie, through the foothills and is home to over 150km of gorgeous community built trails. This spectacular terrain will journey runners through an adventure of forested single & double track with an 2400 meter backdrop of the stunning Moose Mountain.

There are no drop bags at MMTR; Lewiston Ultra Events is not responsible for damaged or lost items.

16KM (11AM START)

Elevation gain: 460 meters

Elevation loss: 460 meters

Estimated completion time: 1 hrs – 2.5 hrs

Trail Type: 75% Single Track with some Double Track

Aid Available @ 8KM

FINISH LINE CUT OFF: Runners must cross the finish line by 3:30pm to receive official finish time & finishers medal

29KM (8:30AM START)

Elevation gain: 1220 meters

Elevation loss: 1220 meters

Estimated completion time: 2.5 hrs – 4.5 hrs

Trail Type: 50% Single Track & 50% Double Track

Aid Available @ 9KM & 20KM

CUT OFF – Runners must arrive at the T-Junction Aid [20KM] by 1pm. Runners after 1pm will be assisted off the mtn & brought to the finish line.

42KM (8:30AM START)

Elevation gain: 1620 meters

Elevation loss: 1620 meters

Estimated completion time: 3.5 hrs – 6 hrs

Trail Type: 50% Single Track & 50% Double Track

Aid Available @ 9KM, 20KM, 27KM & 33KM

CUT OFF 1 – Runners must arrive at the T-Junction Aid [20KM] by 1pm. Runners after 1pm will be assisted off the mtn & brought to the finish line.

CUT OFF 2 - Runners must arrive at the Moose Connector Aid [27KM] by 2pm or they will be redirected to the finish line & receive placement in the 29KM distance.





50KM (8:30AM START)

Elevation gain: 2351 meters

Elevation loss: 2351 meters

Estimated completion time: 4 hrs – 7.5 hrs

Trail Type: 50% Single Track & 50% Double Track

Aid Available @ 9KM, 22KM, 36KM & 41KM

CUT OFF 1 – Runners must arrive at the T-Junction Aid [22KM] by 1pm. Runners after 1pm will be assisted off the mtn & brought to the finish line.

CUT OFF 2 - Runners must arrive at the Moose Connector Aid [36KM] by 2pm or they will be redirected to the finish line & will DNF.

COURSE MARKINGS:

The course will be marked with flagging tape, pin flags, reflective markers, directional arrows and wrong way X. Runners are required to stay on course and cross any roadways/transitions at designated locations ONLY.

PACERS:

There is no pacing.

Non-participants (human & animal) are not permitted to accompany runners along the course.

THE BIBS:

Medical & Emergency Information is on the back of your racer bib (you are encouraged to complete your medical info, emergency contact, etc).

16KM: #100-199, **29KM:** #200-299, **42KM:** #400-499 & **50KM:** #500-599

Racers are required to check in at each Aid Station/Check In. **Bib # must be worn on the front of your body and visible at all times.**

AID STATIONS:

MMTR aid stations are a fun & encouraging stop along your race journey.

The predictable ultra tasty treats will be available including electrolyte, pop, gummies, bars, chips, pretzels, pb sandwiches, pickles, bananas, oranges, possibly watermelon, etc.

Basic first aid items will be available.

MMTR is a Trail Sisters approved partner & will have feminine products at all aid stations.

If you prefer something special, we recommend you carry the items with you.

Lewiston Ultra Events is cupless. Disposable cups will not be available.

THERE IS NO WATER FILL STATION AT THE START LINE.



DROPPING FROM THE RACE:

If you decide to drop from the race, **YOU MUST DO SO AT THE CHECK IN/AID**. You will notify the aid station captain (to avoid Search & Rescue) and turn in your bib #. If you cannot make it to the check in/aid station, **STAY ON THE COURSE** and the sweep will assist you. **DO NOT GO OFF COURSE**. If we cannot account for you, an expensive search & rescue operation will be initiated, and you may be billed.

MANDATORY DROP OUT:

Check in/Aid Station Captains, medical support & Race Director have the absolute authority to withdrawal a runner from the race should they feel it unsafe for the runner to continue (dehydration, hypothermia, debilitating injury, unprepared for the conditions, etc). The runner **MUST** comply with this decision.

REQUIRED GEAR:

29KM, 42KM & 50KM are required to **carry a wind/waterproof jacket**. You will journey through alpine terrain & the required gear is for your safety. You will be asked at race morning check in to show your wind/waterproof jacket.

No jacket = no race.

If you do not have a light weight wind/waterproof jacket consider an emergency blanket, garbage bag, etc.

RECOMMENDED RUN GEAR:

Racers will be navigating mountain terrain, where safety is our top priority. The weather in the mountains can be unpredictable and change rapidly—from hot and sunny to cold, windy, and rainy. It's essential to be prepared for all conditions.

If you were to injure yourself, such as rolling or spraining an ankle between Check-In/Aid, it could mean a slow and difficult trek while exposed to the elements. Hypothermia is a real risk, and having warm clothing, fluids, and emergency supplies can make a significant difference in keeping you safe and comfortable until help arrives.

HIGHLY RECOMMENDED GEAR:

- Minimum 1.5-2 litres of fluid
- Extra calories, food, and electrolytes
- **Bearspray**: Racer should be familiar with proper use
- **Wind/Waterproof Jacket**: Must be carried throughout the entire race
- **Collapsible Cup/Bottle**: For use at aid stations (no disposable cups provided)
- **Survival Blanket/Bivy**: Essential for emergency situations
- **Whistle/Horn**: For emergency signaling
- **Warm Hat & Gloves**: For protection against sudden changes in weather
- Sunscreen, lip balm, and sunglasses
- **Download the route** to your **GPX device** or have it available on your phone through apps such as **Trailforks**

THE 'OTHER' RACE RULES:

- Participants must be 18 years of age or older on race day
- Poles are permitted
- **NO LITTERING**. You will be disqualified from the race and banned future entry
- Follow the course as marked/flagged in the direction of the race

- If you encounter an injured runner or have concern for another runner, please **report first name & bib # and approximate location at the next aid station**
- Please use washroom facilities if available or common sense when relieving yourself
- No storing food or supplies along the trail/course
- Runners are expected to be mindful of other runners and perform in a sportsmanlike manner
- Runners/participants are responsible for all forms of medical coverage (costs of rescue services, treatment, hospitalization, emergency evacuation (air lifting) and helicopter/ground search)

CELLULAR RECEPTION/WIFI:

Bragg Creek Trail Association (BCT) hosts a cellular hot spot for free public use in the West Bragg Creek parking lot (start/finish area): [CLICK HERE FOR DETAILS](#)

Cellular reception is intermittent through out the race course.

WILDLIFE ENCOUNTERS:

Runners aren't the only ones that enjoy the trails in West Bragg Creek & back country. These trails are home to black bear, grizzly bear, cougar, bobcat, moose, deer, cows, etc. It is highly unlikely for a potential meeting with our furry friends but in the off chance of an encounter, they want as much to do with you as you want with them.

If aggressive wildlife activity has been reported on the course or near the course prior to, or on race day, the course may be modified.

To learn more about wildlife encounters in Alberta and the DOs & DO NOTs visit:

<https://www.alberta.ca/wildlife.aspx>

<https://albertaparks.ca/parks/central/william-a-switzer-pp/advisories/wildlife-safety-tips/>

To learn more about bear spray and the DOs & DO NOTs, Banff National Park has this complete YouTube video:

<https://www.youtube.com/watch?v=alvpLzHiCrg>

COURSE EMERGENCIES:

If you encounter an injured runner or have concern for another runner, please **report first name & bib # and approximate location at the next aid station.**

If you have cellular reception, please call 911 and then race headquarters @ 587-899-7125.

DO NOT GO OFF COURSE. If you become disorientated or unsure of the route, be prepared by ensuring you have access to the route digitally and stay on course at all times. It is strongly encouraged to **download the route** to your **GPX device** or have it available on your phone through apps such as **Trailforks.**

THINGS TO BRING (CREW, SUPPORT & POST RACE):

- Folding chair/lawn chair
- Blanket
- Water/snacks/post race treats (food will not be available at the finish line)
- Post race warm clothes and change of shoes



QUESTIONS/CONCERNS:

Contact info@thelewistonultra.com and/or Kara @ 587-899-7125

Thank you for choosing MMTR as part of your 2025 race calendar; we are incredibly honored to be part of your journey and excited to host you!



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