



MOOSE MOUNTAIN TRAIL RACES (MMTR) - RACER INFORMATION/RACE RULES (UPDATED NOVEMBER 2022)

Mega love for supporting Moose Mountain Trail Races (MMTR), hosted by Lewiston Ultra Events. Lewiston Ultra Events is owned and directed by one devoted trail runner that is working hard to ensure participants have the greatest experience, get the biggest bang for their buck, create lasting memories and give back.

WHEN: Saturday, August 26, 2023 @ 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 MEETING: 8:20am (29KM, 42KM & 50KM) & 10:50am (16KM) (course conditions, cautions/reminders, etc)

Crew, family, racers and community are encouraged to CARPOOL. Even though there is a plenty of parking at the start/finish, please give yourself time to check in and get orientated.

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 25, 2023

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.

*Bibs are for assigned runner only and are not to be passed along to another runner. Rogue runners are not covered under Lewiston Ultra Events insurance & if identified, the rogue runner & registered runner will be banned from all Lewiston Ultra Events.

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 8000 foot 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 pass thru the T-Junction aid [20KM] by 1pm. Runners after the 1pm cut off 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 pass thru the T-Junction Aid [20KM] by 1pm. Runners after the 1pm cut off will be assisted off the mtn & brought to the finish line.

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

50KM (8:30AM START)

Elevation gain: 2351meters

Elevation loss: 2351meters

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 pass thru the T-Junction Aid [22KM] by 1pm. Runners after the 1pm cut off will be assisted off the mtn & brought to the finish line.

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

COURSE MARKINGS:

The course will be marked with flagging tape and arrows. Once you pass a flag, the next one should be visible. 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 the end of each loop. **Bib # must be worn on the front of your body and visible at all times.**

AID STATIONS:

Check in/aid stations will be stacked with friendly volunteers and is a fun & encouraging stop along your race journey.

Basic first aid items including hand sanitizer, disposable gloves and masks will be available at aid stations.

The predictable ultra tasty treats will be available as well as GLUTEN FREE & VEGAN options. You can pick your fluid of choice from water, electrolyte or pop. If you prefer something special, we recommend you carry the item(s) with you.

THERE IS NO WATER FILL STATION AT THE START LINE.

Lewiston Ultra Events is cupless. Disposable cups will not be available. Please bring your water bottle(s) or bladder for fluids on race day.

Racers are required to check in at each aid station. Bib # must be worn on the front of your body and visible at all times.

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 the pre race meeting 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 journeying through mountain terrain and the following recommendations are for your safety. Weather is variable & can change dramatically. Runners need to be prepared for all types of weather conditions: hot, cold, wind, rain etc.

If you were to injure yourself with a rolled or sprained ankle between Check In/Aid, it would be a slow slog and additional time spent out in the elements before you get assistance. Hypothermia is extremely dangerous and warm clothing, fluids, etc can be a game changer.

Seriously consider carrying the following items:

- Hydration pack (bladder) and/or handheld bottles with a minimum of 1 litre
- 1000mg of salt
- 400-600 calories MINIMUM
- Whistle
- Space blanket/Emergency Bivvy
- Windproof/water resistant light weight jacket
- Race course map/KMZ file
- Bear Spray (if you know how to use it)
- Gloves/mittens, buff/touque/hat, additional warm layer (long sleeve light weight)
- Cellular phone (percentage of the course does have cell coverage)
- Sunscreen, lip balm/protection, sunglasses
- High energy fuel/drink

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
- DO NOT GO OFF THE COURSE
- If you encounter an injured runner, please consider staying with them until medical attention or help arrives or if safe to do so, continue to the next Aid Station and **report first name & bib # and approx. coordinates**
- 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:

Greater Bragg Creek Trail Association (GBCTA) hosts a cellular hot spot for free public use in the West Bragg Creek parking lot (start/finish area): <https://www.braggcreektrails.org/wbc-parking-lot-cellular-hotspot-is-now-available/>

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, squirrel, 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 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, please consider staying with them until medical attention or help arrives or if safe to do so, continue to the next Aid Station and **report first name & bib # and approx. coordinates.**

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

DO NOT GO OFF COURSE. If you have become disorientated, please back track or retrace your steps to the last flag you seen. The course will be marked with flagging tape & arrows.

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

- Folding chair/lawn chair
- Sunscreen/bugspray
- Water/snacks
- Post race warm clothes (jacket, pants, gloves, etc) AND sandals (you'll likely want to kick off those runners as soon as possible)
- MORE COWBELL!





QUESTIONS/CONCERNS:

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

Thank you for choosing MMTR as part of your 2023 race calendar; we are incredibly honored to be part of your journey and excited to host you!



info@thelewistonultra.com | www.lewistonultraevents.com

(587) 899-7125