

# Sask 50k Ultra Information

**Date:** October 23, 2010  
**Start time:** 8:00 am  
**Start/Finish Line:** Mendel Art Gallery, 950 Spadina Cres E  
**Entry Fee:** \$60 per person (SRRA members), \$70 (non-SRRA members)

The 3<sup>rd</sup> annual Sask 50K Ultra is scheduled for Saturday, October 23. The event includes an individual 50k event and a three-person relay event. The three relay legs vary in length from approximately 14k to 20k.

Entries will be taken up to race package pickup. Race package pickup will be from 3 to 6 pm on Friday, October 22<sup>nd</sup> at a location to be announced. However, race packages will also be available for **OUT OF TOWN** entrants at the start line at approximately 7 am, Saturday morning. PLEASE – we encourage all runners to attend race package pickup on Friday.

**MAKE SURE YOU CLEARLY PRINT YOUR EMAIL ADDRESS ON THE ENTRY FORM TO RECEIVE RACE UPDATES.**

## GENERAL INFORMATION

Some important things to be aware of:

- Leg 1 is being modified in 2010. The final route will be posted on the SRRA website as soon as possible.
- Runners should be at the start line at 7:40 am for a course briefing. You don't want to get lost do you??
- Parking will be at Kinsmen Park located on the other side of Spadina Crescent. DO NOT PARK in the Mendel parking lot.
- This is a small event, although a long distance. There will be minimal support provided along the course. However, the route takes all runners past the start/finish line as they complete the three legs of the course. Water, Gatorade, and Gu will be available at the start/finish/relay exchange area. Water, Gu, and Gatorade will also be located at one water station on Leg 2 and one on Leg 3.
- All runners are strongly encouraged to carry a water bottle and energy gels with them. Even a cell phone may be appropriate.

- Portable toilets will be available at the start/finish line and at one location along Leg 2 (you will pass this location twice). A water station is also available on Leg 2.
- Leg 1 passes the washroom building at Gabriel Dumont Park. You will pass this twice on Leg 1 and signs will point you to it should you be unfamiliar with the city. This is also a good location to fill your water bottle **(NOTE: Leg 1 may be altered in 2010, depending upon road construction. Revised details will be posted on the SRRRA website when available)**
- Leg 3 passes the Meewasin Park washroom building. You will pass this building twice on Leg 3 and signs will point you to it should you be unfamiliar with the city. There will be a water station at this location.
- The course closes after 6 hours.
- The course is relatively flat, although Leg 1 (this route is tentative!!!) does have one short steep hill into Diefenbaker Park.
- The course includes asphalt trail (the MVA trail), some short sections of residential streets (Saskatchewan Crescent), crusher dust trails, and a some gravel road. A short portion of Leg 2 passes through an off-leash dog park. Portions of the course will be marked with small red flags (pin flags). There will also be signs and occasional painted arrows on the ground. Kilometer markers will be relatively sporadic, but the maps provided in the race package will indicate 5km intervals.
- Each leg will have a roving “road marshal” on a bicycle. Be nice to them.
- Having friends/family support runners along the course (e.g., provide water, moral support, food) is encouraged. We are also allowing cyclists to ride beside you for support. **HOWEVER, YOUR SUPPORT MUST NOT INTERFERE WITH ANY OTHER RACE PARTICIPANT OR YOU WILL BE SUBJECT TO DISQUALIFICATION.**
- A pancake breakfast (includes hot beverage, juice, bananas) will begin at approximately 9:30. All entrants (individual and teams) receive their breakfast for free. Pancakes will be available until the last runner crosses the line. Friends and family are welcome to have pancakes and coffee/hot chocolate, for a minimal fee of \$5 per person.
- A bag drop will be provided in a tent at the start/finish/relay exchange area. It will be accessible to runners should they need anything as they pass through this area (e.g., Advil, Vaseline, clothing). Be sure to have your bag marked with your name and race number. This is YOUR responsibility. The bag drop will be manned by a volunteer, but leaving your belongings is at your own risk. You will need to show your race number to access your bag.
- All runners must wear their number on the front. Your number also is your ticket to the free pancake breakfast.
- Maps of each leg will be posted at the race package pickup and at the start line. Small versions will be provided in your race package and on the SRRRA website.
- iPods are permitted.
- No roller blades, strollers or baby joggers are allowed on the course.

- There will be a warm-up tent in case the weather is cool. The Mendel Art Gallery opens at 9am and participants and spectators are welcome to view the exhibits. The Gallery also has an excellent coffee shop.

## **TEAM RULES**

- Teams must consist of three runners.
- Each team member runs ONE leg.
- The exchange will take place in a designated zone within the start/finish area. Team members must make contact with their team member as a form of hand-off. No batons are required; however, feel free to have your own team baton should you wish.
- Make some friendly team challenges.
- Bring lawn chairs to relax in after your leg and cheer on the runners.

A link to route maps will be emailed to all registered runners and also posted on the SRRA website at: [www.saskatoonroadrunners.ca](http://www.saskatoonroadrunners.ca)

Questions? Email Peter at [pgoode@sasktel.net](mailto:pgoode@sasktel.net)

**There is no big prize money and no big prizes – but we do have finisher medals for those completing the individual event and prizes for the winners of each relay category!**