Centaur Subaru and Be There Races present the 34th Kananaskis 100 Mile Relay Race

Saturday, August 28, 2021




CENTAUR | SUBARU


Strides
RUNNING STORE inc.


GDI
Integrated
Facility Services


VILLAGE
BREWERY


rök
glacier water

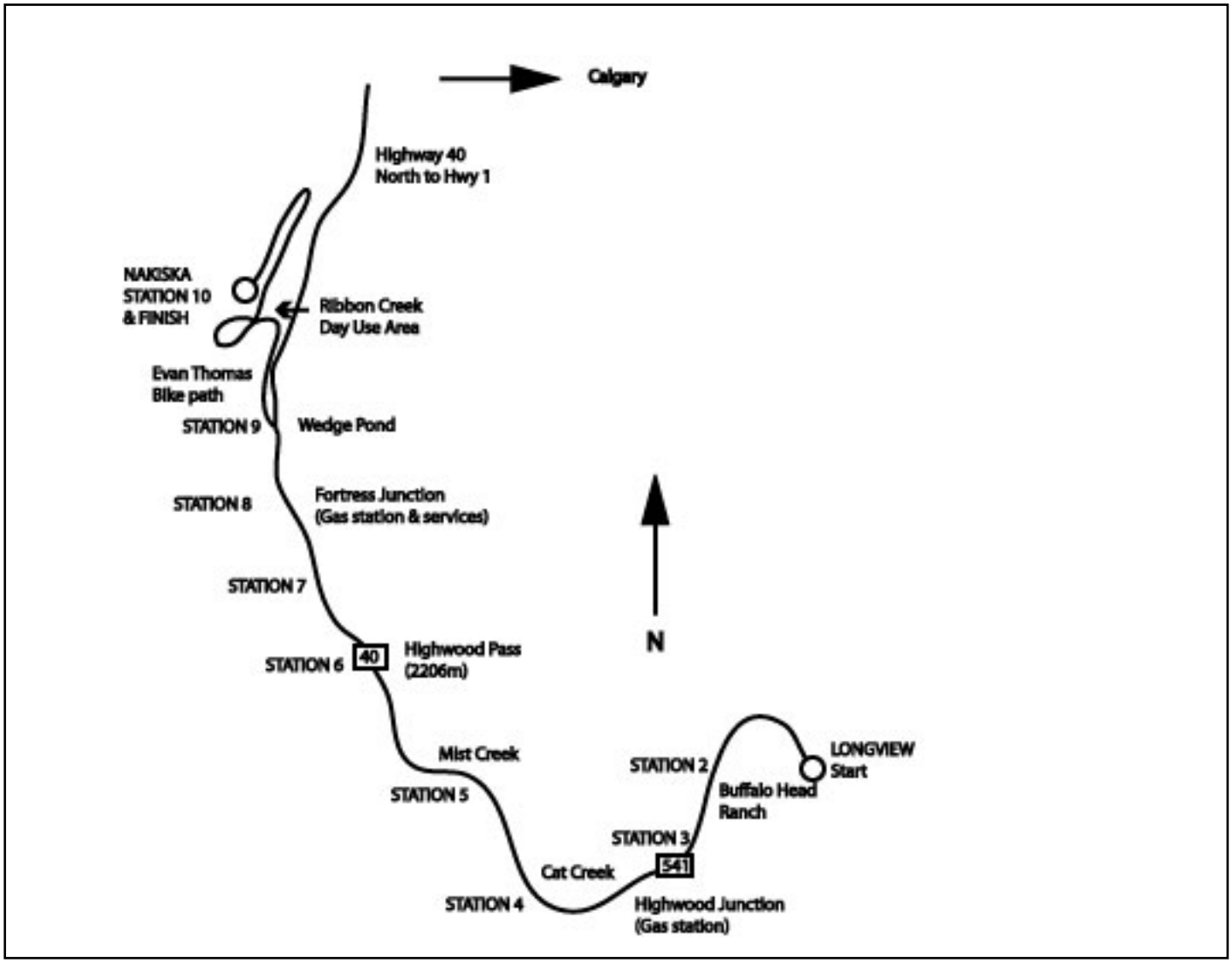

mito canada
awareness • support • research

OVERALL MAP

Approximate driving times to Longview from:

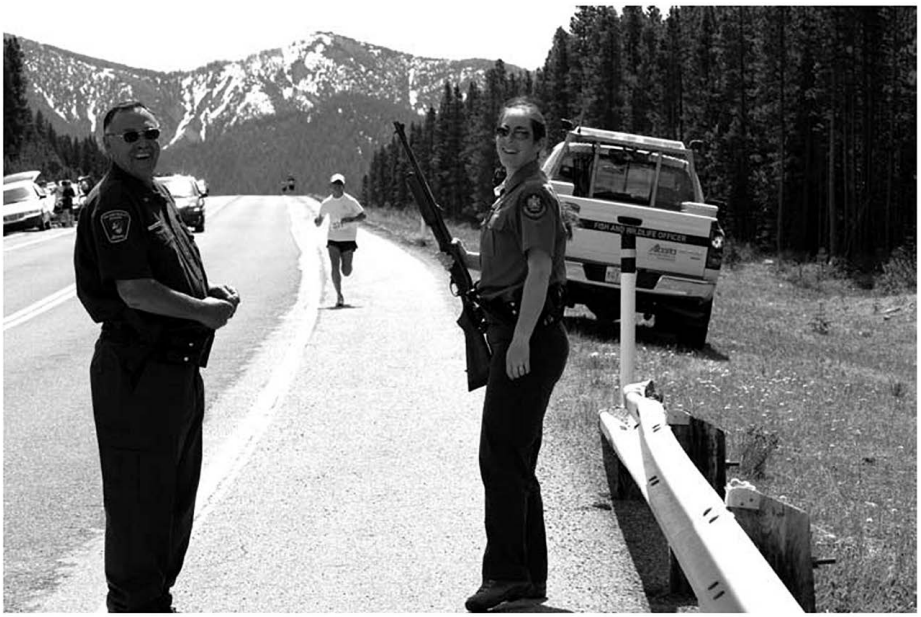
Downtown Calgary	1 hour 10 mins
Okotoks	40 mins
Black Diamond	20 mins
High River	30 mins
Kananaskis Village	1 hour 30 mins

The speed limit on highway 40 is 90 km per hour, which is reduced to 70 km per hour between station 4 and station 7 on race day. If you are travelling to the start of one of the legs while the race is in progress, please add 1 hour to the usual travel time. Use the leg distances to calculate normal travel time.



TIMING

The race will be chip timed. Leg one runners will collect a chip with your race bib and each runner will pass the chip to the next runner along the route. If you are in a forced start (most notably at leg 8 or 10) you will receive a new chip. Please advise the timing team if you will be in the forced start so you can collect your timing chip.

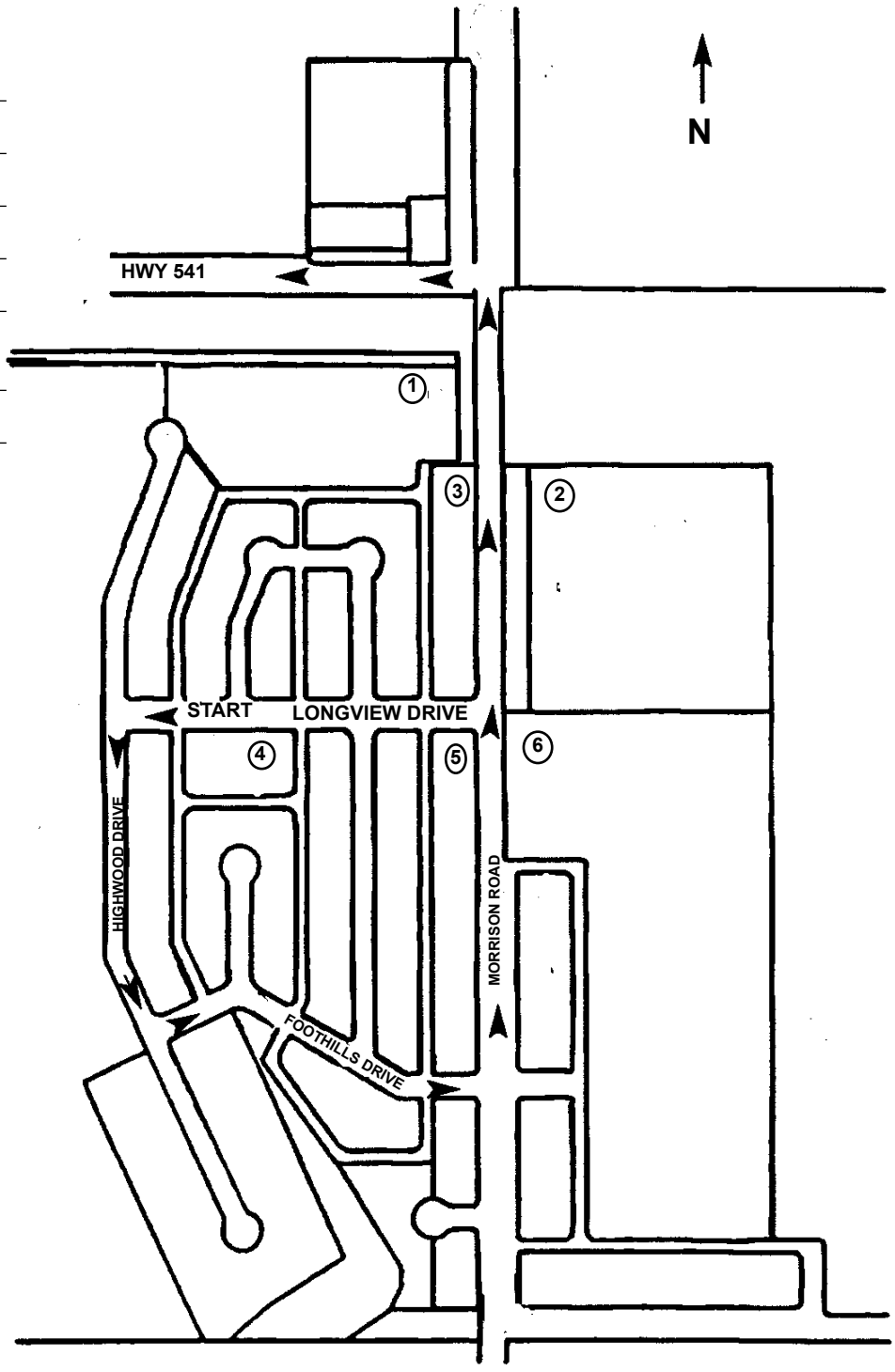


The Village of Longview

Are you planning on camping in Longview the night before the race? RV spots are $30 for the night and tent spots are $15. You can make a reservation for an RV spot by calling the Longview town office at 403-558-3922. Tent spots don't require a reservation as there's plenty of them to go around.

Legend

1. Tales and Trails campground
2. Longview school (no camping)
3. Chinook Esso station and grocery
4. Centennial Park & K-100 check-in (tenting available)
5. Blue Sky Motel
6. Longview Community Centre



2021 Start Times

There will be three starts from Longview. Teams with a predicted finish time longer than 13 hours will begin at 6:30 am. Teams who predict that they will finish between 11:45 and 13:00 will start at 7:00 am. Finally, teams who predict they will finish faster than 11:45 will start at 7:30 am. Team captains will see an accurate start time on the website after all predicted finish times have been entered. Check-in for the 6:30 start will begin at 5:30 am. Only those teams who are in the 6:30 start will be able to check in before 6:00. Runners who start at 7:00 and 7:30 will only be allowed to check in after the 6:30 wave has left the start line. T

Each leg description has a difficulty rating which is intended as a guideline only. These are perceived and take into account distance as well as elevation change. These ratings are made in relation to a flat 10 km run with a difficulty rating of 0. For example, leg one is given a difficulty of 3–4, not because it's hilly but because it's significantly longer than 10 km. Please take into account your own fitness level and the hill profiles when determining your own perception of difficulty.

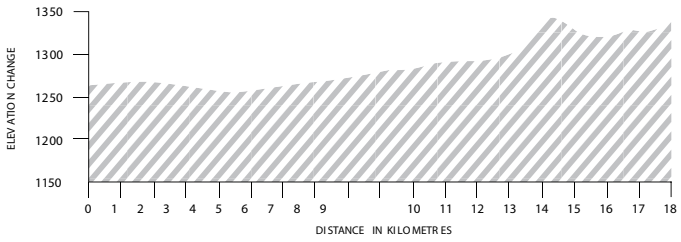
RELAY STATIONS

Relay stations are equipped with water for runners only. Please ensure your team has any necessary hydration and nutrition supplies. Runners will check in with volunteers and receive their race bib before starting.

Leg One

Start	Village of Longview
Distance	18.6 km
Difficulty Rating	3–4
Fastest Recorded Time in 2019	1:04:41
Pace	5:36 per mile, 3:29 per km
Description	The start line is in the village of Longview at the intersection of Longview Drive and Royalties Crescent. Please ensure that vehicles are not parked in "no parking zones." The course heads west for 90 m, turns left onto Riverview Drive, then left on Foothills Drive and finally, left onto highway 541. From here it is generally flat with a slight uphill grade over the entire distance. There is one significant hill at approximately 14 km. The surface is older asphalt in Longview, new on the highway.

Leg One



Leg Two

Roadside turnout, 594 Ave. & 280 St.

16.5 km

3

58:48

5:44 per mile , 3:34 per km

This leg is generally flat with a slight uphill grade. It follows the Highwood River over open terrain in the foothills. The surface is new asphalt.

Leg Three

Highwood River day area turnoff

14.7 km

4–5

56:12

6:09per mile, 3:49 per km

This leg becomes increasingly hilly as the race enters the mountains. The most significant hill is a severe incline just west of the Coleman Road junction at Highwood House. At this point, the runner will gain 50 m of elevation with a maximum slope of 7.4%. The surface is new asphalt with two cattle guards to cross. Please watch for roaming cattle.

Leg Four

Cat Creek Recreation Area

14.1 km

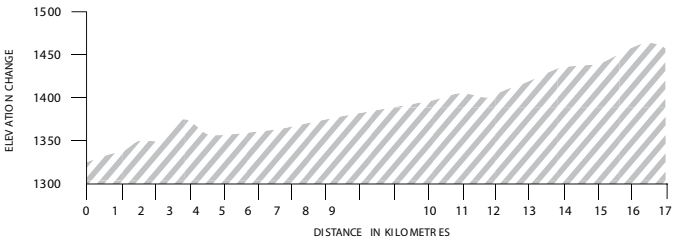
5–6

51:44

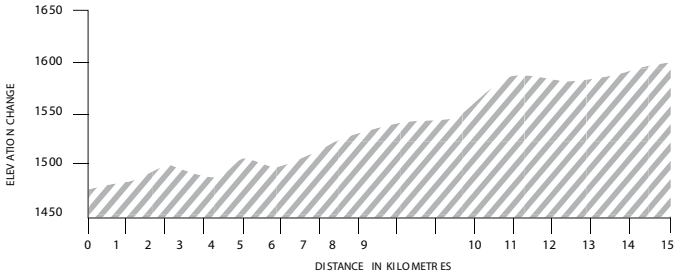
5:54 per mile, 3:40

This leg is hilly with two segments of major elevation gain. The runner will gain more than 110 m in the first 3.7 km. The next 5 km are moderately hilly with a slight overall loss in elevation. The runner will then gain another 200 m in the next 3.7 km. This part of the course follows the eastern edge of the Highwood River valley. The surface is new asphalt.
(Forced start at 11:45 if necessary)

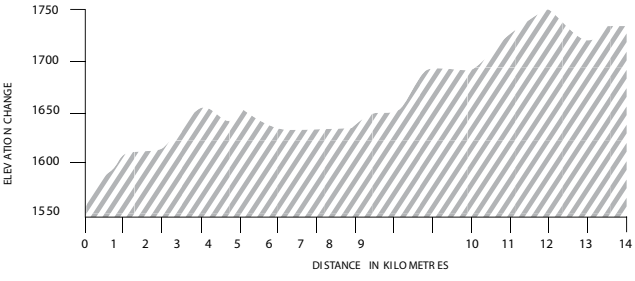
Leg Two



Leg Three



Leg Four

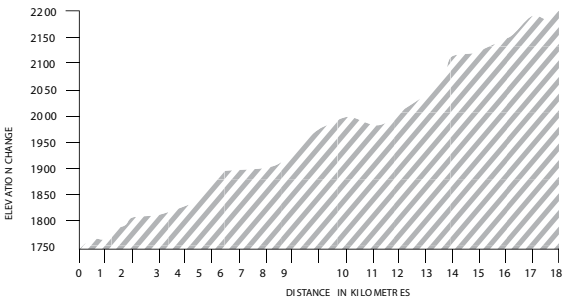


Sponsored by

Morgan Stanley
AT WORK

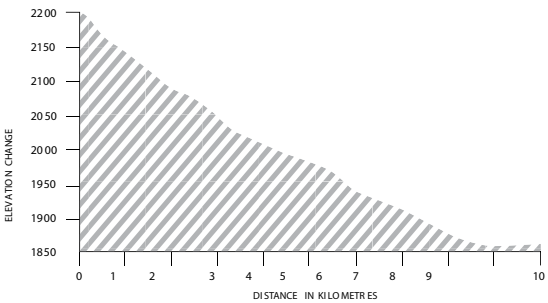
	Leg Five	Leg Six
Start	0.5 km south of Mist Creek at the Pickle Jar Recreation Area	Highwood Meadows parking lot
Distance	17.6 km	9.4 km
Difficulty Rating	10	2–3 (a little hard on the knees)
Fastest Time in 2019	1:05:02	30:23
Pace	5:57 per mile, 3:42 per km	5:12 per mile, 3:14 per km
Description	This is the toughest leg of the relay. It's hilly with a number of segments at a 7% grade. The runner will gain 450 m over the length of this route; 250 m are packed into 6.8 km. The runner will be truly tested on Canada's highest engineered road. The road peaks at Highwood Pass, 2206 m above sea level. The surface is new asphalt. Watch for wildlife. (Forced start at 1:15 if necessary)	This leg is short, fast, hard, and straight downhill with a total elevation loss of 340 m. The scenery is breathtaking. The surface is older asphalt but is quite smooth. (Forced start at 3:00 if necessary)

Leg Five





Leg Six



Leg Seven

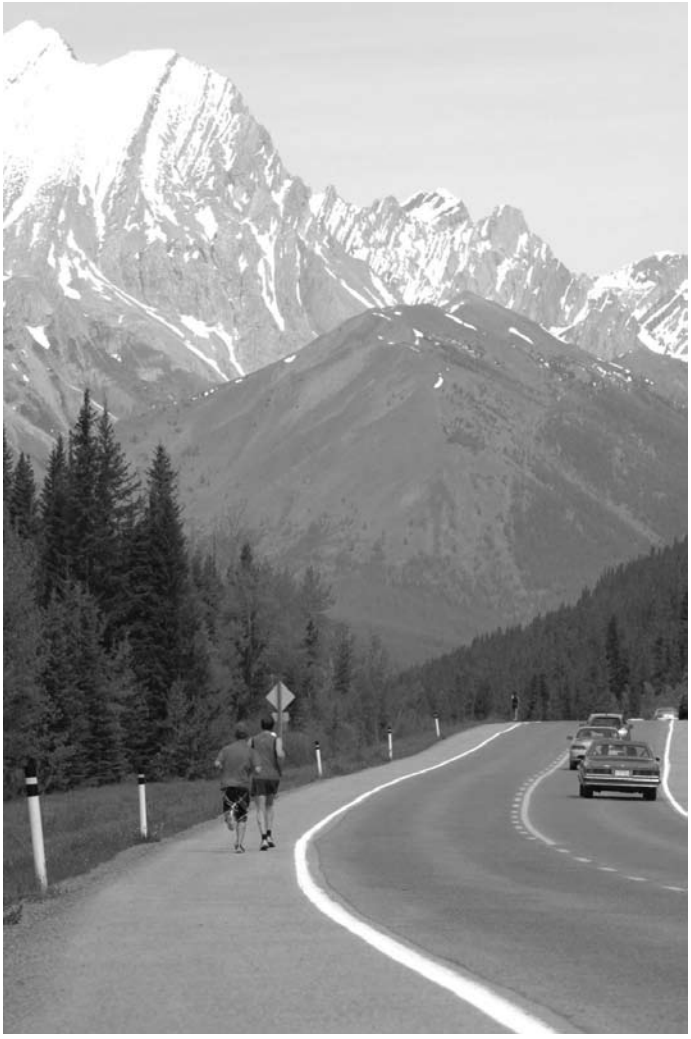
Roadside turnout 860 m past the service road at the top of a small hill.
16.5 km
5–6
54:50
5:21 per mile, 3:19 per km

The drop from the Highwood Pass continues through the first 5 km with a 170 m loss of elevation. The last 11.5 km are moderately hilly with a further overall elevation loss of 90 m. The course has now entered the Kananaskis Valley. The surface is older asphalt.
(Forced start at 3:45)

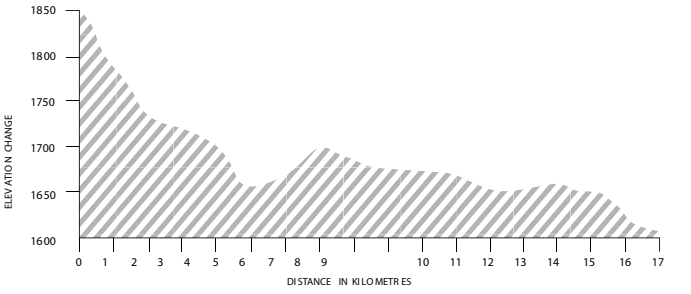
Leg Eight

Fortress Mountain Turnoff
15.9 km
4–5
55:23
5:36 per mile, 3:29 per km

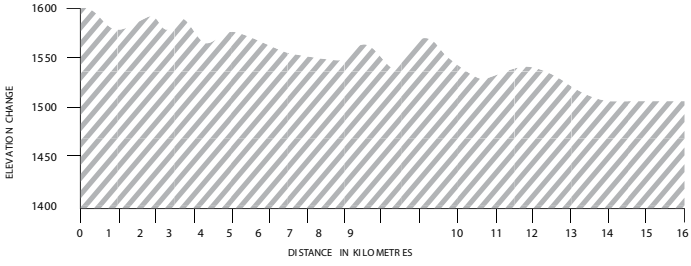
This hilly leg has an overall elevation loss of 144 m. The route continues to follow the Kananaskis river along the eastern edge of the valley. The surface is old asphalt.(Forced start at 4:30)



Leg Seven



Leg Eight



Leg Nine

BDO

Service road 250 m south of the Boundary Ranch turn-off.

10.7 km

7–8

41:27

6:11 per mile, 3:51 per km

This leg starts out flat but has several elevation changes from 4 km on. Runners will start by running on the paved Evan Thomas bike path from the service road across from Boundary Ranch. Runners pass Kovach Pond Day Use Area and then cross the Kananaskis Village access road. Follow the cones and flagging along the parking lot, runners will then be directed to turn left onto Terrace Trail where a sig-nificant uphill stretch begins. Follow Terrace Trail for an uphill out and back. There is an aid station where you turn around near the hotel. Return to the Ribbon Creek parking lot where you will be directed across and onto Hidden Trail for the final 1.5 km climb to finish at Nakiska. This leg is challenging, particularly if the trails are wet and muddy, so be prepared. It is also beautiful and much more enjoyable than being on the highway. (Forced start at 6:15)

Leg Ten

Nakiska Ski Resort

16 km

7–8

41:09 Short course

5:55 per mile, 3:41 per km

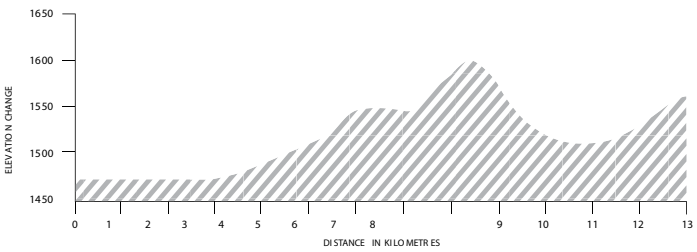
This cross-country leg begins by following Hidden Trail. At about 0.5 km, runners make a right turn onto Skogan Pass and continue on to turn left onto Troll Falls. The route then connects onto Stoney Trail where it continues out to the turn-around point. Runners head back to Nakiska climbing a steep hill on Ruthie's and Hidden Trail in the final kilometre of the run. (Forced start at 6:00)

Forced Start Information

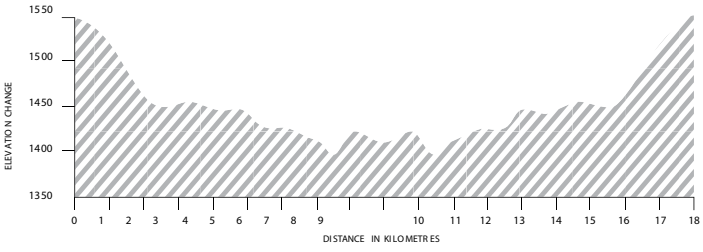
The main forced starts to be aware of are on legs 8 & 10. Leg 8 forced start will be at 4:30 (15 minutes later than usual) and the forced start at leg 10 will be at 6:00.

The rest of the stations have an estimated forced start time which will affect very few teams, if any at all. Here's how the forced starts work using leg 8 as an example: all leg 8 runners who have not been tagged by their leg 7 runner by 4:15 will start leg 8 at 4:15 regardless of where their leg 7 runner is. The leg 7 runner keeps running and the times are cummulative. Teams who anticipate being caught in any of the forced starts should be sure to have their runner at the appropriate leg a half hour before the forced start time. The timing program automatically knows who was caught in the forced starts.

Leg Nine



Leg Ten



RACE RULES & REGULATIONS

General Rules

- The race will start promptly at 6:30 am. in Longview, Alberta. Runners for leg one will start in seeded groups at 30 mins intervals. Faster teams will start later.
- Prior to their anticipated start, runners must check in at the station at the beginning of their assigned leg. Waiver forms must be filled out online in advance. The runner's race bib will be provided at the time of check-in.
- All runners must wear the assigned race bib so that it is clearly visible from the front.
- Transfer between teammates will occur in the chute located at each station. There are no batons, transfer is done by a simple tag.
- Run on the shoulder of the road facing traffic between the white line and the edge of the pavement. Do not run in the driving lane or on the white line.
- Each team is allowed two vehicles on the race course: one to shuttle runners between stations and the second to provide support to the runner on the course.
- Support and drop-off vehicle permits are issued with the team race kit. These must be prominently displayed on the appropriate vehicles.
- On legs nine and ten, support is provided by the race organizers. One aid stations on each of these legs will be set up and manned by race volunteers. Water, first aid, and communications will be provided at each station. Team support of runners on leg 9 & 10 is strictly prohibited.
- To ensure that the race can be completed within daylight hours, forced starts will occur. Please see the forced start details.
- Any team observed with open liquor on the course will be subjected to immediate disqualification and will be reported to RCMP.
- Out of respect for the commitment of the K-100 volunteers, absolutely no physical or verbal abuse will be tolerated. Any such behaviour will result in a 20 minute time penalty being assessed against the team.
  In addition, the offending individual (or their whole team) may be disqualified at the discretion of the race director.
- Pets must remain on leash at all times and never left unattended. Please be aware that most of the race occurs within Provincial Park boundaries where a fine will be issued for unleashed pets.
- Runners must obey the instructions of race officials, RCMP, and K- Country conservation officers. Failure to do so will result in possible disqualification.
- After dropping your runner at leg 9 (and picking up your leg 8 runner), please proceed directly to Nakiska.
- It is the responsibility of leg 9 and 10 runners to know the route. Maps are available by contacting the race office and will be posted at the start of legs 9 and 10.
- Please be aware that the road is open to the public and be respectful of others cycling or driving on the highway.

Runner Substitution

- If a runner is unable to complete his/her leg, a substitute runner may be drawn from the team.
- The substitute runner must take the bib from the replaced runner. Upon completing the leg, the runner must immediately report the substitution to the station marshall.
- In the case of a substitution at the beginning of a leg, please notify the check-in volunteers.
- Teams will be assessed a 20 minute time penalty for mid-leg substitutions.
- No penalty will be assessed if a leg is split by two runners who both have or both will run another complete leg, meaning the team has completed the race with less than 10 runners. In this case, any runner may only split one leg in addition to running a full leg. A leg can be shared by no more than two runners.
- Each team will be allowed one five minute substitution penalty in the event that a runner can't complete their leg and the substitute runner has or will run a complete leg.
- The runner who withdrew from the race is not allowed to participate later in the event.
- A team not reporting a substitution will be assessed an additional 20 minute time penalty.

Safety Rules

- All teams must abide by the provisions of the Highway Traffic Act of Alberta and follow the directives of the race officials.

- No u-turns or three point turns are permitted. Turnarounds are only allowed in designated pull off areas.
- Each team is allowed a maximum of two support vehicles as described in the general rules.
- Motorhomes may not be used as support vehicles.
- Bicycles may not be used to support runners on the course at any time.
- A reflective safety vest must be worn while crossing traffic and supporting runners on the course. Vests are available for purchase from the K-100 office.
- Runner support must take place from the left side (ditch side) of the runner.
- No parking or driving in the runners lane.
- No stopping in designated "no stopping" areas of the course.
- Team support of runners is prohibited along legs 9 & 10.
- At a station, vehicles must use the designated drop-off zones to stop and drop off a runner.
- When stopping, vehicles must pull off the road with left wheels parallel to, and two feet, from the white line. Please, no stopping in the middle of the road.
- When pulled over, hazard lights must be on.
- Absolutely no diagonal parking down the embankments will be allowed.
- No parking in the ditch.
- Maximum time allowed in the drop-off zones is 5 minutes. Drivers wishing to remain at a station longer than 5 minutes must pull ahead and park further along the highway. Drop-off zones will be clearly marked and monitored by a traffic marshall.
- No headphones while running. The use of headphones makes it very difficult to hear traffic or any instructions being given by race officials, conservation officers or police. The inability to hear instructions is a big safety concern.

A violation of any of these rules will result in a 20 minute time penalty being assessed. Teams that are assessed three penalties are subject to disqualification at the discretion of the race director. Penalties will be posted for dispute at Nakiska.

Rule Enforcement

- Traffic marshalls will be present at all stations to monitor drop off zones and traffic flow.
- Race officials will be on course throughout the day to monitor traffic between stations. Please abide by the directives of these individuals.
- RCMP will be present exclusively for K-100 during the latter half of the race when traffic becomes busier.
- Conservation officers will be on course for the entire day.
- RCMP will be issuing tickets for traffic act offenses (ie: U-turns)

Please remember these rules are simple to follow and are in place for your safety and the safety of the general public.

FOOD AND BEER!

- Wagu dogs, salad, veggie burgers, chips prepared by Nakiska staff and volunteers all await you at the finish. The Village Brewery truck will be on hand to quench your thirst. Beer tickets are $5 each.

VILLAGE
BREWERY



CONTINGENCY PLANS

While we clearly hope that there will be no need to shut down any of the course, the following contingency plans have been put in place in the event of a leg closure. Examples of emergencies that may warrant a leg closure include (but are not limited to) the following:

- a severe automobile accident
- extreme/dangerous weather conditions
- natural disasters
- potentially dangerous wildlife encounters
- search and rescue operation

Leg Closure (1–8)

- If it becomes necessary to close a leg of the race, the race will be stopped at the beginning of that leg and restarted at the beginning of the following leg.
- Runners who may have begun the closed leg but are not yet past the point of danger will be shuttled to the end of the leg.
- All team captains will be notified of the new start and runners will begin in fifteen minute waves until all teams have resumed.
- Any teams who may have completed the leg prior to closure will have that leg time removed from their final time.

Leg Nine and Ten

- In the unlikely event of dangerous bear activity on leg nine, we may need to avoid a part of the trail, thereby shortening leg nine. Details will be provided to runners if necessary.
- If it is known well in advance that leg nine is unsafe for travel, we may choose to run leg nine on the highway all the way to Barrier Lake. Leg ten would then follow Stony Trail from Barrier Lake to Nakiska. In the case of such a decision, teams will know with as much advance warning as possible.
- It is possible to experience extreme flooding on leg ten from heavy rains or melting snow pack. If unsafe conditions exist, we will only send runners out along Stony Trail as far as is safe. This would potentially result in shortening leg ten.

The decision to close or change a leg of the race is made by conservation officers or RCMP in conjunction with race officials. Should a closure or change become necessary we will notify teams as soon as possible.



WHAT TO BRING

Individual Items

The weather can change rapidly and dramatically on race day. Weather conditions and forecasts in Calgary can be significantly different from actual conditions along the race route. Remember, the route travels over a 7200 foot mountain pass where snow is still common in mid-June. Please be prepared for any type of weather conditions.

We suggest you bring:
- shorts, singlet, short sleeved t-shirt
- sunglasses, sunscreen and a hat
- long tights, long sleeved shirt, jacket
- gloves, mittens, toque
- rain gear
- warm jacket and pants
- dry change of clothes and shoes
- water, sports drink, food
- money for beer and K-100 merchandise

Don't forget your signed, witnessed check-in card.

Support Vehicle Supplies

The support vehicle should have supplies to support runners along the course from leg one to eight. Aid is provided by the K-100 organizers on leg nine and ten.
There are three places along the route to purchase supplies such as water. The first is in Longview at the gas station, the second is the store at Highwood House (part way through leg 3), and the third isn't until the gas station at Fortress Junction (Station 8).

We suggest you bring:
- reflective safety vest—remember you need this when you cross the road to support team members who are running
- water, cups, water bottles, sports drink
- sunscreen, vaseline, baby powder
- first aid kit
- second skin or moleskin for blisters
- umbrella
- binoculars, camera
- snacks, fruit, juice
- warm blankets (2–3)

INJURIES

Most musculoskeletal injuries are first recognized by pain – if you sprain your ankle, it hurts. There are a number of other injuries that runners are susceptible to
that are less recognizable. Some of the symptoms can develop rapidly and may be difficult to recognize.

There is first aid available at every station and EMS personnel along the entire course. If a member of your team is having a problem, please seek medical attention. These descriptions are meant for information only, not as a substitute for medical advice or attention.

High Altitude Complications

The air at high altitudes contains less oxygen which can make running more difficult than normal.

Prevention: If possible, train at an altitude similar to the leg which you will be running for 3–4 weeks prior to the event. This will allow the body to produce more red blood cells to compensate for the lower oxygen levels.

Symptoms: Athletes will experience shortness of breath and feel like they are working harder than normal.

Treatment: This is not a medical condition but rather a reaction to the reduced oxygen. Usually, slowing down the pace will allow the runner to continue with greater ease. Symptoms will disappear when the run is finished.

Heat Illness

High temperatures can produce varying degrees of heat related problems, particularly early in the season when runners aren't acclimatized.

Prevention: Be sure to drink plenty of fluids in the days and hours leading up to your run. Continue to consume fluid during the run at regular intervals. Using a sports drink will replace electrolytes lost through sweating and reduce the risk of cramps. Wear a hat—it will greatly reduce the absorption of heat through your head.
Be careful not to overdress.

Symptoms: Signs of heat illness will increase in severity as the problem worsens. Symptoms include the following:
muscle cramping, flushed skin, weakness, extreme fatigue, light-headedness, no longer sweating, chills, diarrhea, vomiting, and in extreme cases—collapse.

Treatment: Mild cases can be treated with plenty of fluids, cessation of exercise, and getting into a cool place. Heatstroke, the most severe heat illness, can be life threatening. Symptoms can develop suddenly and progress rapidly. Sometimes symptoms do not appear until after the run is finished. If a member of your team is experiencing symptoms consistent with a heat injury, please seek medical attention. Even mild cases may require intravenous fluid replacement.

Dehydration

Dehydration can occur in any weather conditions, including cold or rain.

Prevention: Preventing dehydration is easy—drink plenty of fluids. It's not enough to drink lots on race day and during your run. You must stay hydrated all the time
by drinking water throughout the day every day. Most people have heard of the "eight glass rule"—8 glasses of water per day. For many active people though, 8 isn't enough, 10–12 is better. Try to never feel thirsty.

Symptoms: Severe dehydration will produce symptoms similar to heat illness: dizziness, confusion, and eventual collapse. More mild (and more commonly) dehydration will cause: headaches, fatigue, thirst, and light-headedness.

Treatment: Mild cases can be treated by consuming plenty of fluids in small amounts at regular intervals. Chronic dehydration can take several days of gradually increasing fluid intake. Severe cases require medical attention.

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CALGARY FOUNDATION

FOR COMMUNITY, FOREVER



VALUES

"Values" is a word that defines us. We are a family owned and family run business dedicated, over two generations, to providing our customers with only the very highest values of service, trust and respect.

We got the loyalty of our thousands of customers the old-fashioned way. We earned it.

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