



## **BOW VALLEY ULTRA (BVU) - RACER INFORMATION/RACE RULES**

(UPDATED FEBRUARY 2025)

Huge love for supporting the Bow Valley Ultra (BVU), 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, September 27<sup>th</sup>, 2025**

**WHERE: Start/Finish, TBD Canmore, Alberta**

**MANDATORY RACER CHECK IN: Saturday, September 27<sup>th</sup> @ 6 am until approximately 6:45 am.** 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:** We will be offering both an **in person race briefing** and a race briefing video for those unable to attend. Stay tuned for updates on the time and location of the in person reception. The video will be hosted on the **Lewiston Ultra Events YouTube channel** with link to the **2025 Race Briefing Video** emailed to registered racers prior to event week. Racers can also watch the video **here**.

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

### **RACE PACKAGE PICK UP:**

**FRIDAY, SEPTEMBER 26, 2025**

**Noon - 6pm**

RUNUPHILL

4C, 906 Bow Valley Trail 3

Canmore, Alberta (403) 675-4455

**\*There is NO option for race 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.

### **RACE DAY TEMPERATURE:**

\*High of 16° & low of 3° (on average)



[info@thelewistonultra.com](mailto:info@thelewistonultra.com) | [www.lewistonultraevents.com](http://www.lewistonultraevents.com)

(587) 899-7125



## **SUNRISE & SUNSET:**

\*7:30am/7:30pm

## **RACE COURSE:**

### **100 MILES (7AM START)**

Elevation gain: 5900 meters

Elevation loss: 5900 meters

Estimated completion time: 20hrs – 32hrs

Trail Type: Single Track with some Double Track

FINISH LINE CUT OFF: Runners must cross the finish line by 3PM (32 hrs) to receive official finish time

### **LEG 1 – START TO HEART CREEK – 14KMS (8.7 MILES)**

*HEART CREEK – DROPBAG OPTION*

Elevation gain: 557 meters

Elevation loss: 588 meters

Estimated completion time: 1.5hrs – 2.5hrs

### **LEG 2 –HEART CREEK TO BARRIER LAKE – 14.5KM (9 MILES)**

*BARRIER LAKE – DROPBAG OPTION*

Elevation gain: 704 meters

Elevation loss: 667 meters

Estimated completion time: 1.5hrs – 3hrs

### **LEG 3 –BARRIER LAKE TO POWDERFACE – 11.5KM (7 MILES)**

Elevation gain: 456 meters

Elevation loss: 175 meters

Estimated completion time: 1hrs – 2hrs

### **LEG 4 –POWDERFACE TO JUMPINGPOUND – 18KM (11 MILES)**

Elevation gain: 752 meters

Elevation loss: 997 meters

Estimated completion time: 2hrs – 3hrs

### **LEG 5 –JUMPINGPOUND TO WEST BRAGG CREEK – 15.5KMS (9.6 MILES)**

*WEST BRAGG CREEK – DROPBAG OPTION*

Elevation gain: 213 meters

Elevation loss: 222 meters

Estimated completion time: 1.5hrs – 2.5hrs



**LEG 6 –WEST BRAGG CREEK LOOP – 15.5KMS (9.6 MILES)**

*WEST BRAGG CREEK – DROPBAG OPTION*

Elevation gain: 571 meters

Elevation loss: 571 meters

Estimated completion time: 2hrs – 3hrs

CUT OFF: Runners must leave West Bragg Creek by 11PM. Runners are not permitted to leave after 11PM and will DNF.

Racers are permitted to have one pacer join them at the halfway point (50 miles) or at 11PM - whichever comes first. Pacers are expected to be familiar with BVU rules, wear the provided official pacing bib and enter and exit aid stations alongside their racer but never ahead of them.

**LEG 7–WEST BRAGG CREEK TO JUMPINGPOUND – 15.5KMS (9.6 MILES)**

Elevation gain: 222 meters

Elevation loss: 213 meters

Estimated completion time: 2hrs – 3hrs

**LEG 8–JUMPINGPOUND TO POWDERFACE – 18KMS (11 MILES)**

Elevation gain: 997 meters

Elevation loss: 752 meters

Estimated completion time: 3hrs – 4.5hrs

**LEG 9–POWDERFACE TO BARRIER LAKE – 11.5KMS (7 MILES)**

*BARRIER LAKE – DROPBAG OPTION*

Elevation gain: 175 meters

Elevation loss: 456 meters

Estimated completion time: 1.5hrs – 2.5hrs

CUT OFF: Runners must leave Barrier Lake by 9AM. Runners are not permitted to leave after 9AM and will DNF.

**LEG 10–BARRIER LAKE TO HEART CREEK – 14.5KMS (9 MILES)**

*QUAITE CREEK – DROPBAG OPTION*

Elevation gain: 667 meters

Elevation loss: 703 meters

Estimated completion time: 2hrs – 3hrs

CUT OFF: Runners must leave Heart Creek by 12PM. Runners are not permitted to leave after 12PM and will DNF.



## **LEG 11—HEART CREEK TO FINISH – 14KMS (8.7 MILES)**

### *HEART CREEK – DROPBAG OPTION*

Elevation gain: 588 meters

Elevation loss: 557 meters

Estimated completion time: 2hrs – 3hrs

### **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:**

Racers are permitted to have one (1) pacer join them at the halfway point (50 miles – West Bragg Creek Provincial Day Use Area) or at 11PM - whichever comes first. Pacers are expected to be familiar with BVU rules, wear the provided official pacing bib and enter and exit aid stations alongside their racer but never ahead of them. While racers may have multiple pacers throughout the race, only one (1) pacer is allowed at a time. Pacers can switch out only at designated aid stations, and racers will be issued one (1) pacer bib, which must be passed along if multiple pacers are used. It is the racer's responsibility to manage all pacer communication and transportation.

Dogs are not permitted to accompany runners along the course.

### **THE BIBS:**

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

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:**

BVU 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. Boiling water, warm foods, etc will be available later in the day and through the evening.

Basic first aid items will be available.

BVU 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 or have them in one of your drop bag.

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 AID STATION**. You will notify the aid station captain (to avoid Search & Rescue). If we are unable to account for you, a costly search and rescue operation may be launched, and you could be responsible for the expenses.

### **MANDATORY DROP OUT:**

Check in/Aid Station Captains, medical support and the Race Director have full authority to withdraw a runner from the race if they deem it unsafe for the runner to continue due to factors such as medical concern or lack of preparedness for the conditions. Runners are required to comply with this decision.

### **REQUIRED/MANDATORY GEAR:**

All racers must carry the following gear for the duration of the race. You will be checked at the MANDATORY RACE MORNING CHECK IN to confirm you have all the required items for your safety while traversing in alpine terrain.

- **Headlamp:** Must be carried throughout the entire race (extra batteries, back up headlamp is encouraged)
- **Bearspray:** Must be carried at all times & 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

### **HIGHLY RECOMMENDED GEAR:**

- Minimum 1.5-2 litres of fluid
- Extra calories, food, and electrolytes
- Sunscreen, lip balm, and sunglasses
- **Download the route** to your **GPX device** or have it available on your phone through apps such as **Trailforks**

These requirements are in place to ensure your safety and preparedness for the conditions you may encounter on course. If you were to sustain an injury, such as a rolled or sprained ankle, between Aid Stations, it could result in a slow, difficult trek and prolonged exposure to the elements while waiting for assistance. Hypothermia is a serious risk in these conditions, and having warm clothing, fluids, and essential supplies can make a crucial difference in your safety and well-being.

Be ready and stay safe!

### **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:

Cellular reception is limited and intermittent throughout the race course.

#### WILDLIFE ENCOUNTERS:

The trails in Kananaskis Country are not only enjoyed by runners but are also home to a variety of wildlife, including black bears, grizzly bears, cougars, bobcats, moose, deer, and even cattle. While the chances of encountering these animals are low, it's important to remember that they prefer to avoid you just as much as you'd prefer to avoid them.

In the unlikely event that aggressive wildlife activity is reported near or on the course before or during race day, course modifications may be made to ensure racer safety. Stay alert and respectful of the wildlife that shares these trails.

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

#### COMPLETE A QUALIFYING RACE:

To participate in the BVU, all registered racers must complete a **minimum 50 mile trail race** between **January 1, 2024 and August 31, 2025.** This requirement ensures racers are prepared to handle the physical and mental challenges of the course.





A qualifying race must meet the following criteria:

- The race must take place on at least 75% natural, non-paved surfaces
- There are no vertical gain or technical criteria for the qualifying race
- Qualifying races must have full permits from relevant land management agencies
- The race cannot be a virtual event, FKT (Fastest Known Time), stage race, classic line or Fat Ass run
- Races that bypass permitting, utilize small start lists, or request “suggested donations” are not accepted

Prerequisites’:

- **Completion Deadline:** January 1, 2024 – August 31, 2025
- **Official Cutoff Time:** The run must be completed within the official race cutoff times.
- **Last Person Standing Event:** Completing 50 miles or more is acceptable if the distance is clearly listed in the results
  
- **Fixed Time Event:** Acceptable if at least 50 miles is completed within 12 hours
- Racers who do not complete and submit their qualifying race form by the deadline will be removed from the event

#### **TRAIL WORK REQUIREMENT:**

In the spirit of giving back to the trail community, all BVU racers must complete a minimum of **8 hours** of trail work within the same calendar year as the event, prior to **August 31, 2025**. This helps support the maintenance and sustainability of the trails we use and enjoy.

Trail work includes activities such as trail maintenance on existing trails used by trail running events or construction work on new/existing natural-surface trails. All work must be completed under the supervision of a formal trail maintenance organization with proper permitting from relevant land management or stewardship agencies (no unauthorized “pirate” trails).

#### **QUESTIONS/CONCERNS:**

Contact [info@thelewistonultra.com](mailto:info@thelewistonultra.com) and/or Kara @ 587-899-7125

Thank you for choosing the inaugural Bow Valley Ultra as part of your 2025 race calendar; we are incredibly honored to be part of your journey and excited to host you!

