



Welcome to the 2nd Annual Pasqua Peaks Trail Race! We would like to acknowledge that the land on which we gather is Treaty 4 territory and the traditional territory of the Anihšīnābēk, Nêhiyawak, Dakota, Lakota, and Nakota peoples, and the original home of the Métis/Michif Nation. We're incredibly grateful to all of you for taking part and hope you all have a great time on race day. To help ensure that, we wanted to provide some more information.

What to Bring

One of our goals with the event is to reduce our environmental impact as much as possible. To that end, this is going to be a cupless race, so we will not have cups available either at the aid station or the finish. Please bring your own water bottles or hydration system. We also ask that you bring your own bowl/mug and spoon for the meal after the race.

There will be several picnic tables available to sit at after the race while you enjoy the food and bask in your accomplishments, but there will also be an area where you can relax on a picnic blanket or a camping chair.

Since the race is taking place in Echo Valley Provincial Park, a park pass is also required for everyone that is wanting to park on-site. The park office will **NOT** be open to purchase one on race morning, so please remember your annual pass if you have one, or purchase one [online through Saskatchewan Parks](#) ahead of time.

For those of you participating in the 26km distance, we will have a small area where you can leave a bag or bin that you can access between your two loops.

What Will be Provided

There will be two aid stations provided for all participants. One will be located on the 13km loop and runners will pass it twice per loop, at approximately 4.5km and 10km. The other will be located next to the race headquarters area, and will provide aid to 26km runners between loops, as well as post race snacks for all participants. Both aid stations will have water, Tailwind Nutrition hydration, and an assortment of snacks. We would like to thank Prairie Co-op for their generous support for aid station supplies.

All finishers will receive a unique “medal” to commemorate their accomplishment. Awards will also be presented for the top finisher in each gender category for each distance. A warm lunch will also be provided to participants.

Pre-Race

Race headquarters will be located at the Glacier Rock Centre within Echo Valley Provincial Park. This is located at the bottom of the valley on the Pasqua Lake (West) side of highway 210. See this [Google Maps](#) link for more details.

Most participants should be able to park in the lot next to this area, while more parking will be available in several small lots within a few hundred meters of the start area. There will be volunteers to help direct you to the best parking area that has space available.

There are two permanent pit toilets available in the race headquarters area, along with 2 porta-potties that will be on-site for race day.

There is no separate package pickup before the race. Instead, you can just pick up your bib along with your food ticket starting at 9:00 am on race day at race headquarters.



Race Start

There will be a short pre-race briefing 15 minutes before the start of each distance. Start times are:

- 10:00 - 26km
- 10:30 - 13km
- 11:00 - 5km

During the Race

Course maps and descriptions are [on the website](#). GPX files of the loops are also available for the [5km](#) and [13km](#) loop. The 13km loop will be flagged with red flags and arrows, and the 5km loop will be flagged with green arrows. The 26km course is just 2 loops of the 13km course!

The terrain on the course consists of a mix of narrow singletrack and wider cross-country ski trails. We do ask that all racers be aware of their surroundings, particularly on the singletrack, and move to the side to let faster runners pass.

If you need to drop out of the race at any point before finishing, **you must notify us!** In addition, please do not litter. There will be garbage bags at the start/finish and aid station that you can use to dispose of any gel packages, etc. Anyone that doesn't comply with these rules will be barred from future races.

The top aid station will begin tear-down at 2:30, and the course will close at 3:00. Any participants still on course will be allowed to complete the course if they desire, but the finish area will begin to be dismantled and they may not receive an official time.

Post-Race

A post race lunch consisting of soup, chili, buns, cookies, and a drink will be served from 12:00-3:30, including a vegetarian option. If the weather cooperates, we'd love to have people stick around after they complete their race to enjoy their lunch on the lawn, cheer on finishers coming to the line, and enjoy the great trail race spirit!

Awards for the winners in each distance will be presented shortly after the first finisher in the Male, Female, and Nonbinary category have all completed that distance.

Frequently Asked Questions

Are dogs allowed?

Dogs are welcome at race headquarters, provided they are kept on leash. However, due to the sections of narrow singletrack on course, no dogs will be permitted during the race.

What about headphones?

Headphones are permitted, but we do ask that all runners maintain their awareness of surrounding runners. This may mean keeping volume low, removing one earbud, or removing your headphones completely on singletrack sections. We also ask that runners do not use external speakers during the race.

Can I use hiking/running poles?

Sure, just be mindful of where your poles are when you're around others!

Now that I've read all this, I forget what I was supposed to bring!

- Park pass (seasonal or [purchased online](#))
- Something to drink out of, like a water bottle
- Something to eat soup out of, like a bowl or mug plus a spoon
- Something to sit on, like a camping chair or picnic blanket

Once again, we greatly appreciate all of your interest in our event, and we hope everyone has a wonderful race!

Jenna and Kevin

