

# 2017 Schedule of Events

Thursday, June 22nd, 2017

4PM - 6:30PM Packet pick up at The New Strides Running Store  
Address: 380 Canyon Meadows Drive SE

Friday, June 23rd, 2017

5:00 PM - 7:30 PM Packet pick up Centennial  
Park Canmore

Saturday, June 24th, 2017 - KICK ASS BIKE RACE

6:00 AM - 7:30 AM Packet pick up at Canmore  
Centre Nordic Stadium  
7:40 AM Call to Start/Rider Check in/Bear Safety Talk  
8:00 AM All categories start  
10:00 AM Awards Ceremony - 12.5k  
10:15 AM - 10:45 AM Little Donkey registration  
11:00 AM Little Donkey Bike Race  
12:00 PM Awards Ceremony - 25 km  
2:00 PM Awards Ceremony - 50 km, 75 km

Sunday, June 25th, 2017 - MOUNTAIN MULE TRAIL RACE

6:00 AM - 7:30 AM Packet pick up at Canmore Nordic Centre Stadium  
7:40 AM Call to Start/Runner Check in/Bear Safety Talk  
8:00 AM All categories start  
10:00 AM Awards Ceremony - 7km, 12.5 km, Donkey Lite  
10:15 AM - 10:45 AM Little Donkey registration  
11:00 AM Little Donkey Running Race  
12:00 PM Awards Ceremony - 25 km, Half Donkey  
2:00 PM Award Ceremony - 50 km, Full Donkey



## Rundle's Rules

We're not real big on lots of rules, but here are a few guidelines to remember:

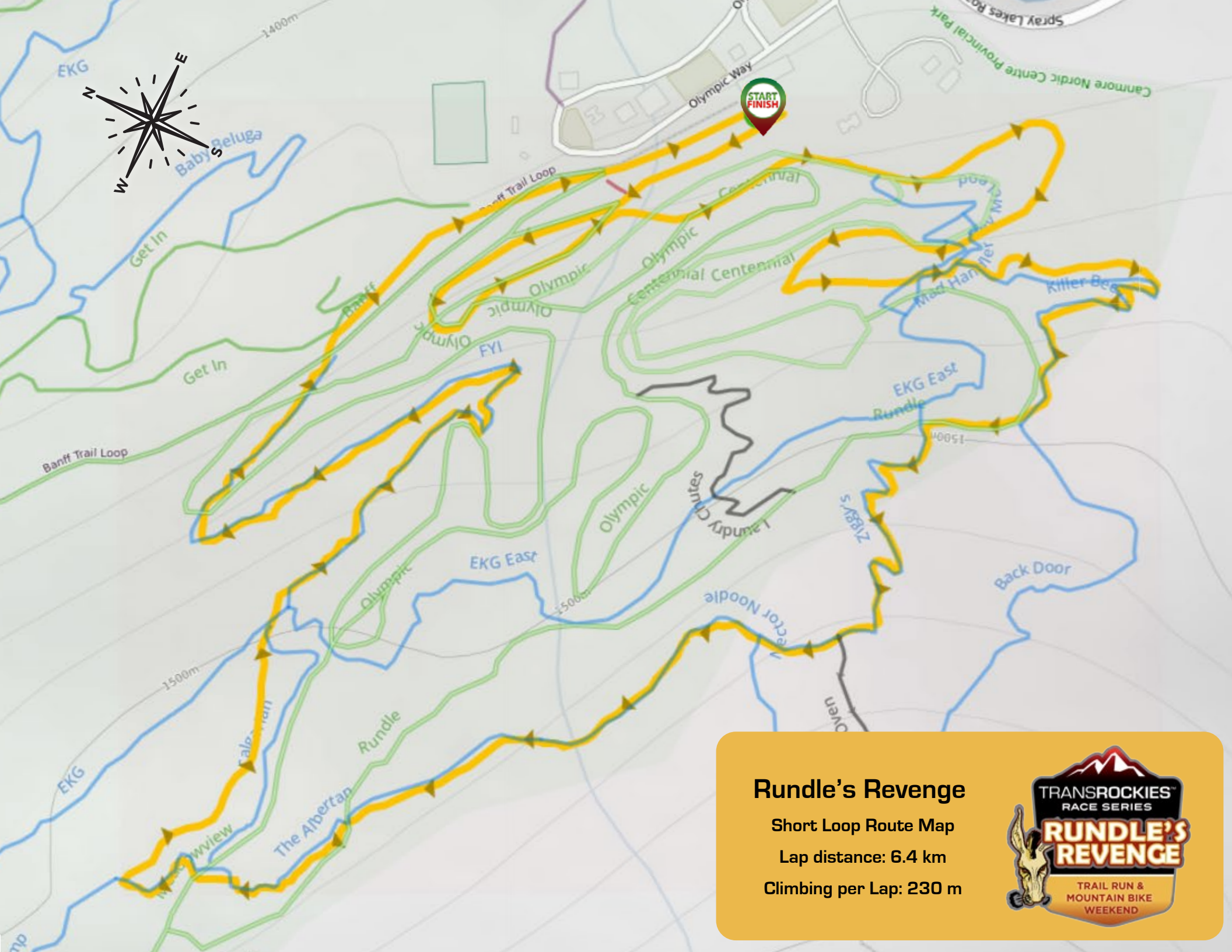
1. Race number plates may not be cut or altered in any way.
2. Participants must carry bear spray at all times. Gear will be checked upon entry to the start corral as well as during the race. Not carrying bears spray is grounds for immediate disqualification.
3. All Bike riders must dismount at the marked dismount point. You may remount as you cross the lap line.
4. Maximum Finish Times are 5:00 PM (Bike) and 3:00 PM (Run).
5. Official Feed Zones - in the stadium and at the checkpoint (Biathlon Stadium). Neutral and team feed permitted.
6. Follow the course markings at all times. The course is well marked, but if you go off-course, please re-enter at the point in which you left the course.
7. No littering on course - offenders will be disqualified. This include gel and food wrappers dropped intentionally or accidentally.





### Rundle's Revenge

- Long Loop Route Map
- Lap distance: 12.0 km
- Climbing per Lap: 400 m
- One Aid Station per Loop



# Rundle's Revenge

Short Loop Route Map

Lap distance: 6.4 km

Climbing per Lap: 230 m

