Coulee Cactus Helpful Information

Race day: June 6th
Start Time: High noon
Location: Elks Community Recreation Area

The race Start/Finish is located in Indian Battle Park at the bottom of 3rd Avenue South, in the river valley in Lethbridge.

Access as follows: Head west down the hill at 3rd Ave. S and Scenic Dr. (Wendy's corner), at the bottom of the hill take the 2nd right turn into the Elks Community Recreation Area parking lot.
Please note due limited parking we recommend limiting the number of cars per team. There are other parking lots near the Fort, you are not allowed to park on the roadways.
It is recommended that teams car pool to the race.

If the weather is really wet or the coulees are determined to be too muddy, a "wet weather" route (35km) will be used to preserve the coulees. It will be centered on the Elks Compound.

General Information:

Due to limited parking at the Elks Compound it is recommended that only one team member come to the Start line.

Due to the cross country nature of the course, Water will only be available at the Transition Areas. You are strongly encouraged to carry a water bottle of your own. This is a "CUP FREE EVENT" so bring a cup, bottle or pack. Temperatures could range as high as 30 degrees Celsius and the coulees are not known for their shade. We recommend a hat and sunscreen. The trail will be marked with small pink flags and signs. Be careful crossing the Country Club Access road on Leg 5 as there is no one to stop traffic. Basic Rule is to follow the flags and signs!!

Cautions and Rules: No cheating! No shortcutting trails.
If you come upon an injured runner please help them as emergency access is very limited.

The post race party and awards will be at the Elks Community Recreation Picnic Shelter.

Further Information:
Contact Shawn Pinder @ Runner's Soul 403 327-2241 or Ralph Arnold 403 308-6651.
Race Results on the net: www.prairierunners.ca/coulee-cactus.

SPECIAL THANKS TO:
RUNNER'S SOUL, TACO TIME, THEORETICALLY BREWING,
TATEBE OPTOMETRY, VOLUNTEERS!!!

Course Information:

Relay Transfer Points:

1) Sandbox Switch Transition (leg 1 - leg 2), (leg 4 - leg 5)

Located on Scenic Heights rd. off Scenic Drive in the small residential "Scenic Heights" neighborhood. From the River bottom, return to Scenic Drive and 3rd Ave. S and head south (right) follow Scenic Drive to Scenic Heights rd opposite 16 Ave. S.. There is a set of lights located there. Turn right (west). Follow the road around and the playground will be on the right. The Transfer location will be beyond the playground on the edge of the coulees. Water and portapotties are available here. **Solo runners also competing on a team must remove their Team Number at this point!**

2) Parking Lot I, Lethbridge College. (leg 2 - leg 3), (leg 3 - leg 4)

Located on the edge of the coulees at the Southern edge of the LCC campus. From the River bottom, return to Scenic Drive and 3rd Ave. S and head south (right) follow Scenic Drive to College Drive. Follow College Drive south 2 blocks and then turn left onto the campus ring road, that follows the eastern edge of the LCC campus. Continue around to Parking Lot I. Transition point is 100m south across the grass. Look for a white tent. Water and portapotties are available here.

3) 2 person teams will have to make it up as they see fit as the half way point is at the bottom of 6 mile coulee. As long as the course is completed we don't care how you divide it up between you.

General Trail Descriptions.
All routes are available on the RunGo App.

Leg 1: 6.44km 188m gain 110m loss rating: tough

From the Elks Community Recreation Area the route heads south along the paved pathway that runs beside the river, under Whoop up Drive, across the boat launch entrance, past the water treatment plant, to the Links trail, go up the paved path on the left. Follow the signs and flags up and down and across the coulees. You will cross the Country Club road and continue almost straight up then up and down the ridges to the **Sandbox Switch** where the first transition point is located.
Solo runners also competing on a team must remove their Team Number at this point!

Leg 2: 5.75km 229m gain 220m loss rating: maybe a little less tough

From the Sandbox follow the flags west and then south, then curving and gently climbing east to the bottom of the wooden stairs west of the Sugar Bowl. Climbing up then curving south and onto the grey gravel path that heads west down below Tudor Estates. You cross south over a ridge to the bottom of 6 mile coulee, then proceed east and up on the north side of the creek to about ½ way up the valley, cross to the south side and continue to the final bridge located just below everyone's favorite climb up to the college. Proceed to the **Parking Lot I transition point** about 200 meters east along the red shale.

Leg 3: 5.7m 180m gain 180m loss rating: tough but most beautiful.

This leg contains a clockwise loop. From **Parking Lot I** head east on the red shale along the fence, proceed to the start of the trail that heads southwest and down into 6 mile coulee. You will reach a big plastic culvert, cross and the trail will fork, take the left fork (this is the start of the loop). Climb up to the top of the ridge and then continue north along the top. You will get to a big drop heading to the bottom of 6 mile coulee, you will head down until you encounter a trail on the right that will send you back east. This is a wonderful piece of single track that winds it's way up the valley. You will reconnect with the outgoing section above the culvert. You will then take a left and head back up to the college and the transition zone. This Leg has been changed due to the river level.

Leg 4: 5.75km 220m gain 229m loss rating: maybe a little less tough

This leg is the reverse of leg 2, starts at **Parking Lot I** and ends at the **Sandbox Switch** Transition.

Leg 5: 6.44km 110m gain 188m loss rating: not as hard as Leg 1, but…

This leg is the reverse of Leg 1, starts at the **Sandbox Switch** and ends at the Finish line located at the **Elks Community Recreation Area**. You will cross the road that goes to the Country Club (there is no one to stop traffic here so it is up to you to not get hit by cars). Once you hit the paved path along the river follow it north to the Elks Community Recreation Area and the Finish line. Detach your beer and taco tickets from your race number and help yourself to refreshments, you've earned it!