

MINOTAUR
== SKYRACE ==
PRESENTED BY
ARC'TERYX

Everything you need to know about
your season's toughest race.



SKYRUNNER®
WORLD SERIES

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HELLO!

Here we go again! We are thrilled to be back for Minotaur SkyRace, presented by Arc'teryx, and the Mini-Taur 10 km, Canada's hardest 10 km race.

It's the 20 year anniversary of the Skyrunner® World Series, and Minotaur SkyRace, presented by Arc'teryx, is once again a premier race in the series. We are no longer the only North American stop in the series (shout out to Orizaba SkyRace in Mexico) but we remain the only Canadian race in the series and look forward to once again welcoming an incredibly competitive field of international racers to our start line.

Word is getting out about our little corner of the world, Crowsnest Pass, AB, which was recently featured as the new trail running capital of Canada by Canadian Running Magazine. As always we are grateful for the continued support and passion from our Minotaur athletes, sponsors, and community.

This guide is intended to be a quick and easy reference to what is sure to be your toughest race of the season. Please note that changes may occur, and we will do our best to communicate them in advance. Don't forget to sign up for our Racer Updates via our website if you haven't already done so.

As always, questions can be emailed to us
at hq@meettheminotaur.com

Looking forward to seeing you soon!
Andrew & Erin





ARC'TERYX



WELCOME. IT'S TIME TO RACE.

We're proud to be a part of the
Minotaur SkyRace – a premier event
in the Skyrunner® World Series.

Grueling, competitive, fast, and fun,
this is an experience like nothing
else. A bucket-list event bringing
together a community that shares the
joy of running mountains and lives to
test ourselves against the very best.

**So, good luck, have fun,
push further.**

EVENT SPONSOR



Welcome to Crowsnest Pass from the whole spry team! We are so excited to sponsor the only Canadian race in the Skyrunner® World Series!

spry is located right across the road from the Minotaur start and finish line. The store is a treasure trove of all the gear you'll need for Minotaur SkyRace or Mini-Taur 10 km - from technical pieces to essential basics.

Our store exists to encourage everyone to be active in the outdoors, and act as a hub for Crowsnest's outdoor community.

We live in these mountains, and the course is right in our backyard - we know the terrain very well and can answer a lot of your course or gear related questions.

You can also visit us online at spryactive.ca to buy before the race and have gear shipped, or select in-store pick up and we'll have your order ready for you when you arrive.



spry is providing the cash prizes for the second place winners of Minotaur SkyRace. spry will also be giving all Minotaur volunteers a \$25 gift card to spry.

spry is located at: 13101 20 ave, Blairmore

Visit spry to check out their huge selection of Minotaur related gear, including their new line of Arc'teryx shoes.



EVENT SPONSOR



We are thrilled to welcome [The Pass Beer Co](#) as an Event Sponsor for Minotaur SkyRace!

Pass Beer Co has been a long time supporter of our event, and will be providing cash prizes for third place winners of Minotaur SkyRace.

Known for their addictive woodfired pizzas, pup friendly patio, and locally crafted beer, Pass Beer Co is the perfect stop pre or post race.



Arc'teryx Minotaur After Party: Pass Beer Co is the official host site of the Arc'teryx Minotaur After Party, after the awards ceremony, and they'll be hosting an onsite Beer & Beverage Garden at the start/finish area. Stay tuned for a custom Minotaur Beer!

**Pass Beer Co is located at:
10801, 20 ave, Blairmore**



Long days in the mountains aren't complete without pizza and beer!

BEFORE THE RACE

As a participant of Minotaur SkyRace, presented by Arc'teryx, and/or Mini-Taur 10km, you have read and agree to the Rules and Mandatory Gear requirements as laid out by the race organizers (p.15-16). Racers must sign their waivers, show their ID, and pick up their race packages in person during package pickup.

Crowsnest Pass, AB

Our Host Community

Located approx 2.5 hours southwest of Calgary, Crowsnest Pass is a mountain community full of year round recreational opportunities. A big thank you to the Municipality of Crowsnest Pass for being our host community!

Air Travel

Calgary International Airport is approx 2.5 hours from Crowsnest Pass, but there is a smaller airport in Lethbridge, AB and an international airport in Cranbrook, BC that may meet your needs. These airports are 1.5 hours and 2 hours, respectively, driving distance from Crowsnest Pass.

Accommodations

Book early to avoid disappointment! Special thank you to [Kanata Inn](#) and [Country Encounters](#) for being the host accommodation for our international athletes.

Crowsnest Pass Visitor Guide

Check out the 2024 Crowsnest Pass Visitor Guide below, by clicking [here](#).



Terms and Conditions

Refunds and Race Withdrawal

Participants who can no longer partake in the 2024 event are eligible for a 50% refund until March 31, 2024.

We do not allow for deferrals; however, racers may make arrangements to transfer their bibs at the race organizers' discretion. Racers may change distances if space permits. The deadline to change your distance is June 9. Racers who wish to change to a shorter distance will not receive a refund. Racers who wish to switch to a longer distance, will be charged the fee difference.

Race Cancellation Policy

If the race is cancelled by race organizers due to instances beyond our control, including, but not limited to: acts of nature, safety or security reasons, forest and/or area closure, we are able to give a 50% refund up until March 31 of the current race year. No refunds or fee transfers will be given after March 31, including during the race, if a scenario results in having to cancel after the start gun has gone off.

Use of Video and Images

All video, photo and other media forms recorded and/or captured of participants and spectators during the course of the event by AIRaceLAB Inc, Skyrunner® World Series, Minotaur SkyRace, Mini-Taur 10 km, its staff, volunteers and/or other participants can be used in social media, print format, marketing and advertising materials without remuneration to participants and spectators or any other individual.

Final Authority

All terms, conditions, and regulations are at the final authority and discretion of AIRaceLAB Inc. and are subject to change

LOCAL SPONSOR

Stone's Throw Cafe

No event in Crowsnest Pass would be complete without the delectable home baked goods and all day breakfast selections from Stone's Throw Cafe.

Be sure to pay them a visit at 13019 20 Ave, Blairmore (just a Stone's Throw from our start/finish area.) Stone's Throw Cafe serves healthy, homestyle breakfasts & lunches and will be observing special hours for Minotaur race weekend - stay tuned! A huge thank you to Stone's Throw Cafe for being our "banana sponsor" for all of our aid stations, and for being an all around great local business that supports events like ours.



You haven't lived until you've had breakfast at Stone's Throw Cafe, located at 13019 20 ave, Blairmore.



ARC'TERYX

APPROACH.
SCRAMBLE.
CLIMB.

THE VERTEX SHOE



VENUE

**spry is the hub for all things Minotaur:
13101 20 ave, Blairmore.**

spry will be the site of our race package pick-up on both Friday and Saturday (see schedule, p. 7 for details) as well as the sales centre for Minotaur Merchandise during package pick-up.

The START/FINISH area is located in green space across the street from spry in Gazebo Park.

www.spryactive.ca

SPRY MINOTAUR HOURS

A big thanks to spry for observing special store hours for our event, please see below.

Thursday, June 20: 10:00 am - 8:00 pm
Friday, June 21: 10:00 am - 8:00 pm
Saturday, June 22: 7:00 am - 7:00 pm
Sunday, June 23: 10:00 am - 4:00 pm
Monday, June 24: 10:00 am - 5:30 pm

Please note, Minotaur Merchandise can be purchased at spry during package pick-up, and then outside at the start/finish area during the race.



Our Passions...
Running
Hiking
Skiing
Snowshoeing
Climbing
...Your Adventures



**Visit us
in person,
or shop
online!**

www.spryactive.ca
13101 20 Ave
Blairmore, AB
403-753-5024



SCHEDULE

Minotaur SkyRace

Package Pick-up: Friday, June 21 11:00 am-8:00 pm at spry (13101-20 ave, Blairmore.) Please have your ID with you.

Last Minute Package Pick-up: Saturday, June 22 6:00 am - 6:30 am at the spry tent in the start/finish area. We encourage you to pick-up your package on Friday. If you need to pick-up on Sat, please let us know in advance. Please have your ID with you.

Mandatory Pre-Race Meeting: Saturday, June 22 at 6:40 am at START AREA.

Official Race Start: Saturday, June 22 at 7:00 am at START AREA.

Course Closure: Saturday, June 22 at 7:00 pm.

Mini-Taur 10 km

Package Pick-up: Friday, June 21 11:00 am-8:00 pm at spry (13101-20 ave, Blairmore.) Please have your ID with you. Participants under 18 years of age must have a parent/legal guardian present to sign the waiver.

Package Pick-up: Saturday, June 22 8:30 am- 12:30 pm at spry (13101-20 ave, Blairmore.) Please have your ID with you. Participants under 18 years of age must have a parent/legal guardian present to sign the waiver.

Mandatory Pre-Race Meeting: Saturday, June 22 at 12:40 am at START AREA.

Official Race Start: Saturday, June 22 at 1:00 pm at START AREA.

Course Closure: Saturday, June 22 at 6:00 pm.

Awards: Saturday, June 22 at 6:10 pm at FINISH AREA. Awards include Top 10 Male & Female finishers for Minotaur SkyRace, Top 3 Male & Female finishers for Mini-Taur 10 km, and age group and non-binary recognition for both events.

You must pick up your race package in person, please have your ID with you. Last Minute Package pick up for Minotaur SkyRace is offered Sat, June 22 from 6:00 am- 6:30 am at the start/finish area. Please let us know in advance if you are picking up on Sat so that we can arrange to have enough volunteers. Thanks!

SITE PLAN

Parking has been made available to us via the Municipality of Crowsnest Pass along the south side of the railway tracks, on 19th ave in Blairmore. We will have signage/volunteers indicating the parking area.

- The blue rectangle indicates the start/finish area
- Parking is indicated in red. A local not for profit group will be looking after parking for us, and collecting donations for their organization - details TBD.
- spry is indicated by the yellow arrow (13101 20th Ave Blairmore, AB)



SITE LOGISTICS

- Porta potties will be available at START/FINISH Area and PARKING Area.
- A post race recovery lounge (sponsored by XACT Nutrition) will be available at Finish area.
- A medic tent will be available at START/FINISH Area, as well as AID STATIONS 1, 2, & 3. Medic tents are onsite for basic first aid support, **the Crowsnest Pass Hospital is located at 2001 107 Street, Blairmore.**
- Please note that primitive pit style porta potties will be available at Aid Stations 1 and 2, and a regular porta pottie will be available at Aid Station 3.

RD MESSAGE

Running and moving in the mountains comes with an inherent amount of risk. The hazards presented may include, but aren't limited to: Rock fall, weather, slips, slides and falls, exposure, wildlife, and other participants. Your safety, and the safety of others, is of paramount importance to us.

You will need to adjust your race pace in certain parts of the race course - take your time when you need to. Awareness of your surroundings is your biggest asset. When moving through the race course be aware of what is around you - be it other racers, loose rocks, branches, vegetation, changing conditions, and adapt to them. Weather in the mountains can change in minutes – June brings both hot and dry days, as well as cold, windy and snowy conditions. The conditions at the start of the race don't necessarily reflect the forecast for the day.

In the event that you or another racer becomes injured, the best course of action is to rely on self-rescue or fellow racer assistance. If you are still able to continue moving (forward or turn around to last known Aid Station or Checkpoint) then do so. All Aid Stations and Check Points have volunteers with a radio that can communicate back to headquarters to notify race staff of the issue. If you or another racer are injured and unable to move forward or return to last known volunteer location, then you must relay your concerns via other racers moving forward.

Because of the remoteness of the race course, it is very likely that help is going to take a while to arrive. This is where the mandatory and highly recommended gear items are crucial; you could be waiting for help to arrive for multiple hours depending on what resources are needed to assist. Keeping yourself comfortable will be directly related to the items you brought along with you. A list of mandatory and recommended gear is included along with the course descriptions and in our rules– plan accordingly and train with these items so you are prepared for race day. Depending on final course and weather conditions, we may require participants to carry additional mandatory gear in advance of the race.

Racers are advised to wear/pack clothing based on the weather conditions in the forecast for the day. Current conditions and potential hazards will be reviewed at the mandatory pre race meeting; but, ultimately it is important to remember, you will be high in the mountains and possibly amongst completely different weather than what the start line presents, **BE PREPARED!** If something happens to you on the race course where you are unable to get yourself out, being self sufficient and prepared will be key to your comfort and/or survival.

“Because of the remoteness of the race course, it is very likely that help is going to take a while to arrive. This is where the mandatory and highly recommended gear items are crucial; you could be waiting for help to arrive for multiple hours depending on what resources are needed to assist. Keeping yourself comfortable will be directly related to the items you brought along with you.”

Above all, we want you to have an epic day in the mountains that you'll feel really awesome about - remember to have fun and take in the views. We can't wait to hear all about it at the finish line!

We are always happy to chat with you in further detail if you have questions or concerns. Please reach out if you want to chat.

hq@meettheminotaur.com

MINI-TAUR 10 km

10.5 KM | 950 M | 5 hour cut-off
1 2:45 pm mandatory pre-race meeting | 1:00 pm race start
June 22, Crowsnest Pass, AB

The Mini-Taur 10 km is Canada's hardest 10 kilometer race!

The terrain is rugged and challenging and there are no Aid Stations on the course. You need to bring all of the food and water that you will consume and take extra care running in this technical terrain.

The race starts downtown Blairmore at 1292m and in less than 1 km you head up Bluff Mountain on Minotaur Ridge following a tiny, rugged switch-backing trail. The trail crosses steep rocky slab sections, threads its way through a talus slope/cliff band and winds through rugged forest on the way to the summit of Bluff Mountain at 2145m. On the way up, you have views of Crowsnest Pass, east to the prairies, and west to the Rocky Mountains. At the summit, the Mini-Taur 10 km turns sharply left back down to Blairmore while the Minotaur SkyRace continues north.

From the summit of Bluff Mountain, you follow a tiny trail that gently descends through open forest. Watch for the "Pecker Tree" before you turn right at a trail junction and head toward an open alpine meadow at about 1930m. Here the trail veers east, then south, descending relentlessly down the southwest face of Bluff Mountain. At about 1740m, turn sharply left at a trail junction. Save some energy for a 50m climb that takes you over to a new ridge and a technical trail that heads down along the top of some steep cliffs. Take some time to look to the east and you will see Minotaur Ridge that you climbed earlier in the race.

Soon you will see the town of Blairmore, now about 400m below. Continue down a steep rocky trail until a sharp left turn takes you off the ridge on to the last forest section. Turn right at the T-junction...you now have completed the loop. From here it is less than 1km to Blairmore and the finish line!

Mini-Taur 10 KM Mandatory Gear:

- Means to drink and carry water
- Toque (warm head covering)
- Wind/water resistant jacket
- Emergency Space Blanket

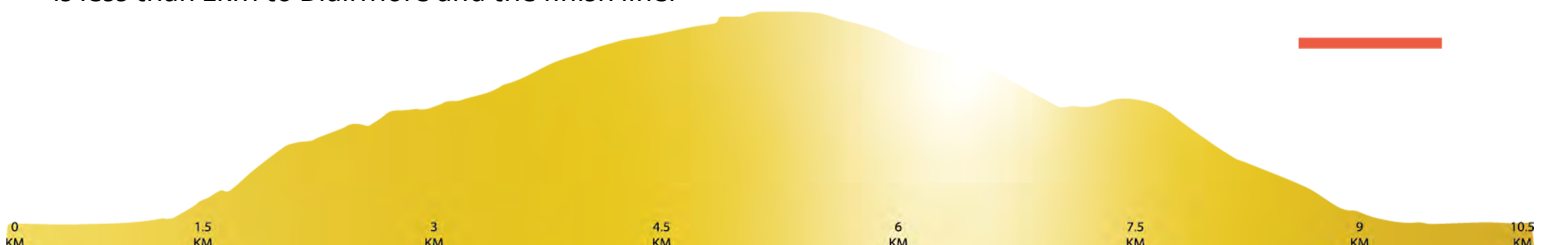
Mini-Taur 10 KM Recommended Gear:

- Trekking gloves
- Helmet
- Phone
- Bear Spray

Important Reminder:

There are no aid stations on the Mini-Taur 10 km; you must be completely self sufficient.

This is not your typical 10 km, you will be in a remote, wilderness setting - train and plan accordingly.



MINOTAUR

Saturday, June 22, 2024
Crowsnest Pass, AB
6:45 am mandatory pre-race meeting
7:00 am start

MINOTAUR == SKYRACE ==



33.5 KM | 2900 M ELEVATION GAIN | 12 HOUR CUT-OFF

The race starts downtown Blairmore at 1292m and in less than 1km you head up Bluff Mountain on Minotaur Ridge... a tiny, rugged switch-backing trail and open, steep, rocky sections leading to the summit of Bluff Mountain at 2145m. At the summit, the Mini-Taur 10km turns sharply left back down to Blairmore while the Minotaur SkyRace continues north along a forested ridge. After a couple of km, you steeply descend about 700m through dark forest on a soft, fast trail. Watch for the ghost town of Lille's cemetery at the bottom. From the Lille town site, you run up an old forest road to Aid Station 1 at the base of the next climb and just over 12km into the course.

From Aid Station 1, you head-up a relentless, steep, rocky climb to a false summit. This is true Canadian mountain running with nothing but wilderness in all directions and a spectacular view of the course that lies ahead and behind! A slight descent past "Razorback Ridge" leads to a couple of small climbs and false summits before reaching another highpoint. From here you descend a small cliff band and then up and down another couple of false summits. Watch for "Camp One" and "Camp Two" on this section.

A very steep climb on loose rock brings you onto the Livingstone Range and the highpoint on the course at 2330m...this is Minotaur Peak. The Livingstone Range is a prominent feature in Crowsnest Pass area...it's where the prairies meet the Rocky Mountains. Heading south along the Livingstone Range is like dancing on a line between the prairies and the Rockies...true skyrunning on a narrow, technical ridge!

Next comes "Shoe Shredder"...a steep, rough scree descent that drops 500m onto the "Himalayan Trail" which runs through a remote alpine valley called "Minotaur Bowl". From here you follow Morin Creek down to Aid Station 2 at 17.5km into the course.

Now comes the second half, and possibly the most challenging section of the course. It starts with a very steep climb straight up to a technical rock ridge which parallels the Livingstone Range. From here, you traverse east along a narrow, serrated rocky ridge toward South Peak. Watch for the giant purple stripe that you will run down. At South Peak, you are back on the Livingstone Range ridge at 2270m, and the second highest point on the course.

From South Peak, you follow the Livingstone Range ridge south along some pretty runnable rocky terrain and alpine meadows leading to a steep descent down into Minotaur Valley. At the valley bottom, a long trail takes you through "Holey Pass" to Aid Station 3 at approximately 29km into the course. Fuel up for the last few kilometres running along Gold Creek and into the town of Frank. Make sure you look up for a glimpse of the Frank Slide. The Frank Slide is massive and is Canada's deadliest landslide! You then join a paved community trail which takes you along the beautiful Crowsnest River back to Blairmore and to the finish line!

SKYRACE



MANDATORY GEAR

It is critical to be self-sufficient and prepared for a variety of conditions on the Minotaur SkyRace course. You will be in the remote wilderness and high up in the mountains where weather can change quickly. In the event of requiring a rescue, you may be isolated for several hours before evacuation is possible.

Mandatory Gear*:

- Means to drink and carry water **
- Toque or warm head covering
- Wind/water resistant jacket
- Emergency Space Blanket

Recommended/Additional Gear:

- Helmet
- Trekking Gloves
- Bearspray
- Full length pants
- Headlamp
- Phone

*Depending on final course/weather conditions, race officials may require participants to carry extra mandatory gear.

**This is a cupless event.

COURSE CUT-OFFS

Racers who do not meet the below cut-off times will be ranked as DNF (did not finish); and will be directed to take the "Escape Route" off the course and back to the start/finish area - where they will still get wild applause and a well deserved high-five.

If you DNF, you must communicate this to race staff/volunteers.

Cut-Offs are as follows:

XACT Aid Station 1: 10:30 am (3.5 hours)

Located: 12.2 km into the course, approx 1000 m elevation gain.

XACT Aid Station 2: 1:30 pm (6.5 hours)

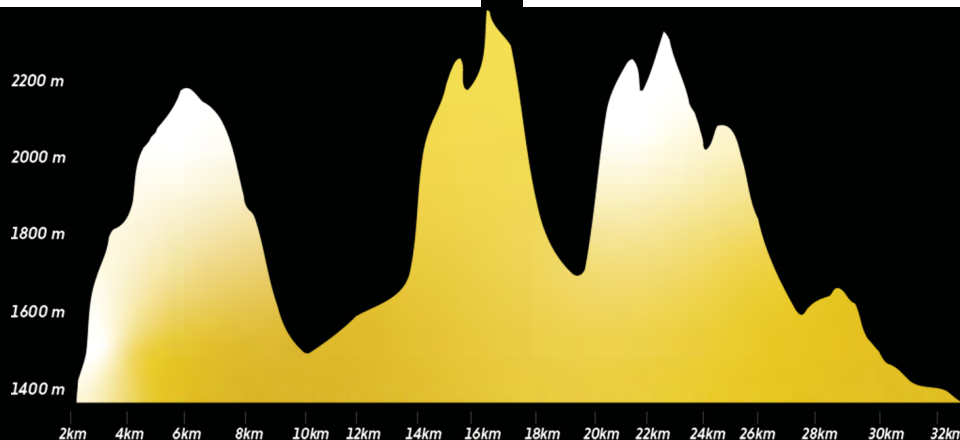
Located: 17.5 km into the course, approx 700 m elevation gain between Aid Stations 1 & 2.

XACT Aid Station 3: No cut-off in place

Located: 29 km into the course, approx 1000 m elevation gain between Aid Stations 2 & 3.

Finish: 7:00 pm (12 hours)

Located: 33.5 km into the course, approx 200 m elevation gain from Aid Station 3.



AID STATIONS

We are thrilled to be working with XACT NUTRITION as our on course nutrition provider. Partnering with a like minded Canadian company is something that truly makes us happy; but knowing how invested XACT is in making your race day a success, makes us even happier!

Proper fuelling is one of the most important parts of your training, and race day strategy - a big thanks to Lawrence and Alister of XACT Nutrition for sharing their recommendations.

Race Fuelling Recommendations by: XACT NUTRITION

The Minotaur SkyRace course is 33.5 km long with 2900 m of gain and racers have a 12 hour time limit to complete it. Much of the course is along exposed ridges over very rocky terrain. So participants would be wise to adopt an ultramarathon nutrition strategy given the duration, rather than what one would expect for a 33 km course.



Nutrition race preparation:

Eating and hydrating adequately while running can be challenging, so we strongly recommend testing your fuelling strategy as part of your race training. Energy gels or chews, Electrolytes or sport drinks can come in as they are formulated and packaged for the runner.

An XACT ENERGY fruit bar is exactly 100 calories and is easy to eat and digest. XACT ELECTROLYTES tablets contain 520 mg sodium which helps the body retain fluids and stay hydrated. During your training long runs you should practice eating, drinking and running! Think to test multiple feeds during effort. Sometimes it's easier when you are going down hill as you are not breathing as hard. But it may be easier to pull out a bar and get it open during moments when you are walking up-hill. Think about and practice what works best for you, where you store bars and electrolyte drink so you can eat and drink without having to slow down or stop.

Watch your inbox for an upcoming offer to test the on-course nutrition - the Taste Before You Race Offer.

2-3 days before the race:

Long, sustained efforts, 4h+ rely heavily on in-race fuelling, or eat while you run. But it's equally important to build up your glycogen reserves before the race to have that energy "ready". Meals 2-3 days pre-race should be mainly carbohydrates (e.g. pasta, rice, potatoes); veggies too, as they supply many important micronutrients, but no need to pile up the plate. By reducing your training load and consuming plenty of carbs, your body will build up those glycogen stores pre-race day.

AID STATIONS

Pre-race dinner:

Carbs! This is the last chance to load your glycogen reserves. Stick to meals you know, keep it simple and don't over-eat. If you're away from home, pasta is an easy option to find in restaurants or prepare beforehand. Avoid or reduce fatty food or sauces, protein and fibre. It helps to eat early so you can go to bed rested, especially if it's an early race start. Minotaur SkyRace starts at 7 am, so you may be up as early as 3 or 4 am. On that note, avoid caffeine and no alcohol until after the race at least! :)

Breakfast:

One last carb load, but don't feel you have to stuff yourself! You'll have to run with what you eat. Bagels or oats mixed with jam, sliced banana or maple syrup provide a mix of slow burning and fast burning carbs, so you'll be energised at the start line but not feeling hungry within a few hours. Keep it simple and aim to have eaten at least 2 hours prior to the race. If you're a coffee person, go ahead and have your morning cuppa. Caffeine stimulates the body and has been proven to reduce perceived effort.

Fuelling your race:

You can give your energy reserves a pre-race boost by taking a gel or XACT ENERGY fruit bar 15-30 minutes before the race. Smart move if it's been a few hours since breakfast.

The usual recommendation is 100 calories of simple carbs every 45 minutes. For those folks planning to push hard, then more frequently is better. 100 Calories / 30 minutes for a race of this caliber is a good bench mark. Some elite athletes will fuel as often as 1 XACT Energy fruit bar every 15-20 minutes!

Fuelling your race cont:

Those glycogen reserves that you've been building up will last for 60-90 minutes on their own. The aim is to start supplementing them early on so they don't run out. That means fuelling from early on and fuelling regularly. Set your watch alarm to remind you!

On-course energy and hydration:

There are three aid stations providing XACT ENERGY fruit bars, water, XACT ELECTROLYTE drink, bananas and chips. Due to the distances between each station it's essential to be as self-sufficient as possible. For example, for a mid pack runner it could take 2+ hrs to get to the first aid station, in that time you should have already consumed at least 200 calories of energy (2 gels or bars), and be ready for another one when you arrive at the aid station.

Hydration:

The same principles apply to hydration: drink regularly and start early. However, it does not help if you over hydrate. Aim to be self sufficient and check the weather ahead of time. If it is a hot day, it is wise to carry extra as the course is very exposed in places. XACT ELECTROLYTES are a great choice to hydrate optimally as they are a great source of sodium (520 mg / tab) and are low fizz-mild flavour - perfect for a long day out on the hill.

Recovery:

Congratulations! After a finish hug and high 5 head to the XACT recovery lounge and treat yourself to an XACT PROTEIN wafer, grab some fluids and rest those legs! Don't neglect this important stage as this course will take its toll on your body! Once you have eaten and drank fluids, you'll be ready for that post race celebratory beer. The XACT NUTRITION team will be there to welcome you at the finish line. See you at the XACT Recovery Lounge!

RACE RULES

****Subject to change, please continue to check back and sign up for our Racer Updates to remain current.***

****Helmets optional but recommended.***

Waiver

- All participants and volunteers, must sign a waiver provided by AIRaceLAB Inc before the onset of the event.

Race Bib

- Your race number must be worn towards front of your body and visible at all times during the race, race number is provided by AIRaceLAB Inc.

Race Cutoffs

- Participants have 12 hours to complete the Minotaur SkyRace course and 5 hours to complete the Mini-Taur 10 km course. All racers must be congregated in the start line chute at least 15 minutes before their race start time, any racers arriving after the start gun has fired will not be able to participate.

Checkpoint Cutoffs

- The Minotaur SkyRace will have 2 cut off checkpoints at Aid Station 1 and Aid Station 2, if a racer reaches the cut off checkpoint after a set time of day, the racer will be rerouted on a shorter course direct to the finish line. You will be ranked as "Did not finish, DNF" on the results. The cut off time is posted on the course description page.

Age

- All participants of Minotaur SkyRace must be 18 years or older on race day. Participants of Mini-Taur 10 km must be 16 years or older on race day. There is no maximum age limit and no exceptions.

Means of Travel

- All means of travel during the race are defined before or during the race itself. No motorized travel means are permitted, use of motorized or aided means of travel will result in disqualification. The only allowable means of travel is on foot.

Music/Sound

- To maintain awareness of your surroundings at all times no earbuds, headphones or auxiliary music/sound sources are permitted.

Checkpoints/Aid Stations

- All participants must go through the checkpoint(s)/ aid station(s). Checking in can be as quick as ensuring race staff/ volunteer(s) take note of your race number. The Mini-Taur 10 km does not have an aid station..

Course Route

- Participants must stick to the course as outlined by the race officials. The event course is well marked with pin flags, ribbon and signage.

Outside Assistance

- You are racing this event as a solo athlete, to that end, no outside assistance is permitted during the race. Acceptance of outside help, be it from a volunteer, spectator, medical personnel, bystander, race staff etc will result in immediate disqualification. See next two points for the only deviations from this.

Registered Racer Assistance/Checkpoint Assistance

- All participants are allowed assistance at any point during the race from another registered and ranked participant still participating in the race. All participants are allowed assistance from a volunteer, race staff or medical personnel at the checkpoint(s)/ Aid Station(s)

Self Sufficiency

- You must start and finish the race with everything you plan to carry, no littering or leaving anything behind on the course (aside from designated garbages at Aid Stations). If you started the race with it you must finish the race with it.

Aid Station Fuel

- Aid Station(s) will have hydration and caloric replacements available to race participants, helping yourself is permitted. Do not rely on Aid Stations for all of your fuel and hydration needs, pack accordingly.

Littering

- Littering on the course will result in immediate disqualification.

DNF

- Any competitor that drops out of the race must notify the nearest volunteer or race official immediately.

Medical

- AIRaceLAB Inc is not responsible for any medical coverage for participants, nor costs incurred by participants for any emergency and/or medical treatment sought, or given, as a result of an injury from the event. It is the participant's responsibility to provide their own sufficient medical coverage.

Evacuation

- If evacuation from the course is needed in the event of an emergency, any and all costs incurred are the responsibility of the racer (you). This may include, but is not limited to ground crew rescue, helicopter rescue, RCMP, search costs etc.

Minotaur Tattoo

- All finishers will be branded with a Minotaur tattoo immediately after crossing the finish line, ok, that's not true, but credit to you for reading the rules and regulations!

Course Modification/Cessation of Event

- Naturally presented hazards such as, but not limited to, landslides, inclement weather, lightening, rock fall, may result in course modification and/or cessation of the event. This is an accepted risk of participation, no refunds and/or future credits are applied in such a case.

Abuse

- Abuse of any type- verbal, physical or emotional to any volunteer, race official, or fellow participant will result in immediate disqualification and a ban from all future AIRaceLab Inc events

Mandatory Gear

- All racers must carry with them at all times the following items: ***Means to drink and carry water, (this is a cup-less event), toque (warm head covering) and wind/water resistant jacket, emergency/space blanket.*** Racers must wear/pack clothing based on the weather conditions in the forecast for the day and/or presented at the race start in the morning. You will be high in the mountains and possibly amongst completely different weather than what the start line presents, BE PREPARED! In the event of a rescue being needed you may be isolated for many hours before rescue is able to arrive on scene on the mountains, it is essential you are able to take care of yourself before their arrival.

Additional Gear/Recommended Gear

- Depending on final course and weather conditions race officials may require participants to carry additional mandatory gear on race morning.

Wildlife

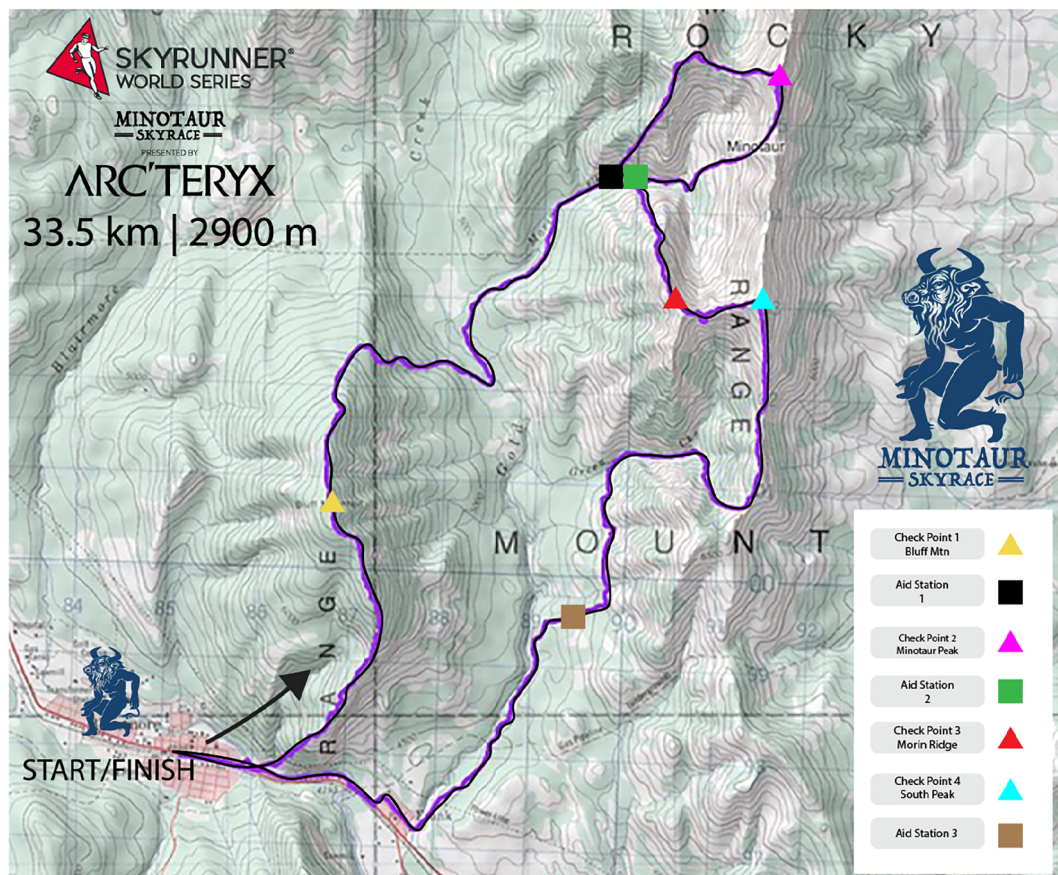
- The race course(s) take you into the wilderness and remote locations, please be respectful of other trail users, and all wildlife. Always give the right of way and respectful space to any wildlife encountered. Bearspray is recommended. Report any wildlife encounters to race staff/volunteers at your next available opportunity.

Anti-doping

- AIRaceLAB Inc reserves the right to carry out doping controls as per <https://www.skyrunning.com/anti-doping-guide-lines/>

Final Authority

- Any and all questions about the rules and regulations must be questioned to the Race Director, the Race Director is the final authority on enforcing the rules and regulations.



CP1 Summit of Bluff:
 5 km from start
 900 m of climbing from start

XACT Aid Station 1:
 12.2 km from start
 1000 m of climbing from start

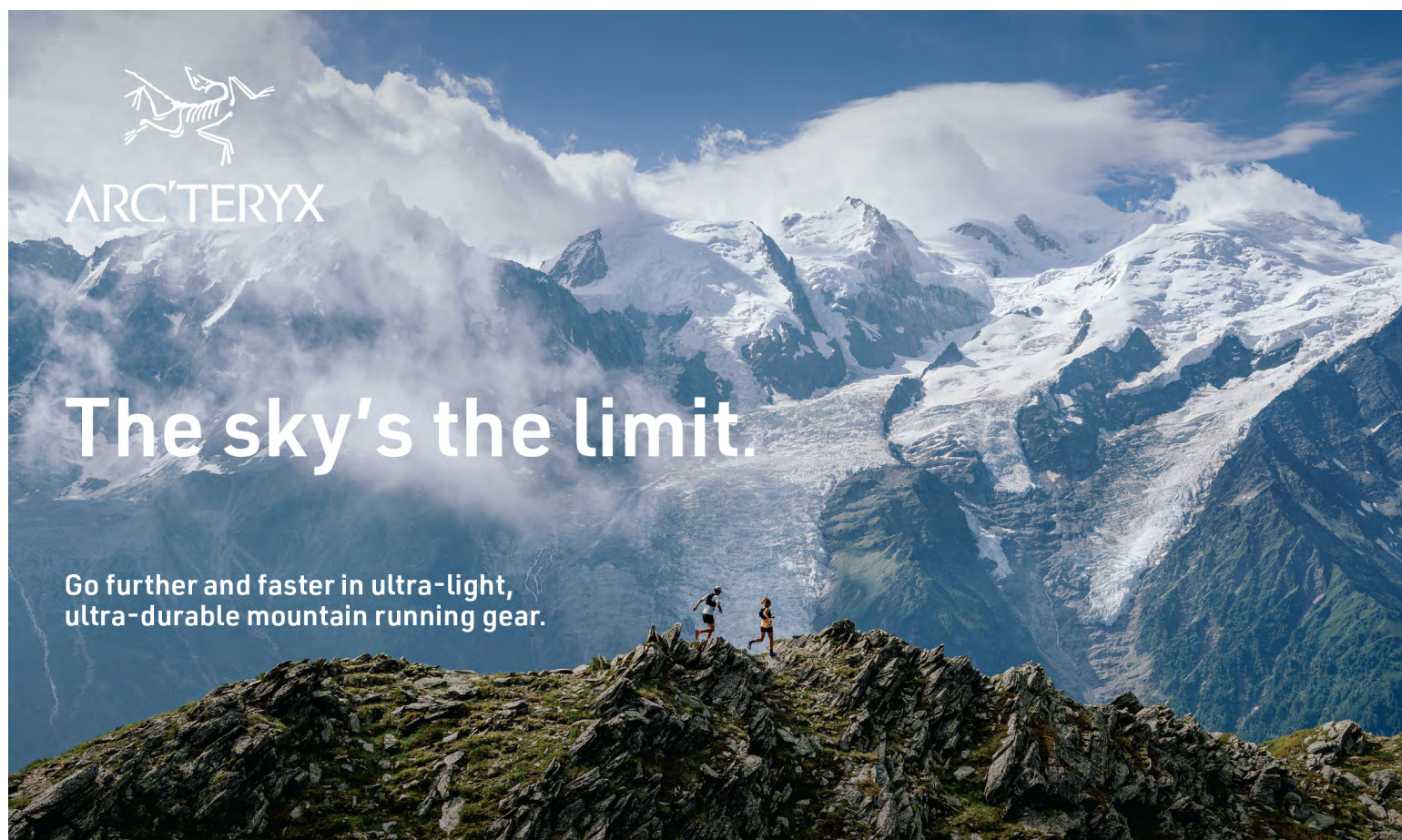
CP2 Minotaur Peak
 15 km from start
 1700 m of climbing from start

XACT Aid Station 2:
 17.5 km from start
 1700 m of climbing from start

CP3 Morin Ridge
 19 km from start
 2690 m of climbing from start

CP4 South Peak
 21 km from start
 2850 m of climbing from start

XACT Aid Station 3:
 28 km from start
 2850 m of climbing from start



Make sure to stop by the Arc'teryx tent at our Brand Village on Saturday to chat about gear and demo some shoes that are made for Minotaur terrain!

BRAND VILLAGE, FOOD, AND RECOVERY LOUNGE

Be sure to check out the Pass Beer Co sponsored beer & beverage gardens at our start/finish area on June 22.

The Arc'teryx booth will be also be on site, make sure to check out some of their demo fleet. We will also be selling Minotaur Merch at the start/finish area, and spry will have special race weekend hours for all of your gear related needs.

Of course, no event in Crowsnest Pass would be complete without the delectable home baked goods and all day breakfast selections from Stone's Throw Cafe. Be sure to pay them a visit at 13019 20 Ave, Blairmore (just a Stone's Throw from our start/finish area.)

We will also a few food trucks on site, and of course the XACT Nutrition recovery lounge for your apres race recuperation.



Apres race vibes at the xact recovery lounge.



Awards Ceremony

Cash prizing is available for the top 10 male and female finishers of Minotaur SkyRace, and for the top 3 male and female finishers of Mini-Taur 10 km. Age group winners (top 3) will also be recognized for both events, as well as winners of non-binary categories. Make sure to stick around for the Awards Ceremony at 6:10 pm at the finish area, to cheer on the winners, and maybe even to collect your prize! A huge thank you to all of our Podium Sponsors. **In lieu of finish line medals, we are proud to support Tree Canada by donating a seedling for every finisher - thank you for supporting this initiative and for helping to grow our Finish Line Forest! In 2023, we donated just over 500 seedlings to Tree Canada as the result of our event.**

MINOTAUR SKYRACE PRESENTED BY ARC'TERYX

Cash Prizing for Top 10 Male & Female Finishers

- 1st place \$1400 (each) sponsored by Arc'teryx
- 2nd place \$840 (each) sponsored by spry
- 3rd place \$560 (each) sponsored by The Pass Beer Co
- 4th place \$420 (each) sponsored by Crowsnest Coffee Company
- 5th place \$280 (each) sponsored by Crowsnest Pantry
- 6th place \$140 (each) sponsored by Steep Peak Kombucha
- 7th place \$140 (each) sponsored by Kari Lehr Art
- 8th place \$140 (each) sponsored by The Bare Co
- 9th place \$140 (each) sponsored by TBD
- 10th place \$140 (each) sponsored by Alpenglouw Woodworks

Amounts are in CDN



MINI-TAUR 10 KM

Cash prizing for Top 3 Male and Female Finishers

1. \$500 (each)
2. \$250 (each)
3. \$100 (each)

Sponsored by:



A huge thank to you to our local Podium Sponsors for their support.

VOLUNTEER

The Minotaur SkyRace and Mini-Taur 10 km take place on June 22, 2024 in Crowsnest Pass, AB and we are looking for a wide range of volunteers (Mino-Teers) to help make it happen!

In addition to the amazing experience of partaking in a world class event, all volunteers receive some cool race schwag and a \$25 gift card from spry.

We have many positions available, both in town and out on the course:

Town Volunteers:

Friday, June 21, 12:00 pm - 8:00 pm:

Race package pick-up at spry

Saturday, June 22, 8:30 am - 12:30 pm:

Race package pick-up at spry

Saturday June 22, 10 am - 6:00 pm:

Start/finish line support

Saturday June 22 4:30 pm-6:00 pm:

Awards Ceremony

Friday & Sat ongoing:

Set up/ Clean up

Field Volunteers*

- Aid Station Volunteers
- Checkpoint volunteers
- In town course marshals

* Field volunteers must be physically fit and experienced in the remote wilderness.

* Please contact us to learn more about field volunteer opportunities, aid stations and checkpoints are remote access and require larger time commitment.

Please email us if you'd like to volunteer or need more information.

HQ@MEETTHEMINOTAUR.COM



SCHEDULE 2024

20TH ANNIVERSARY

**ANCANTILADOS
DEL NORTE**
MARCH 2
SPAIN

**CALAMORRO
SKYRACE**
APRIL 6
SPAIN

**SKYRACE DES
MATHEYSINS**
MAY 5
FRANCE

**SKYRACE DES
GORGES DU TARN**
MAY 18
FRANCE

**ORIZABA
SKYRACE**
MAY 26
MEXICO

**HOCHKÖNIGMAN
SKYRACE**
JUNE 1
AUSTRIA

**MADEIRA
SKYRACE**
JUNE 15
PORTUGAL

**MINOTAUR
SKYRACE**
JUNE 22
CANADA

**SKYRACE DU
MERCANTOUR**
JUNE 23
FRANCE

**KAISERKRONE
SKYRACE**
JUNE 29
AUSTRIA

**CORDILLERA
BLANCA SKYRACE**
JULY 7
PERU

**MATTERHORN
ULTRA XS EXTREME**
AUGUST 23
SWITZERLAND

**TROFEO
KIMA**
AUGUST 24
ITALY

**MAGA
SKYMARATHON**
SEPTEMBER 22
ITALY

**GORBEIA
SUZIE**
SEPTEMBER 28
SPAIN

**INTHANON
SKYRACE**
OCTOBER 5
THAILAND

**2 PEAKS
SKYRACE**
OCTOBER 26
SOUTH KOREA

**EDP SOBRESOBIO
SKYRACE**
OCTOBER 27
SPAIN

**KAILAS PENANG
SKYRACE**
NOVEMBER 2
MALAYSIA

**SAGALASSOS
SKYRACE**
NOVEMBER 9
TURKEY



**MARATÓ DELS
DEMENTS**
NOVEMBER 16
SPAIN

QUESTIONS?

We will do our best to keep you updated with news about the race, but please make sure to sign up for our Racer Updates via our website: www.meettheminotaur.com



hq@meettheminotaur.com



ARC'TERYX



THE SYLLAN SHOE

PROPEL YOUR
MOUNTAIN RUNS.