

# MINOTAUR == SKYRACE ==



PRESENTED BY



ARC'TERYX

Everything you need to know about  
one of the season's toughest races.



INTERNATIONAL  
SKYRUNNING  
FEDERATION

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# HELLO!

Thanks for signing to Meet the Minotaur! This is a big year to Meet the Minotaur, as we have introduced a new event... the Minotaur VK, hosted at Castle Mountain Resort. We are also excited to announce that Minotaur SkyRace is the host race for the Canadian National Skyrunning Championships, and the Mini-Taur 10 km is the North and Central American Youth Skyrunning Championships. We have also introduced the Minotaur Trifecta, a special option for those who want to take on all 3 events. Triple suffering = triple the fun!

We look forward to welcoming athletes from all over the world, and to hosting a world class field. Whether you're looking to get on the podium, or to simply have an epic day in the mountains, we hope you feel proud for just getting to the start line!

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](mailto:hq@meettheminotaur.com)

Looking forward to seeing you soon!  
Your Minotaur Crew

”

A woman is captured in a dynamic running pose on a steep, rocky mountain trail. She is wearing a white baseball cap, a dark grey sleeveless athletic top, and olive green shorts. Her right leg is extended forward, and her left leg is pushing off the ground. She is wearing a watch on her left wrist and light-colored running shoes. The background shows a rugged, rocky landscape under a clear sky, with the sun casting long shadows on the ground.

# IT'S GO TIME.

Grueling, competitive, fast, and fun — the Minotaur SkyRace is a bucket-list event, gathering a community of mountain runners and testing them against the very best. Welcome to the event of a lifetime.

Good luck, have fun, and we'll see you at the finish line.

# TITLE SPONSOR



## ARC'TERYX

Our partnership with Arc'teryx began in 2022, and we are thrilled to see it continue! Please be sure to visit them at our brand village, and check out the Arc'teryx Athletes Panel hosted before the race. The Arc'teryx After Party will be hosted at Pass Beer Co, stay tuned for details.



# EVENT SPONSOR



There's a difference  
between just **having signal**  
and **having a plan.**

zoleo

When staying connected and having a reliable way to reach for help matters off-grid, only **ZOLEO** is built for real-world conditions.

**ZOLEO** is peace of mind, everywhere you go.



**ALWAYS REACHABLE WHEN IT MATTERS**

Even beyond coverage, ZOLEO lets you send and receive messages globally without falling in and out of service or wondering if your messages go through.



**A TRUE SAFETY BACKUP**

24/7 monitored SOS sends real-time updates to responders every 6 minutes during an active alert. For non-emergency situations, Medical Assist provides 24/7 access to medical personnel.



**LOCATION SHARING THAT KEEPS PEOPLE IN THE LOOP**

Share your location and route progress with loved ones so someone always knows where you are, and where you're headed.



**CHECK-INS THAT REMOVE THE GUESSWORK**

Let people know you're OK with a single message. Simple, expected, and reliable every time.



**POWER THAT LASTS THE WHOLE TRIP**

Rugged, weather-resistant design with multi-day battery life. Made for cold mornings, rainy weather, long days, and everything in between.

Don't mistake convenience for capability. Explore more at [ZOLEO.COM](https://www.zoleo.com)

# EVENT SPONSOR



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

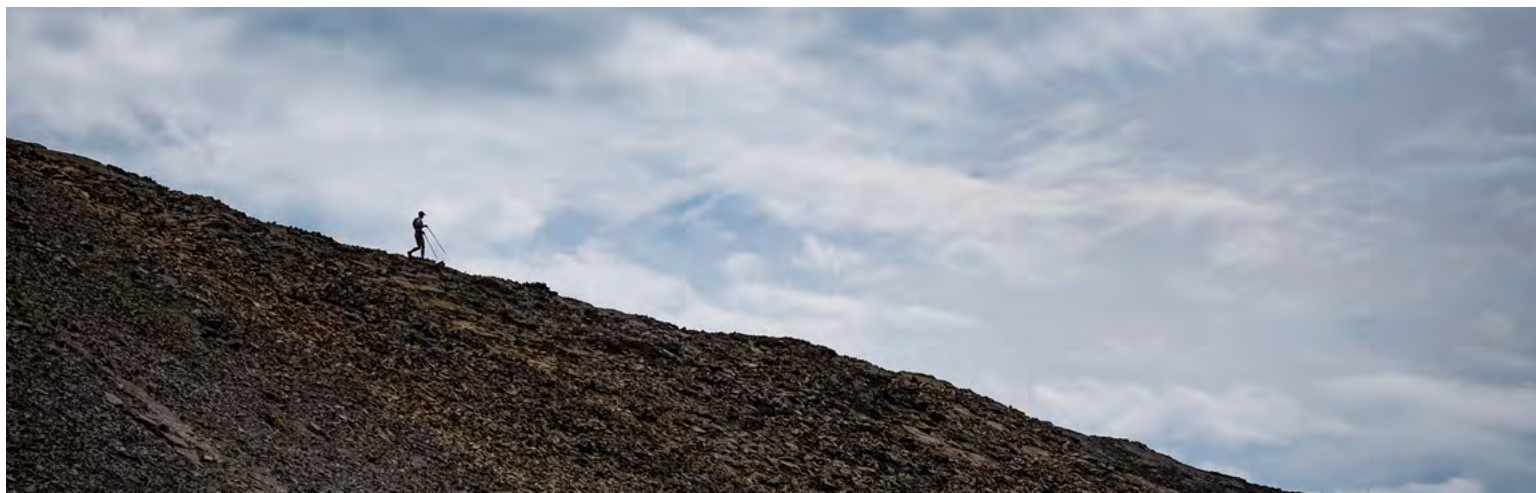
Pass Beer Co has been a long time supporter of our event, and will be providing cash prizes for third place winners of Minotaur SkyRace.

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. All volunteers will receive a \$25 gift card to Pass Beer Co.*

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



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

# SHOP LOCAL

## 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 in Blairmore.*



Bulk bins, healthy snacks, convenient meals, fresh produce, local products, and friendly staff! We love The Crowsnest Pantry.

The Crowsnest Pantry is here to help for your pre-race snacks and post-race nutrition. Whether you're looking for a convenient pre-race meal, nutritious race day snacks, or a re-fill of your favourite bulk item, they've got you covered.

A huge thank you to The Crowsnest Pantry for being a long time supporter of Minotaur SkyRace!



*Shop local and eat fresh at The Crowsnest Pantry. Located at 11777 20th Ave in Blairmore.*

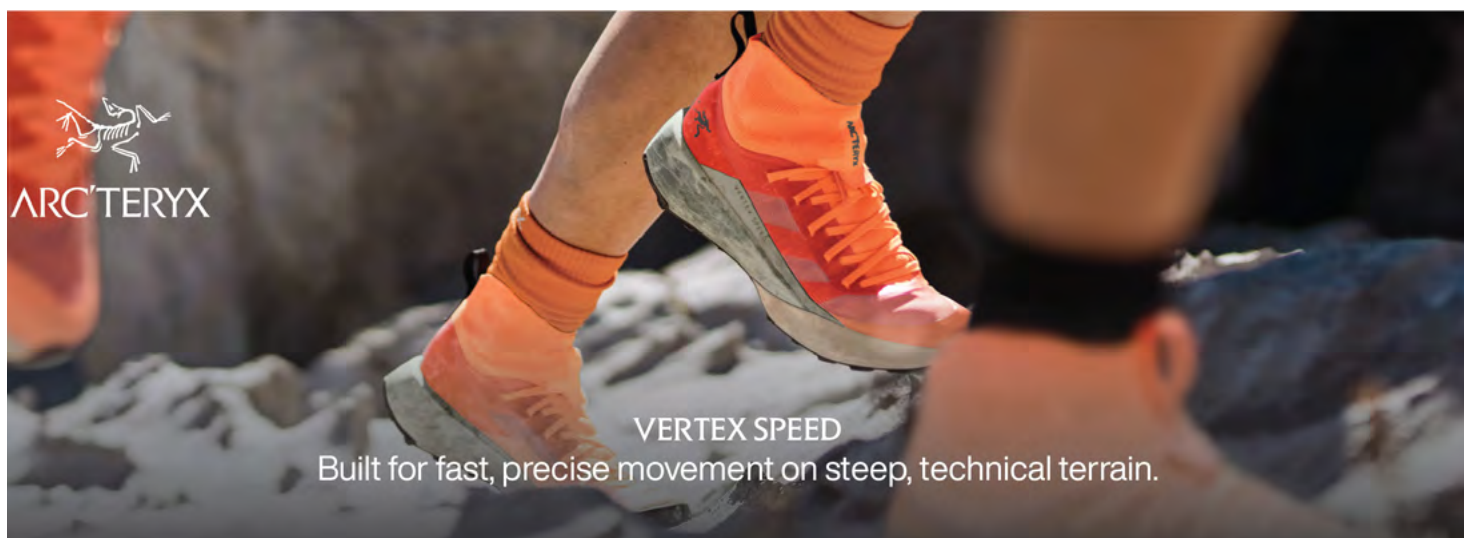
# PACKAGE PICK-UP

## Crowsnest Pass Community Hall 2025 129 st, Blairmore, ToK oEo

Package pick up for all distances will take place at the Crowsnest Community Hall, located by centre access in Blairmore. Please see the schedule (next page) for complete details.



*\*New location for package pickup\* Participants must pick up their package in person, last minute package pick-up will be available. Race packages consist of your timing chip and bib, and the completion of your waiver (mandatory) and a voluntary medical form.*



# SCHEDULE

## Minotaur VK

**Date:** Fri, June 26, 2026  
**Start/Finish location:** Castle Mountain Resort  
**Start time:** 1:00 pm  
**Cut-off:** 3 hours  
**Course closure:** 4pm

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**Package Pickup:** Please have your ID with you. Minors require parental/guardian present to sign waiver.

**Date/Time:** Thursday, June 25, noon- 5:00 pm

**Location:** Crowsnest Pass Community Hall (2025 129 St, Blairmore, AB ToK oEo)

**Last Minute Package Pick-up:** Friday, June 26 12:00 pm - 12:30 pm at Castle Mountain Resort. If you need to pick-up last minute, please to let us know in advance.

**Pre-race meeting:** Friday, June 26 at 12:40 pm at START AREA.

**Awards:** TBA

## Minotaur SkyRace

**Date:** Sat, June 27, 2026  
**Start/Finish location:** Crowsnest Pass Gazebo Park  
**Start time:** 7:00 am  
**Cut-off:** 12 hours  
**Course closure:** 7 pm

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**Package Pickup:** Please have your ID with you.

**Date/Time:** Friday, June 26 noon-8:00 pm

**Location:** Crowsnest Pass Community Hall (2025 129 St, Blairmore, AB ToK oEo)

**Last Minute Package Pick-up:** Saturday, June 27 6:00 am - 6:30 am at the start/finish area. If you need to pick-up on Sat, please to let us know in advance.

**Mandatory Pre-Race Meeting:** Saturday, June 27 at 6:40 am at START AREA.

**Official Race Start:** Saturday, June 27 at 7:00 am at START AREA.

**Awards:** TBA

## Mini-Taur 10 km

**Date:** Sun, June 28, 2026  
**Start/Finish location:** Crowsnest Pass, Gazebo Park  
**Start time:** 8:00 am  
**Cut-off:** 5 hours  
**Course closure:** 1 pm

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**Package Pickup:** Please have your ID with you. Minors require parental/guardian present to sign waiver.

**Date/Time:** Friday, June 26 noon-8:00 pm and Saturday, June 27 noon-8:00 pm

**Location:** Crowsnest Pass Community Hall (2025 129 St, Blairmore, AB ToK oEo).

**Last Minute Package Pick-up:** Sunday, June 28, 7:00 am-7:30 am at START/FINISH area. If you need to pick-up last minute, please to let us know in advance.

**Mandatory Pre-Race Meeting:** Sunday, June 28 at 7:40 am at START AREA.

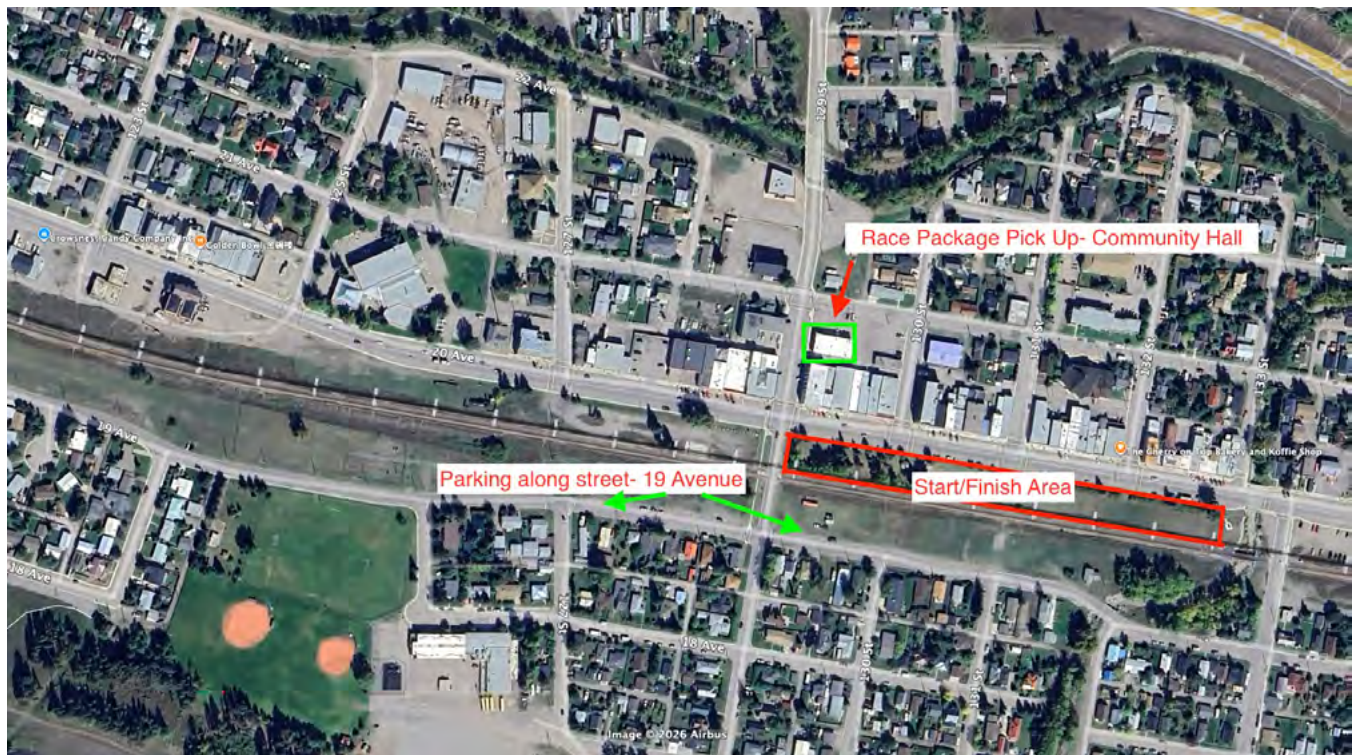
**Official Race Start:** Sunday, June 28 at 8:00 am at START AREA.

**Awards:** TBA

# 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.

- The red rectangle indicates the start/finish area
- The Crowsnest Community Hall is outlined in green



## SITE LOGISTICS

- Porta potties will be available at START/FINISH Area and PARKING 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.

# BEFORE THE RACE

As a participant of Minotaur SkyRace, presented by Arc'teryx, and/or Mini-Taur 10km/Minotaur VK, 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.

### Crowsnest Pass Visitor Guide

Check out the 2026 Crowsnest Pass Visitor Guide below, by clicking [here](#).



## Terms and Conditions

### Refunds and Race Withdrawal

Participants who can no longer partake in the 2026 event are eligible for a 50% refund until March 31, 2026.

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 20. 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, Minotaur SkyRace, Mini-Taur 10 km, Minotaur VK, 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

# 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](mailto:hq@meettheminotaur.com)

# Minotaur VK

Distance: 4 km | Elevation Gain: 970 m (3182 ft) | Time limit: 3 hours



**New event! The Minotaur VK will take place on Friday, June 26, at Castle Mountain Resort. This event is part of the International Skyrunning Federation VK OPEN World Cup**

The Minotaur VK is a self-supported race, this means no aid stations! Racers are expected to carry everything they need for this wilderness race

Brand new for 2026, the Minotaur VK! Kick off your Minotaur weekend with a challenging International Skyrunning Federation certified Vertical Kilometer® course hosted at Castle Mountain Resort.

The race will start at the base of Castle mountain resort at an elevation of 1425m. As soon as the gun start will be heard you will be heading up the North Run, a wide ski trail with a gentle incline for the first 900 metres of the race that brings you up and around the green chair to the first, short, but steep incline of the race. The terrain gets back to a more runnable incline for the next 300 metres and from there you will need to make a sharp left turn to start a steep ascent that will bring you to the next 2 switch backs approximately 1.8 km into the race. On your left, you will be able to see the majestic Barnaby range with its multiple summits and purple colours that stretches over multiple kilometres. After those two switch backs, you will be on your way to the bottom of red chair at an elevation of 1900 metres and 2.5 km into the race. Next you will go up to the right of the red chair and pass under it on this really steep section that will bring you to the bottom of tamarack bowl that in turn will lead you to the summit of Castle mountain resort. The ascent of the Tamarack bowl will be gruelling to say the least. 1.5 km going straight up a mix of scree and talus ( maybe snow ) all the way to the summit and you will gain nearly 500 metres of elevation over that distance On your way to the summit you will be surrounded by some of the great ski terrain that Castle mountain resort has to offer during the ski season. Let's not forget the amazing tamarack trees that the bowl got its name from. A coniferous tree that turns yellow and loses its needles in the fall! Once at the top of red chair you will have an amazing view of Haig mountain that will be to your left as you are negotiating the last 100 metres of the course. Congratulation! You are at the summit! 2391 metres above sea level. Do not forget to look around as the scenery is absolutely stunning!

## THE WAY DOWN

Obviously, everything that goes up must come down!

That part of the course will differ a bit from the uphill that you will have just went through. We want to give you the chance to soak in the achievement and scenery as you are heading down the mountain ( no operational chair lift at this time of year. )

From the summit you will head down 100 metres to the top of red chair and make your way on a ramp heading north on the skyline traverse which passes below North peak and above the largest and steepest bowl at Castle mountain resort ( the sheriff bowl ). Once you get to the ski run called Bandito, you will take a right and head down until you hit a long traverse and turn right on it. You will be passing at the bottom of the bowl that you were just above earlier. This will lead you back to the bottom of red chair where things might look familiar. From there you will be directed on to the north run ( same route as uphill ) until you hit the run Easy way, where you will turn right and follow it to the bottom of the hill back to the lodge. As you come down you will notice that the theme of the hill for naming the runs are about the far west and its animals. Enjoy!

# MINI-TAUR 10 km



2026 N&C AMERICA  
**SKYRUNNING**  
YOUTH CHAMPS

**10.5 KM | 950 M | 5 hour cut-off**  
**12:45 pm mandatory pre-race meeting | 1:00 pm race start**  
**June 21, Crowsnest Pass, AB**

**The Mini-Taur 10 km is Canada's hardest 10 kilometer race and the host race to the Youth North and Central American Skyrunning Championships.**

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.

1.5  
KM

3  
KM

4.5  
KM

6  
KM

7.5  
KM

9  
KM

10.5  
KM

# MINOTAUR

Saturday, June 27, 2026  
Crowsnest Pass, AB  
6:45 am mandatory pre-race meeting  
7:00 am start

**MINOTAUR**  
== SKYRACE ==

PRESENTED BY  
  
ARC'TERYX



**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)**

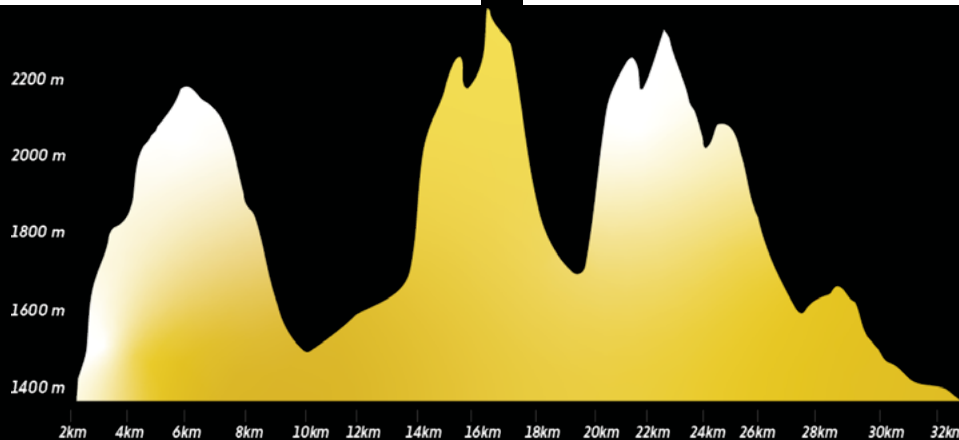
*Located: 17.5 km into the course, approx 700 m elevation gain between Aid Stations 1 & 2.*

#### **XACT Aid Station 3 NEW cut-off in place: 6:00 pm (11 hours)**

*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 XACT Nutrition for sharing their recommendations.

## Race Fuelling Recommendations by: XACT NUTRITION

The Minotaur SkyRace is unlike any other race in North America. As the host race for the Canadian Skyrunning Championships, this event is defined by its altitude, technical terrain, and extreme physical demands. With a course spanning 33.5 km and 2900 m of elevation gain, and a generous 12-hour cutoff, this is no ordinary trail run—it's an endurance challenge demanding ultra-distance fueling strategies. Here's how to fuel your best performance for this legendary 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 Race Day: Build Your Glycogen Stores

While ultramarathon fueling is focused heavily on what happens during the race, starting topped up is critical. In the days leading up to the Minotaur, reduce your training load and focus on carbohydrate-rich meals like pasta, rice, potatoes, and fruit. These help build your glycogen stores, the primary source of energy during high-output effort.

Don't neglect vegetables—they provide essential micronutrients—but don't overdo it. You want to support digestion, not overload it. A few smart, carb-rich meals can make a big difference come race day.

# AID STATIONS

## Pre-race dinner: Keep It Familiar, Keep It Simple

Your last dinner before race morning is your final opportunity to top off glycogen levels. Keep it simple and stick to familiar foods. Avoid heavy fats, excess protein, and high fiber. White pasta? It's a go.

If you're traveling, prep or scout a pasta-friendly spot in town ahead of time. Eat early enough to give your body time to settle and rest—this is especially important with a 6 AM start that may have you waking up at 2 or 3 AM. And yes, skip alcohol and go light on caffeine—save that celebratory drink for the finish line.

## Race Morning: Fuel Without Overloading

You need fuel to start strong—but not so much that you're uncomfortable climbing technical trails on a full stomach. A balanced breakfast with slow and fast-acting carbs is key.

Suggested pre-race breakfast options:

- Bagel with jam or nut butter
- Oatmeal with banana or maple syrup
- A small energy bar if you're short on time

Have breakfast 2–3 hours before the start, and if you normally have coffee, you can enjoy your usual cup—caffeine has been shown to improve endurance by reducing perceived effort.

## Fuelling your race: Start Early, Fuel Often

Think ultra, not trail 30K. Your fueling strategy should reflect the expected duration and intensity of the event. Start early—don't wait until you feel hungry or tired. Consider setting reminders on your watch to stay consistent.

## Fuelling your race cont:

Fueling guidelines:

- Aim for 100 calories of simple carbohydrates every 45 minutes
- Start with a XACT ENERGY fruit bar or gel 15–30 minutes before the start
- Consider setting reminders on your watch to stay consistent

XACT ENERGY fruit bars deliver exactly 100 calories and are formulated to be easy to eat and digest, even on technical terrain. Depending on your pace and effort level, you may benefit from fueling more frequently—some elite athletes consume a bar every 15–20 minutes during intense efforts.

Tips for eating on technical terrain:

- Downhill sections are great moments to eat if your breathing is more relaxed
- Use power-hike sections or flatter terrain to unwrap and chew bars more comfortably
- Practice during long runs to build your fueling rhythm and identify what works best for you

## Hydration: Be Prepared for Exposure

Hydration should follow the same philosophy: start early, sip regularly. The course is exposed and technical—weather conditions can shift quickly. There's no need to overhydrate, but don't underestimate the challenge of staying cool and steady on sun-exposed ridgelines.

- Carry sufficient water for each segment
- Electrolytes can help with both fluid retention and performance
- Consider adding an extra soft flask or bladder if temps are high

# AID STATIONS

## On-Course Fueling: Plan for Self-Sufficiency

The Minotaur SkyRace is remote and rugged. You'll find three XACT-supported aid stations, but they're spaced far apart. Be self-reliant and plan accordingly.

### Aid Station Details:

**Aid Station 1: 12.2 km / 1000 m gain**

**Aid Station 2: 17.5 km / 700 m gain**

**Aid Station 3: 29 km / 1000 m gain**

**Finish Line: 33.5 km / 200 m gain**

### Each aid station includes:

- XACT ENERGY fruit bars
- XACT Electrolyte drink
- Water
- Bananas/oranges
- Chips

If it takes you two hours or more to reach the first station, you should have already consumed at least 200 calories and be ready for another serving on arrival. Bring enough to cover long gaps between stations.

## Post-Race Recovery: Refuel, Rehydrate, Rebuild

Once you cross the line, congratulations—you've just completed one of the toughest SkyRaces in the world. Now it's time to recover smart.

Recovery checklist:

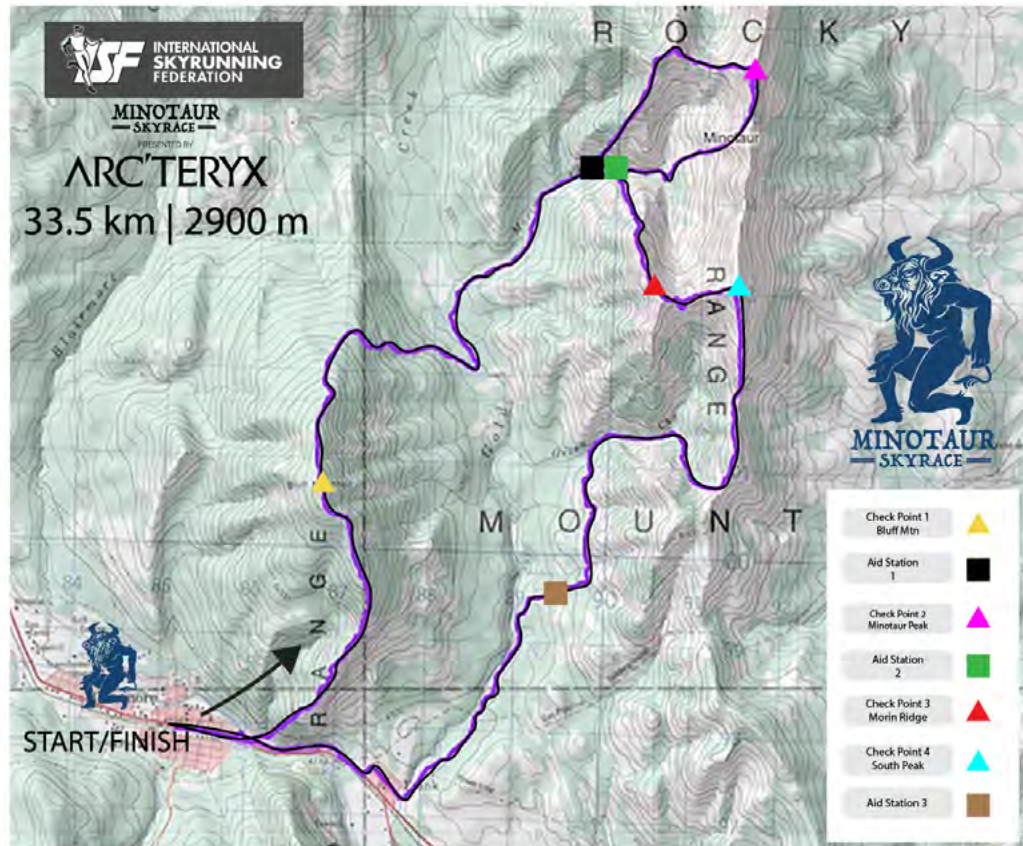
- XACT PROTEIN wafer: 15g protein + 18g carbs
- Banana or carb source to replenish glycogen
- Water and electrolytes to replace fluids lost through sweat

Even in cool weather, you'll have sweat significantly—especially at altitude. Aim to drink steadily for the next couple of hours. Once you've had a protein hit, some carbs, and a litre or two of fluid... that post-race beer will taste even better. The XACT Nutrition team will be waiting to welcome you at the finish line. See you there.



A big thank you to XACT for being the longtime nutrition partner for Minotaur SkyRace!  
#fuelyourgoals

# COURSE MAP



- 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

## 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 NEW cut-off in place: 6:00 pm (11 hours)**  
*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.*



# 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 and 3 hours to complete the Minotaur VK.. 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

### **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.

# VOLUNTEER

We are looking for volunteers for the Minotaur VK (June 26), Minotaur SkyRace (June 27) and Mini-Taur 10 km (June 28). All volunteers receive a gift certificate to Pass Beer Co, and a Minotaur gift.

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

## Town Volunteers:

### Package Pickup at Crowsnest Community Hall:

Thurs, June 25: noon-5:00 pm

Fri, June 26: noon-8:00 pm

Sat, June 27: noon-8:00 pm

### Start/finish line support:

Minotaur Skyrace, Saturday June 27, 10 am - 6:00 pm

Mini-Taur 10 km: Sunday, June 28 8:30 am- 1:00 pm

### Friday & Sat ongoing:

Set up/ Clean up

## Field Volunteers\*

- Aid Station Volunteers
- Checkpoint volunteers
- In town course marshals
- Positions available June 26, June 27, June 28

\* 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



# 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 and Minotaur VK. 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! Read more about this initiative on page 20.**

## MINOTAUR = SKYRACE =

PRESENTED BY

# ARC'TERYX

Cash prizing for Top 10 male  
and female finishers

- 1st place \$1400 (each) sponsored by Arc'teryx
- 2nd place \$840 (each) sponsored by ZOLEO
- 3rd place \$560 (each) sponsored by Pass Beer Co
- 4th place \$420 (each) sponsored by spry
- 5th place \$280 (each) sponsored by K & M Custom Homes
- 6th place \$140 (each) sponsored by Crowsnest Coffee Company
- 7th place \$140 (each) sponsored by Fitzco Plumbing and Heating
- 8th place \$140 (each) sponsored by Stone's Throw Cafe
- 9th place \$140 (each) sponsored by TBA
- 10th place \$140 (each) sponsored by TBA

Amounts are in CDN

*Amounts are in CDN*



INTERNATIONAL  
SKYRUNNING  
FEDERATION

# Our Finish Line Forest:

A message from Tree Canada:

Tree Canada is thrilled to be chosen as Minotaur SkyRace's official charity partner for the third consecutive year. This ongoing collaboration highlights our shared commitment to environmental preservation and community engagement. Tree Canada is proud to be part of an event that promotes both physical health and environmental well-being, furthering its work to foster greener environments across Canada.

Tree Canada and Minotaur SkyRace have made remarkable strides together, and their partnership has raised \$5,765 since 2023 to support riparian planting projects within the Piikani Nation, located in southwestern Alberta's Oldman River watershed. The initiative focuses on stabilizing riverbanks, reducing erosion, and protecting endangered fish habitats, while enhancing the cottonwood ecosystem. The project improves water quality and local wildlife habitats and strengthens traditional practices like hunting and fishing.

Tree Canada and Minotaur SkyRace will be planting a tree for each finisher, replacing traditional medals with this symbolic gesture. The goal is to create a mini forest, further emphasizing our collective commitment to environmental sustainability.

Looking ahead, the 2025 race promises to be even more exciting and impactful, as we continue to work together for a greener, healthier future!



MinotaurSkyRace and Mini-Taur 10 km might get you up high in the mountains, but racers will enjoy moving through beautiful forested sections of both courses. Thank you for supporting our Finish Line Forest and forgoing your finish line medal in order to grow this initiative.



*ea, don't miss it!*

# 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](http://www.meettheminotaur.com)



[hq@meettheminotaur.com](mailto:hq@meettheminotaur.com)



“The Vertex Speed is an ideal shoe for a race like the Minotaur.”

—Emma Cook-Clarke, 2024 Minotaur  
Skyrace Champion



ARC'TERYX