



Beaver Flat 50

Racer Handbook

September 14, 2024 – Saskatchewan Landing Provincial Park

Brought to you by Prairie Sky Running Co and our partners



TABLE OF CONTENTS

WELCOME	PAGE 3
DIVERSITY & INCLUSION	PAGE 4
PROVINCIAL MOUNTAIN AND TRAIL RUNNING CHAMPIONSHIPS	PAGE 6
GETTING RACE READY	PAGE 7
○ Directions to the Race	
○ Accommodations	
○ Vehicle Entry Permits	
REFUND POLICY	PAGE 8
VOLUNTEERS	PAGE 9
RACE WEEKEND INFO & SCHEDULE	PAGE 10
○ The Big Tent	
○ Mandatory Race Kit Pickup	
○ Merch Pickup	
○ Parking	
○ Race Day Schedule	PAGE 11
○ Awards & Prizes	
RACE DETAILS	PAGE 12
○ The Route	
○ Course Markings	
○ Cut-off Times	
○ Aid Stations	PAGE 13
○ Support	
○ Crew	
○ Drop Bags	
○ Timing & Results	
○ First Aid	
○ Recommended Gear	
○ Food & Beverage	
RACE RULES	PAGE 17
WITHDRAWING WHILE ON COURSE	PAGE 18
STORE & SWAG	PAGE 19
OUR SPONSORS & PARTNERS	PAGE 20
CONTACT DETAILS	PAGE 20

WELCOME

Our team at Prairie Sky Running Co. is pleased to bring you a race that will challenge your assumption about running in the prairies.

Welcome to the breathtaking canvas of nature's muted fall colors, where physical and mental fortitude will meet to face the day, and where broken spirits will weep under the clouds of an infinite sky. As you bound through a sea of gold and green, take a moment to relish the beautiful thinking time ahead.

In these hallowed grounds, each hill holds stories that echo through time, waiting to be unearthed like songs of old. As your feet carry you forward and your thoughts accompany you, embrace the history that lingers in every stride. Take a moment to acknowledge the deep-rooted knowledge and stewardship of the Indigenous communities whose traditions have been intricately tied to this landscape for millennia. In acknowledging the past, we embrace the present and foster a commitment to healing the wounds of history, forging a path towards reconciliation.

This is the Beaver Flat 50, where prairie vistas become the backdrop of a celebration of human potential. With each stride, you breathe life into the legacy of those who came before and inspire the hearts of those yet to come. Let your spirits soar and your laughter dance upon the wind.

Together we are reaching new heights on the prairies.



DIVERSITY & INCLUSION

Prairie Sky Running Co. is committed to creating an inclusive event for all participants. One key element of our race that keeps people coming back is the community. We strive to ensure all participants feel a sense of belonging, are treated with respect, and bring their whole awesome selves to race day!

Inclusive Space

Prairie Sky Running has a zero tolerance for harassment and discrimination. This means racers, fans and volunteers must be kind, respectful and caring of each other.

- Harassment is any action, conduct or comment that can reasonably be expected to cause offense, humiliation, other physical or psychological injury, or illness.
 - This can include insinuating that someone has an advantage/disadvantage because of their race, sex, gender, or disability.
 - Asking for proof of someone's sex or gender.
 - Spitting on or at someone.

- Discrimination is an action or decision that treats a person or group badly for reasons such as their race, age, gender identity, sexual orientation or disability.

- Discrimination and harassment can be direct, indirect, and subtle. Microaggressions are forms of harassment and discrimination that will be taken seriously.
 - Indirect and subtle discrimination may include staring and continuing to do so when asked to stop, intrusive questioning, or misgendering people purposefully/repeatedly.

If you witness or experience any act of harassment or discrimination, please inform race directors so we can address the situation. Prairie Sky Running Co. reserves the right to remove or restrict access to the race for any racer, fan or volunteer who does not adhere to this policy.

DIVERSITY & INCLUSION POLICY CONTINUED

ENTRANCE INFORMATION

Participants of the Beaver Flat 50 can sign up under the following categories:

- Man
- Gender diverse
 - (Non-binary, gender fluid, gender non-conforming, two-spirit, gender queer, or other)
- Woman

We will accept each participant's declared gender, and no additional supporting evidence is required. Trans people are welcome and encouraged to register in their affirming categories, regardless of gender expression. At any time, participants may log into Race Roster and change the gender they are signed up as. As with other years, we will be recognizing top 3 finishers on the podium from the various registration categories – gender, masters, etc. The top 3 from the gender diverse category will also be recognized.

As we continue to learn, we will update this policy as needed. Please inquire or provide feedback to info@pskyrunning.com.



PROVINCIAL MOUNTAIN AND TRAIL RUNNING CHAMPIONSHIPS

The first ever Saskatchewan Provincial Mountain and Trail Running Championships are being hosted by the Prairie Sky Running Company at the Beaver Flat 50. The **10k Trail Blitz**, the **Dam Hard 20k**, and the **Beaver Flat 50k** will serve as provincial championship events. All competitors in these events will be eligible to compete for gold, silver, and bronze provincial championship medals, which will be awarded based on the top three athletes in each of following categories:

U20 male and female (10k Trail Blitz only)

Senior (U35) male and female

Masters (35-44, 45-54, 55-64, etc.) male and female

For more info, visit the [Saskatchewan Athletics](https://www.saskathletics.ca/) website.



GETTING RACE READY

DIRECTIONS TO THE RACE

Do not go to Beaver Flat, Saskatchewan. The race is not there. The race is located at Saskatchewan Landing Provincial Park. Turn into the park at Goodwin House (the big old grey house on south side of bridge), follow signs to the Equestrian Campground. Do not park at Goodwin House. There will be lots of signage. Volunteers will help you find a place to park. All vehicles entering the park will be required to have a valid park pass. Have a look at the [FAQ](#) page of our website for directions and maps.



ACCOMODATIONS

Looking for a place to put up your legs before and after the race? Check out our friends at [Days Inn Swift Current](#). They are providing a discounted room rates for runners and volunteers.



Glamping - lakefront on Lake Diefenbaker in the thick of a fully treed 5.6 acres of great outdoors, [Glamping Resorts](#) offers the following accommodations: Family Canvas Cabin, Couples Canvas Cabin.

Camping - Saskatchewan Landing Provincial Park has two campgrounds open on race weekend, Riverside and Sagebrush. You can book a site by heading over to the [parks online reservation system](#). These campgrounds are located approximately 5 to 10 minutes from the start/finish line.

VEHICLE ENTRY PERMITS

Saskatchewan Landing Provincial Park

Just a reminder that all runners who visit the park to use the trails are required to purchase a vehicle entry permit. This includes race weekend. All participants will be required to have a valid vehicle entry permit if you are driving and parking in the park.

[Permits can be purchased on-line](#) or stop by the entry gate or park office to purchase one.

REFUND POLICY

- Full refunds available from January 15 - April 30, 2024.
- 50% refund available from May 1 - June 30, 2024.
- Absolutely no refunds from July 1 - September 16, 2024.
- You can transfer between distances (e.g., from 50km to 20km) from January 15 - September 1, 2024 AS LONG AS THE EVENT IS NOT FULL.
- You can transfer your bib to another runner, but you must do it through [Race Roster](#). We don't allow the personal transfer of a bib because we need racer contact information and we need people to complete the waiver for insurance purposes. You can transfer your bib from January 15 - September 1, 2024.



VOLUNTEERS

Volunteers! We've had four very successful years and we owe 110% of it to you. Thank you! Thank you! Thank you!

There are number of jobs available. Have a look at the options menu when you are [signing up on Race Roster](#). In the weeks leading up to the race, we email you the finer details of the job you signed up for. However, for some context, the day before jobs focus on putting up signage all over the place and the day after jobs will focus on de-flagging, which is a great way to see other sections of the course and/or as a recovery exercise.

For volunteering, you will receive:

- A poutine from [Smokes Pouterie](#)
- A beverage
- Something cool
- A buffet of hugs



If you are signing up for multiple jobs, please check and double check that the times of your jobs do not overlap. In the past, we have tried to accommodate these overlapping shifts but it makes things extra tricky on our end. So please make sure you are not signing up for jobs that have times that overlap. The shift time is listed in the title of each job. Please have a close look before putting a checkmark in any boxes.

We'll be able to shuttle you to and from your jobs if needed. Dress appropriately. It can snow and be +27 all in the same day.

RACE WEEKEND INFO & SCHEDULE

THE BIG TENT

Also known as “race HQ” or the “registration tent.” **New in 2024: chairs!** But seriously, come have a look in the tent. It’s going to look different than it has in previous years. There will be places to sit, maybe even a couple cots if you need to stretch out. As in previous years, it will contain a separate area where you can stash a bag, clothes, etc. And don’t forget about all that lovely merch! If you haven’t already picked up your bib, this is where you will grab it on race morning. Follow the signs.

MANDATORY RACE KIT PICKUP

Friday, September 13 - 4:30pm to 8:30pm. [NuWest Interiors](#) Swift Current, 1080 Chaplin St. W -- 306-971-6600.

Saturday, September 14 - 6:00-7:30AM. The big tent, Race HQ, Saskatchewan Landing Provincial Park

Please try to pick up your race kit on Friday. If someone is picking it up for you, send this person a text or email that they can show us at pickup. If you plan to wait and pick up your kit on Saturday morning at the race site, you do not need to let us know ahead of time. Please give yourself enough time.

MERCH PICKUP

NEW in 2024: Please bring a proof of purchase in case there is a mix-up. The easiest way to do this is take a screenshot of your email receipt and bring on your phone. You will receive your pre-order merch when pickup your race kit.

PARKING

There will be parking officials directing traffic on race morning. Please park where they direct you to park. It is important that we park in designated areas to ensure that we don’t hamper emergency access to the race site. Parking officials will be directing vehicles to **park on one side of the road only**. Please do not park on the other side. We need to reduce congestion to allow for ease of access for volunteer transport and first aid. If you park on the wrong side, you will be required to move your vehicle.

GOLF CART TAXI SERVICE: We are working on this. Stay posted.

RACE DAY SCHEDULE

7:50AM - 50K debriefing at start/finish line

8:00AM - Start of Beaver Flat 50K Ultra Marathon

6:30PM - Cut-off time for 50K runners

8:20AM - 20K debriefing at start/finish line

8:30AM - Start of Dam Hard 20K

10:30AM – Cut-off time for AS#1 for Dam Hard 20K

9:05AM - 10K debriefing at start/finish line

9:15AM - Start of 10K Trail Blitz

9:35AM - 5K debriefing at start/finish line

9:45AM - Start of 5K

12:00PM – Start of the Kids Fun Run

9:30AM - food and beverages available

AWARDS & PRIZES

5km – 11:00am

10km – 1:00pm

20km – 3:00pm

50km – 4:00pm

RACE DETAILS

THE ROUTE



[Click here for maps and GPS files for all courses.](#)

COURSE MARKINGS

- 50k runners follow the orange flags
- 20k runners follow the yellow flags
- 10k runners follow the white flags
- 5k runners follow the red flags

Follow your color and you'll be fine. It is important to follow the course markings as it may be easy to get off trail. The course will be marked with pin flags, signs and arrows.

CUT-OFF TIMES

Cut-off times strictly enforced.

50k

AS#1 Barlow	no cut-off
AS#2 Windsor Knot	11:30am
AS#3 Weetman	1:00pm
AS#4 Goodwin House	3:30pm
AS#5 Knock Knock Joke	5:30pm
Finish	6:30pm

New this year:

20k

AS#1 Barlow	11:00am (2.5 hours)
-------------	---------------------

AID STATIONS

Barlow	Aid station 1	11km
Windsor Knot	Aid station 2	16km
Weetman	Aid station 3	23km
Goodwin House	Aid station 4	33km, drop bag
Knock Knock Joke	Aid station 5	43km

- 50k runners pass all aid stations.
- 20k runners pass 1 and 2.
- 10k runners pass 2 twice.
- 5k runners pass no aid stations.

Each aid station will be stocked with [Reesor Spring Water](#), sports drink and cola. In addition, each aid station will have an assortment of food and goodies, such as gummy worms, 2-bite brownies, peanut M&Ms, chips, pretzels, pickles, bananas, watermelon, sunscreen, bug spray and hygiene products.



Aid stations 3, 4, 5 will have a small pop-up privacy tent that can be utilized by runners as needed. The are dark green and should be easy to spot. Ask a volunteer if you can't find them.

SUPPORT

Volunteers will be wearing special shirts. Use them. Thank them. Love them. **Pacers are not allowed.**

Dogs are not allowed to run with their owners (or anyone else). Some volunteers may have dogs, and that's okay. Spectators are welcome to bring their dogs to the race to help cheer on the runners.

CREW

Crew can access their runners at Windsor Knot (2), Goodwin House (4) and Knock-Knock Joke (5). The stations are setup close to the road and are all a short walk or drive from Race HQ. The distance from Goodwin House (4) to Race HQ and the Start/Finish Line is approximately 1.5kms.

There is no crew access at Barlow (Aid Station 1) and Weetman (Aid Station 3) because these stations are too remote and require passage across private land. See the map below.



DROP BAGS

You can drop off your drop bag at race kit pickup on Friday or at race sign in on Saturday morning. Keep them small and light. We move them around lots so don't get too carried away. You'll access your drop bag at Goodwin House (Aid Station 4). We will not bring your drop bags to other aid stations and it is your responsibility to pick them up from the main tent after the race is finished.

TIMING & RESULTS

New for 2024: [Last Lap by Prairie Run Crew](#) is providing timing services and results this year. You will no longer be receiving a timing bracelet. Your timing chip is on your bib. Don't excessively fold your bib or drive over it with your vehicle or you may damage the chip. Live results will be available. More info will be provided in future correspondence.

We will be posting live results in the main tent as runners come across the finish line. If you don't see your time, please be patient. It is coming. **Please refrain from asking the timing station for your time.**

If you decide to withdraw from the race, you must communicate this to a volunteer at an aid station or at race HQ. It becomes very confusing and sometimes dangerous for race organizers and volunteers when runners withdraw from the race and don't communicate this to a race official.

FIRST AID

There will be first aid on site courtesy [Back40 Wilderness First Aid](#). If you're experiencing medical difficulties on the course, do one of the following:

1. If possible, get yourself to the nearest aid station and communicate your concerns to the first aid team members. There will be first aid at each aid station who will help you determine next steps.
2. If you are immobile (broke your ankle), notify a passing runner that you need aid and have them report it to the next station. We will get to you as quickly as we can. Passing runners should offer assistance until the First Aid Team can get there.
3. If there is a medical emergency, please call 911 (if you do not have cell service, climb to the top of the nearest hill).



If you come across a runner who is in distress, please stop and help them. The golden rule folks. You will be rewarded for doing the right thing.

If you're a 50km runner, aid station attendees and [Back40 Wilderness First Aid](#) will conduct coherency checks. If an attendee is concerned for your safety, they will have a medic conduct an assessment. If you are judged to be unfit to continue, you will be removed from the race. **This decision is final.**

RECOMMENDED GEAR

Certain sections of course are quite technical and you'll be running/hiking up and down many a steep side-hill. Don't take your footing for granted. The course is exposed. There is one tree. Dress accordingly. Even if it's cool out, the coulees heat up...lava hot.

To ensure you have the best day possible, we recommend:

- trail running shoes – you will appreciate the traction, protection and durability. We love [Salomon trail shoes](#). The S-lab Ultra 3 and Genesis have performed well in these conditions (and pretty much all conditions!)
- wind breaker or light jacket – especially if it's cool. It gets windy down here and the wind can be cold, or hot.
- water – consider carrying a minimum of one litre of water between aid stations, especially if there is hot wind. We love [Salomon's vests and bottles](#).
- poles – you either love them or hate them. You decide. It is a course where they are handy for helping you jump over things like beaver dams.
- sun protection – hats (especially bucket ones), sunscreen, sunglasses, etc. This course is completely exposed. You may be baking in direct sunlight for many hours, maybe even all day.
- Be sun smart. We love [Ciele Athletics bucket hats](#) for their technical performance and great coverage. Remember no trees. Plus they have some great colour options so you can get one that goes with the rest of your kit.



RACE RULES

Garbage - Don't leave garbage on the course. Carry it to an aid station and dispose of it. These trails are pristine and we want to keep them that way.

Cupless - As usual, the 2024 event is cupless. When you're at aid stations, be prepared to use your bottles to hydrate. Salomon makes a sweet collapsible cup. Grab one so you don't end up pouring coke all over your hands while in the transition areas. You'll have enough reasons to hate us by the end of race...you don't need to add sticky hands to the list.



Earphones – if you choose to listen to music while you are running, please remove an earbud as you approach volunteers and aid stations because they may want to tell you something important. External speakers are not allowed.

Dangerous weather can move in at a moment's notice. This could result in the suspension of the race for an undetermined period of time and may result in a shortening of the race. It may also result in the start of the race being postponed or cancelled. This includes air quality/smoke.

Coherency checks - If you're a 50km runner, aid station attendees and [Back40 Wilderness First Aid](#) will conduct coherency checks. If an attendee is concerned for your safety, they will have a medic conduct an assessment. If you are judged to be unfit to continue, you will be removed from the race. This decision is final.

Be courteous to volunteers. Check-in and check-out at each aid station. Respect the course (carry your gel wrappers off the course) and place all trash in the cans at aid stations.

Pacers and dogs are not allowed.

Strollers are not allowed (trust us).

Trekking poles are allowed (trust us).

If you decide to withdraw from the race, you must communicate this to a volunteer or race official at an aid station or the finish line. It becomes very confusing and sometimes dangerous for race organizers and volunteers when runners withdraw from the race and don't communicate this to a race official.

WITHDRAWING WHILE ON COURSE

You may not feel like talking to anyone. You may feel like curling up in the backseat of your car in fetal position. That's okay! Send a friend instead. Just make sure we know you aren't still out on the course stuck in a juniper bush.

I repeat...

If you decide to withdraw from the race, you (or someone else) must communicate this to a volunteer or race official at an aid station or the finish line.



STORE & SWAG

Head over to our [Race Roster store](#) to add swag to your kit. All swag, including the 2024 race shirt, will be available for purchase at Race Kit Pickup on Friday and at the race site on Saturday. And there is more cool stuff on the way! We will take cash or credit card at both locations.



OUR SPONSORS AND PARTNERS

Head over to [our website](#) for more information about our wonderful sponsors:

Sponsors

[Salomon](#)
[Rebellion Brewing Company](#)
[Fresh Air Experience](#)
[Back40 Wilderness First Aid](#)
[Wallace Construction](#)
[Days Inn by Wyndham](#)
[Plewis Automotive Group](#)
[Grasslands Events](#)
[Stride Physio & Performance](#)
[Tourism Saskatchewan](#)
[Prairie Run Crew](#)
[Ciele Athletics](#)
[Buff](#)

Partners

[Saskatchewan Athletics](#)
[Saskatchewan Landing Provincial Park](#)
[Tourism Swift Current](#)
[NuWest Interiors](#)
[Good Spirit Kombucha](#)
[Smokes Poutinerie](#)
[Reesor Spring Water](#)
[Wood River Internet](#)
[Glamping Resorts](#)

CONTACT DETAILS



Prairie Sky Running Co

Beaver Flat 50

306-741-4541 | info@pskyrunning.com

www.pskyrunning.com

