



# Racer Handbook

May 17, 2025 – Historic Reesor Ranch, Cypress Hills SK

Brought to you by:



## **WELCOME**

Our team at Prairie Sky Running Co. is thrilled to present **Reesor 50**, an **UltraRanch Festival** taking place **May 16-18, 2025**, at **Historic Reesor Ranch** in Saskatchewan. Set against the stunning and diverse landscapes of **Cypress Hills Interprovincial Park**, this event—paired with the warm hospitality of Historic Reesor Ranch—promises a one-of-a-kind experience that runners, crew, friends, fans, and family will love.

Cypress Hills Interprovincial Park provides a striking and rugged backdrop for the Reesor 50. Historic Reesor Ranch is one of the province's oldest working ranches. This area with its rolling grasslands, dense forests, and dramatic coulees have been shaped by generations of ranchers and Indigenous peoples before them. Runners traversing this landscape follow in the footsteps of those who have long navigated these hills—whether on horseback, on foot, or through the rhythms of daily life on the land. The race is not just a test of endurance but a journey through a piece of Saskatchewan's living history, where the wide-open spaces and deep-rooted stories of the prairie come together in a challenge unlike any other.

Join us for the inaugural Reesor 50. Together, we are reaching new heights on the prairies.

## **LAND ACKNOWLEDGEMENT**

We acknowledge that we are gathered on Treaty 4 territory, the traditional lands of the Cree, Saulteaux, Dakota, Nakota, and Lakota peoples, and the homeland of the Métis Nation. We recognize and honour their enduring connection to this land, which continues to sustain and inspire generations past, present, and future.

We are all treaty people, and with that comes the responsibility to reflect, learn, and act in the spirit of reconciliation and respectful collaboration.

## **DIVERSITY & INCLUSION**

Prairie Sky Running Co. is an inclusive event. We love 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.
- 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 - Participant Information**

Participants of the Reesor 50 can sign up under the following categories:

- Gender diverse (Non-binary, gender fluid, gender non-conforming, two-spirit, gender queer, or other)
- Man
- 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](mailto:info@pskyrunning.com).

### **DIRECTIONS TO THE RACE**

Below are links to maps to the Historic Reesor Ranch:

- [Historic Reesor Ranch - Maps \(Apple\)](#)
- [Historic Reesor Ranch - Google Maps](#)

The below table is a quick reference distance/time guide. Don't rely on these estimates. Use the above links to find accurate information.

Starting Point	Distance	Driving Time
Medicine Hat, AB	90km	1 hr 15min
Swift Current, SK	200km	2hr 15min
Calgary, AB	375km	4hr
Regina, SK	450km	4hr 30min
Saskatoon, SK	475km	5hr
Edmonton, AB	620km	6hr 30min
Bozeman, MT	690km	7hr
Winnipeg, MB	1025km	10hr 30min

It is important to note that if you are staying in Cypress Hills Provincial Park in Saskatchewan (center block, i.e., The Resort, campground, cabins), there are a few ways to get to Historic Reesor Ranch. While I am not going to provide info about all these different routes, the shortest route is to go through the park to Gap Road, past Fort Walsh, through the valley on Battle Creek Rd. Although this route is shorter than going back to the Tran-Canada highway, it is a fair-weather route only. Gap Road and Battle Creek Rd are gravel and dirt roads that can get a little messy when wet. If conditions are wet, you will need to take one of the longer more main routes to the ranch.

## ACCOMODATIONS

### Festival-style Camping

Festival-style Camping at the Historic Reesor Ranch - tent or vehicle camping in a designated field (no motorhomes, buses, or giant RVs allowed) very close to the start/finish line. \$40 per vehicle for the weekend (Friday to Sunday). You must [pre-register](#) for camping in Race Roster before May 11, 2025. Facilities include bathrooms, porta-potties and showers. When you arrive at the ranch, check-in at the main office for camping directions and instructions.

### Hotels, Motels and Cabins

- [Reesor Ranch Lodging \(no vacancy\)](#)
- [Elkwater Lake Lodge](#)
- [Resort at Cypress Hills](#)
- [Cobble Creek \(Maple Creek, SK\)](#)
- [Willowbend Motel \(Maple Creek, SK\)](#)
- [Medicine Hat Accommodations](#)

### Camping

- [Reesor Lake Campground](#)
- [Cypress Hills Interprovincial Park](#)
- [Elkwater Campground](#)

### Food and Beverage

- Buy tickets to Friday night's spaghetti dinner, additional race day meals, and/or tickets to Sunday morning's pancake breakfast [here](#) before May 11, 2025.
- **Pizza will be available either by the slice or whole pies at the Ranch for the weekend.** Outside of these food options, you are required to pack in and pack out food for the weekend.
- **Rebellion Brewing Co, in partnership with Rafter R Brewing Ltd**, will be present on race day, serving up delicious beer.

### Meal Times

Friday Spaghetti Dinner – 5-7pm at the dining hall

Sunday Breakfast - 8-10am at the dining hall (awards at 8:30am)

## REFUND AND TRANSFER POLICY

Full refunds available until February 1, 2025 (including meals and camping).

50% refund of race fees only available until April 1, 2025 at 11:59am CST, and a \$5 refund fee will be applied.

Absolutely no refunds from after April 1, 2025 at 12:00pm CST.

You can transfer between distances (e.g., from 50mi to 42.2km) until May 1, 2025. A \$5 processing fee is applied.

Transfers must be completed by the runner in Race Roster. Race organizers will not complete transfers for runners. [HOW TO TRANSFER – detailed instructions](#)

## RACE WEEKEND INFO & SCHEDULE

### Registration and Race-Kit Pick-Up

Race Headquarters will be facilitated out of the main race tent. This location will be clearly marked upon your arrival at the Ranch. Sign in and pickup your kit during the following times:

- Friday, May 16, 2025 4:00pm - 9:00pm
- Saturday, May 17, 2025 6:00am - 9:00am

### Race Shirts

Please bring your receipt of registration that shows the shirt / size that you selected. It will make it easier for us to facilitate registration and pick-up. A screenshot on your phone is sufficient.

### Drop Bags

You can drop your drop bags in the designated areas at Race HQ (big tent) at Race Registration on either Friday May 16 or Saturday May 17. There will be designated areas for the two different aid stations where these bags will be transported to, so make sure you read the signs and get your bags in the correct area. Marathon runners can drop a bag for aid station 2 only. 50 mile runners can drop bags for aid stations 2, 4 and 5 (see aid stations tables).

- We will have materials to mark your bags (tape and sharpies).
- If you mark them in advance, please put your **bib number and last name** on the drop bag in larger text so that our volunteers can find them as easy as possible when you enter the aid station.
- Keep them small and light. We move them around lots so don't get too carried away.
- We will not bring your drop bags from aid station to aid station.
- It is your responsibility to pick them up from the main tent after the race is finished.

### Parking

There will be designated parking on-site. Please follow the parking signs and the instructions of the Parking Attendant Volunteers. The parking area will be located near the race site at the ranch.

## **Race Day Schedule**

### **50 Mile - Reesor 50**

- 7:50AM - 50-mile debriefing at start/finish line
- 8:00AM - Start of Reesor 50
- 2:00AM - Cut-off time for 50-mile runners (Saturday night/Sunday morning)

### **Reesor Mountain Marathon (42.5km)**

- 8:50AM - Mountain Marathon debriefing at start/finish line
- 9:00AM - Start of Reesor Mountain Marathon
- 7:00pm - Cut-off time for Mountain Marathon runners

### **Award and Prizes**

- Sunday May 18, 2025 - 8:30am at the Pancake Breakfast

## **RACE DETAILS**

### **Mandatory Gear**

- Headlamp (sunset 9:00pm on May 17, 2025 and you'll need 5hrs of lamp life)
- Extra batteries for your lamp if needed
- Water – carry a minimum of 1 liter of water between aid stations
- A Light Jacket

### **Recommended Gear**

- Silver Blanket (this will be mandatory if the weather is cold and/or wet)
- Trail running shoes
- Sun protection (sunscreen, sun glasses, hat)

### **Headlamp Check**

50 milers: there will be a headlamp check starting at 4pm at aid station 4 - Battle Creek Rd. If you are leaving this aid station after 4pm, you will not be allowed to leave without a headlamp. It doesn't matter if you plan to finish before dark. We will NOT supply you with a headlamp at aid station 4 if you don't have one. A race director will be present to ensure all runners leaving this aid station after 4pm have a headlamp. It's a safety thing, so please work with us.

### **Weather**

Prepare for mountain weather conditions. There is a chance some trails will still have snow cover on race day. There is still lots of snow in the bush. We will keep you updated on conditions the week leading up to the event. Check socials often for updates.

Mountain weather: anything can happen and everything might happen. It could be hot and snowing all at the same time and temps are likely to drop in the evening. Think layers, sunsmarts, and staying warm. If race day is looking cold, we will provide every runner with a silver blanket which must be carried for the duration of your run.

All major aid stations will consist of a larger enclosed heated tent, where it will be possible to get out of the elements and warm up.

### **Water on Course**

50 mile runners will encounter water after leaving aid station 4, two creeks right after leaving the aid station and one right before you get to aid station 5, your final drop bag.

Marathoners will navigate water at the same locations as 50 mile runners, two creeks right after leaving aid station 1 and one right before you get to aid station 2, the location of your only drop bag.

### **Course Markings**

The course will be marked with pin flags, surveyors tape and printed signs. There are a couple “interesting” turns/junctions that will be “overmarked.” Pay attention and read signs as you approach these areas.

### **Garbage**

Don't leave garbage on the course. Carry it to an aid station and dispose of it. The Cypress Hills are pristine and we want to keep them that way. **The event is cupless.** When you're at aid stations, be prepared to use your bottles to hydrate. There will be paper cups for soup at aid stations 5 & 6.

### **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**

Dangerous weather can move in at a moment's notice. This could result in the suspension of the race for an undetermined period 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.

### **Be Courteous to Volunteers**

Check-in and check-out at each aid station and don't forget to say thanks.

### **Pacers**

Not allowed.

### **Strollers**

Not allowed.

### **Poles**

Allowed.

### **Pets**

Runners are not allowed to run with pets and pets are not allowed at the ranch/race site.

## **DNF (Did Not Finish) and Withdrawing While on Course**

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.

## AID STATIONS – DISTANCES, CUTOFFS, DROP BAGS AND CREW

REESOR 50				
Aid Station	Location	Distance To Next	Cumulative	Cutoff
Start	Ranch	8.8km		
TCT Trail Head	Water Only 1	6.2km	8.8km	
East Reesor Lake	Aid station 1	14.5km	15km	
West Reesor Lake	Aid station 2	5.5km	29.5 km	6hr / 2:00pm
East Reesor Lake	Aid station 3	6.5km	35km	8hr / 4:00pm
Trail Head	Water Only 2	10.5km	41.5km	
Battle Creek Road	Aid station 4	9.25km	52km	12hr / 8:00pm
Equestrian Road	Aid station 5	8.5km	61.25km	14hr / 10:00pm
Bench Road	Aid station 6	10.75km	69.75km	15.5hr / 11:30pm
Finish	Ranch		80.5km	18hr / 2:00am

REESOR MOUNTAIN MARATHON				
Aid Station	Location	Distance To Next	Cumulative	Cutoff
Start	Ranch	11.75km		
Battle Creek Road	Aid station 1	9.25km	11.75km	
Equestrian Road	Aid station 2	8.5km	21km	5hr / 2:00pm
Bench Road	Aid station 3	10.75km	29.5km	7hr / 4:00pm
Finish	Ranch		40km	10hr / 7:00pm



## Maps – 50 Mile



			cut off	crew access	drop bag	headlamp
1	East Reesor Lake	15km		yes*	no	
2	West Reesor Lake	29.5km	6 hours/2pm	yes**	yes	
3	East Reesor Lake	35km	8 hours/4pm	yes*	no	
4	Battle Creek Rd.	52km	12 hours/8pm	no	yes	4pm***
5	Equestrian Rd.	61.25km	14 hours/10pm	no	yes	
6	Bench Rd.	69.75km	15.5 hours/ 11:30pm	no	no	
Fin	Finish	80.5km	18 hours/ 2:00am			

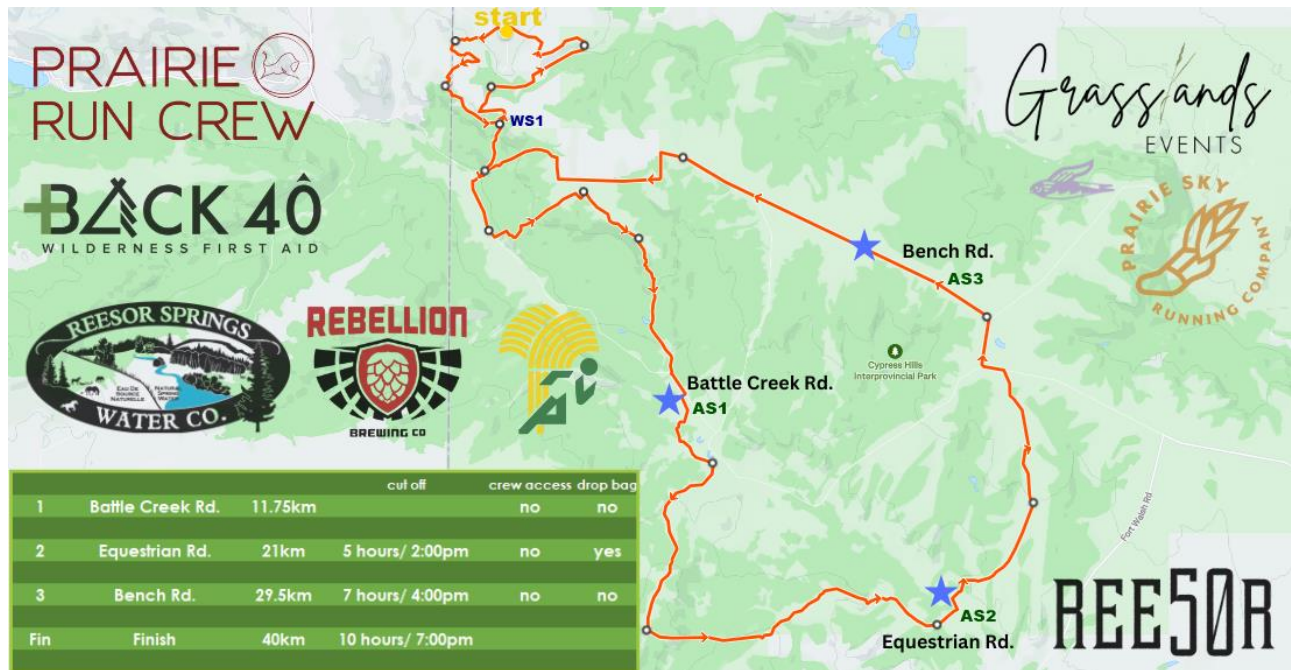
\* Crew access at AS1/3 - East Reesor Lake at designated crewing area is 1km before aid station.

\*\* Crew access at AS2 - West Reesor Lake is limited. If there is not an open parking spot, plan to meet your runner at AS3 instead. Absolutely no parking on side of highway.

\*\*\* Runners leaving AS4 - Battle Creek Rd. after 4:00pm cannot leave without headlamp.

water-only stations		
1	Reesor Hills Trailhead	8.8km
2	Reesor Hills Trailhead	41.5km

## Maps – Mountain Marathon



			cut off	crew access	drop bag
1	Battle Creek Rd.	11.75km		no	no
2	Equestrian Rd.	21km	5 hours/ 2:00pm	no	yes
3	Bench Rd.	29.5km	7 hours/ 4:00pm	no	no
Fin	Finish	40km	10 hours/ 7:00pm		

[All Maps Downloadable on Website](#)

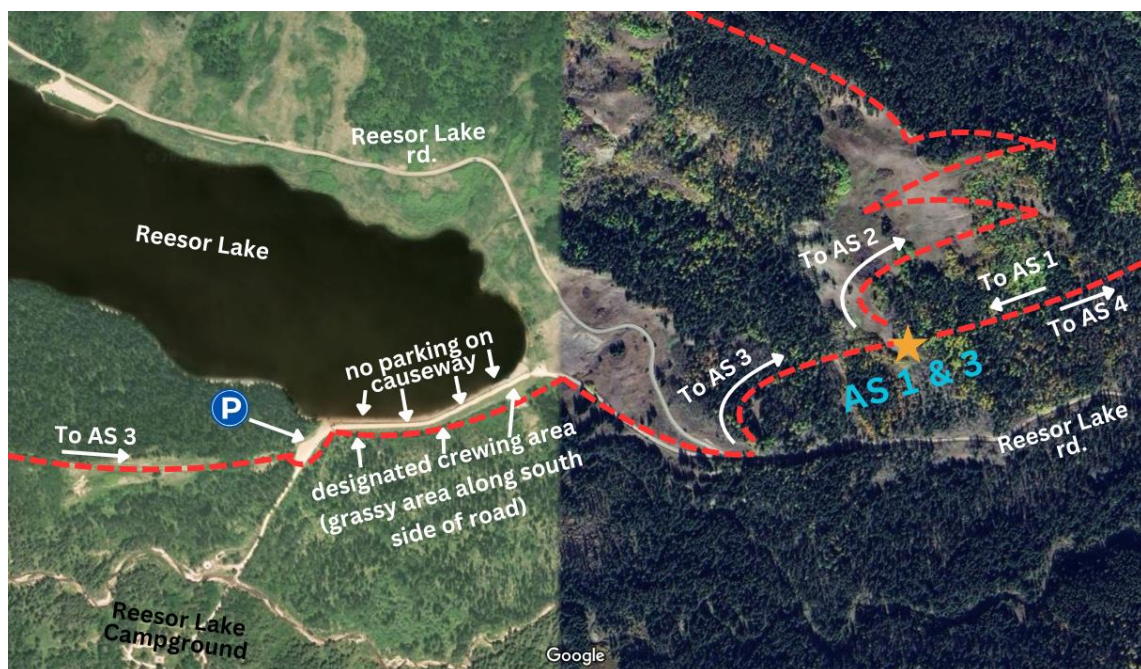


## AID STATIONS – CREW ACCESS

**Mountain Marathon Course** – no crew access at all aid stations.

**Reesor 50 Course** – crew access at Aid Stations 2 and 3 only.

**DESIGNATED CREWING AREA - Aid Station 3 (East Reesor Lake)** – there will be a designated crewing area on the road on the east end of the lake, about 1km before the actual aid station. You cannot access your runners at the aid station. Please do not hike into the aid station to access your runners. The aid station will become too congested. There will be a designated parking area near the crewing area. There is no parking along the causeway and no entry/parking in the Reesor Lake Campground. Follow the signs.



Battle Creek Road is closed to spectators and crew during the event. This is the road that runs east through the valley and is the only road to access aid stations 4, 5 and 6.

## **AID STATION - FOOD AND SUPPLIES**

Each aid station will be stocked with [Reesor Spring Water](#), [Skratch Sport Drink Mix](#) and cola. Each aid station will have a limited supply of [Skratch energy chews](#) (one package per runner per aid station until supplies last). 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, sunscreen, bug spray and hygiene products.

## **Hot Food**

There will be hot food options at aid stations 4, 5 and 6 (which are aid stations 1, 2 and 3 for the Mountain Marathon). There will be cheese quesadillas at aid station 4. There will be chicken and veg broth in paper cups at aid stations 5 and 6. Enjoy!

## **TIMING & RESULTS**

[Last Lap by Prairie Run Crew](#) is providing timing services and results this year. 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.

We will be posting live results in the big 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 (the big tent). 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.

## **COUGAR COUNTRY**

All of you have been to Cypress Hills before already know that we are in cougar country. While sightings are very rare, please have a look at the following safety info and guidelines:

<https://www.alberta.ca/cougars-and-outdoor-recreation>  
<https://www.albertaparks.ca/parks/south/cypress-hills-pp/safety-tips/>

## **FIRST AID**

### **FIRST AID SERVICES - Back40 First Aid Crew**

There will be first aid on site courtesy of Back40 Wilderness First Aid. There will be 11 members of the Back40 team split between aid stations as the event progresses. While most runners will likely get to an aid station to seek help with any issue (minor or considerable) that they have, occasionally there may be an issue experienced on the race course that cannot make it to the next station). Some things you can do if you experience (or are assisting someone) a health issue or physical injury while on the race course:

**A) Get to the nearest aid station** and communicate your concerns to the first aid team members. The team will provide first aid support and symptom relief within their scope and ultimately will strive to get you healthy and back on route! If that is not possible, they will help YOU in determining what the next course of action will be.

**B) If you are unable to get to the next aid station.**

- Request assistance from a fellow runner.
- If they are unable to assist you to the next station (runner is immobile) - request that they report the condition of the runner and their approximate trail location at the next aid station.
- If you are a passing runner - please consider the community spirit of trail running and helping your fellow runner. Please do not leave a runner in distress alone.
- The time it will take for the aid team and other resources to get to your location is unpredictable. You will need to wait.
- The section Sweeps will also be a resource if they happen to cross paths with the runner in distress and can also provide communication to the aid stations. Sweeps will have minimal first aid supplies with them.

**C) IF you are reporting a runner in distress to an aid station for on-route assistance or extrication:**

REPORT AT AID STATION OR CALL BACK40 LEAD REBECCA - 306-280-9190

- Current condition of the runner
- Whether other runners are offering support
- General location - consider a PIN on Google / Apple Maps or a GPS Lat/Long coordinate.
- Any circumstantial information that may help the Back40 Crew better prepare for accessing and extricating the runner.

What to do while you wait:

- Provide comfort and support.
- Protect the runner in distress from the environment - sun, wind, wet/cold ground, etc.
- Layer up! Everyone! You will all get chilled as your body cools down.
- Consider silver blankets and something under the person
- Stop the bleeding if there is any.
- Provide "pillow" like support for any injury and focus on positions of comfort
- Eat / drink only as the patient wishes or can tolerate
- Basic first aid interventions are very reliable!

**D) To Call 911 or Not?**

While we do not want to discourage ANY runner or event participant from calling 911 should a medical emergency or situational emergency take place on the race course - we do want you to consider the complexities of a 911 call from a remote trail location. This will not be an easy situation to navigate AND it could be several hours until resources arrive/access and extricate. In addition to that - a 911 call must have a reliable connection in the cellular network OR you may be using a satellite device with its own set of complexities.

Back40 has a detailed EMS call strategy pre-planned in the event 911 is needed. They have coordinates to the Ranch, key muster points within the course routes, and a strategy to intercept EMS and lead them to the most accessible location to access the runner. There is also a strategy that may be initiated to extricate the runner with a crew to a more accessible muster point where care can be transferred to EMS. Most of the Back40 Crew are trained as Wilderness First Responders and have a variety of experience in austere environments and in their roles as volunteer Search and Rescue members. They are equipped and experienced in managing scenes in remote settings and helping the patient cope during the lengthy time it takes to execute an extrication with or without EMS.

A suggestion for trail emergencies:

- Get to high ground and confirm reliable cellular connection
- Call BACK40 Lead Responder (Rebecca) at 306-280-9190 with the approximate location, coordinates, and current state of the runner in distress.
- Rebecca will provide some verbal support and initiate a team response to access the distressed runner's location with appropriate resources should this be deemed necessary.
- IF 911 is needed - Rebecca can initiate the call and lead the team coordination to connect a) the Back40 crew and b) EMS to the Runner.
- You will be asked to stay with the runner until more resources or other willing runners assume responsibility.
- You will need to wait.
- IF YOU CALL 911 - it is still advised that you have another runner alert the Back40 Team to the circumstances and the situation so that they can access the runner and provide support and likely take over patient care and assist with the ongoing 911 call. PLEASE USE BACK40 AS A RESOURCE at the very least!

**AED's on Location:**

There will be at least 2 AED's at the event:

- 1 - At Back40 tent at race headquarters
- 2 - Mobile with a Back40 Crew

**RUNNER COHERENCY CHECKS**

Back40 crew wants you to finish the race! Coherency checks, while rare, may identify that a runner is not reliable in mind, or body, to continue on. Many runners will experience exhaustion and low energy - but recuperate with assistance and recovery efforts. Should a runner be unable to recover with reasonable effort, Back40 crew will consider this a safety priority and remove a runner from the race. This may also include physical injuries that are deemed debilitating, unsafe, or limb/self threatening to continue racing with. This decision will be final.

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