



# RACER HANDBOOK

MAY 15-17 2026 • REESOR RANCH • CYPRESS HILLS • SK

PRAIRIE  
RUN CREW



## **WELCOME**

The Reesor 50, an UltraRanch Festival taking place May 15-17, 2026, at Historic Reesor Ranch is set against the stunning and diverse landscapes of Cypress Hills Interprovincial Park in Saskatchewan and Alberta. 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.

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.

## **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 (Two Spirit, non-binary, gender fluid, gender non-conforming, 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 you will find maps with the location of the Historic Reesor Ranch:

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

There are a few ways to get to the Ranch. Please use the Elkwater route. It is the best route for all season driving. Here are [directions](#) from the turnoff on the Trans-Canada Highway.

### **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 1, 2026. 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](#)

## REFUND AND TRANSFER POLICY

\* \$5.00 fee applied to all refunds and transfers \*

- full refunds available until February 1, 2026 (including meals and camping).
- 50% refund of race fees only available until April 1, 2026 at 11:59am CST
- no refunds after April 1, 2026 at 12:00pm CST.

You can transfer between distances (e.g., from 50mi to 42.2km) until May 1, 2026. 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

### Drop Bags

You can drop your drop bags in the designated areas at Race HQ (big tent) at Race Registration on either Friday May 15 or Saturday May 16. There will be designated areas for the different aid stations where these bags will be transported, 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 station 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 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. Stuff that is left behind will not be mailed out.

### 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.

### Registration and Race-Kit Pick-Up

Race Headquarters will be in the large race tent. This location will be clearly marked upon your arrival. Sign in and pickup your kit during the following times:

- Friday, May 15, 2026 4:00pm - 8:00pm
- Saturday, May 16, 2025 6:30am – 7:30am

## Race Day Schedule

### Friday, May 15

#### **Sundown 10 (10km)**

- 6:15PM – briefing at start/finish line
- 6:30PM – start of race

### Saturday, May 16

#### **Reesor 50 (50mi)**

- 7:50AM - briefing at start/finish line
- 8:00AM - start of race
- 2:00AM - cut-off time (Saturday night/Sunday morning)

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

- 8:50AM - briefing at start/finish line
- 9:00AM - start of race
- 7:00PM - cut-off time

#### **Award and Prizes**

- TBD

#### **Meal Times**

Friday Lasagna Dinner – 6-8:30pm at the dining hall

Saturday Breakfast – 6-8:00am at the dining hall

Saturday Race Meal – 4:00pm to last runner finish

Sunday Breakfast - 8-10am at the dining hall

#### **Food and Beverage**

- Buy tickets to Friday night's spaghetti dinner, additional race day meals, and tickets to Saturday and Sunday breakfast [here](#) before May 1, 2026.
- Pizza will be available either by the slice or whole pies at the Ranch for the weekend.
- [Rebellion Brewing Co](#) will be present on race day, serving up delicious beer.
- [Paperback Beverage co](#) will be slinging mocktails and yummy soda pops.



## **Gear Requirements - 50 Mile Runners**

### **Mandatory Gear**

- Headlamp (sunset is at 9:00pm on May 16, 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
- Silver Blanket (essential in cold and hot conditions)
- **Cold weather kit if activated**

### **Recommended Gear**

- Trail running shoes
- Sun protection (sunscreen, sunglasses, hat)

## **Cold-weather kit (NEW)**

- If the forecast is looking poor, 50 mile runners should be prepared to use your cold weather kit. Although we will love to be able to tell you ahead of time if you will need it, the weather can change quickly. If the forecast is trending cold and wet, we will activate as early as possible, but we could also activate the kit on Friday night. If I were you, I would ensure you bring all required items regardless of the forecast.
- If cold weather kit is required, we will be checking if all 50 mile runners have ALL ITEMS at bib pickup or prior to race briefing at the main tent. You will be given a token to show you have passed the check. You will not be allowed on the course without this token.
- We will declare the kit active under the following circumstances:
  - Temps less than or equal to 5 degrees Celsius
  - Wind chill less than or equal to 0 degrees Celsius or gusts greater than 40 km/h with temps less than 8 degrees Celsius
  - Greater than 5 mm of rain/snow in temps less than or equal to 7 degrees Celsius
- Note: race directors reserve the right to implement Cold Weather Gear Requirements for reasons outside of these parameters based on weather forecasts, terrain challenges, and other weather conditions not listed.

### **Cold-weather kit includes:**

- Waterproof jacket and pants
- Insulating mid-layer
- Warm hat and neck cover
- Waterproof gloves
- Enclosed shoes
- Silver blanket

# Reesor 50: Cold-Weather Kit Essentials & Safety Protocol



Temperature Threshold  
**AUTOMATICALLY ACTIVATED IF  $\leq 5^{\circ}\text{C}$ .**



Wind and Chill Factors  
**WIND CHILL  $\leq 0^{\circ}\text{C}$  OR HIGH WINDS.**



Precipitation Levels  
**HEAVY RAIN OR SNOW EXPECTED.**



Director's Discretion  
**DIRECTORS CAN ACTIVATE KITS.**

## Phase 1: Activation Criteria



## Phase 2: Mandatory Gear Checklist



Waterproof Outer Layers  
**MUST HAVE JACKET & PANTS.**



Insulating Mid-layer  
**DEDICATED MID-LAYER REQUIRED.**



Extremity Protection  
**HAT, GLOVES, NECK COVER.**



Enclosed Footwear  
**CLOSED SHOES ONLY.**



Silver Blanket  
**EMERGENCY BLANKET MANDATORY.**



Critical Reminder for Runners  
**RUNNERS: BRING ALL KIT ITEMS REGARDLESS OF FORECAST.**  
Mandatory even if activated late.

## Phase 3: Verification & Race Entry



The Gear Check  
**BRING KIT FOR CHECK at Bib Pickup/Tent.**



Earn Your Token  
**PASS CHECK & RECEIVE TOKEN.**



No Token, No Start  
**SHOW TOKEN TO ENTER COURSE.**



## **Gear Requirements - Mountain Marathon Runners**

### **Mandatory Gear**

- Water – carry a minimum of 1 liter of water between aid stations
- Silver Blanket (essential in cold and hot conditions)

### **Recommended Gear**

- Trail running shoes
- Sun protection (sunscreen, sunglasses, hat)

## **Gear Requirements – Sundown 10**

While it is anticipated most 10km runners will be back at the ranch before 9:00pm sunset, being out in the hills in the dark can be very uncomfortable and unsafe. Should something happen that slows your progress or is an unexpected event on the trail, runners are recommended to carry a headlamp and silver blanket as cheap and lightweight insurance if something goes awry.

### **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, sun-smarts, 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.

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.

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.

### **Be Courteous to Volunteers**

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

### **Pets**

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

### **Poles**

Allowed.

### **Pacers**

Not allowed.

### **Strollers**

Not allowed.

## **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

<b>REESOR 50</b>				
<b>Aid Station</b>	<b>Location</b>	<b>Distance To Next</b>	<b>Cumulative</b>	<b>Cutoff</b>
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
Old Battle Creek Rd	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

<b>REESOR MOUNTAIN MARATHON</b>				
<b>Aid Station</b>	<b>Location</b>	<b>Distance To Next</b>	<b>Cumulative</b>	<b>Cutoff</b>
Start	Ranch	11.75km		
Battle Creek Road	Aid station 1	9.25km	11.75km	
Old Battle Creek Rd	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



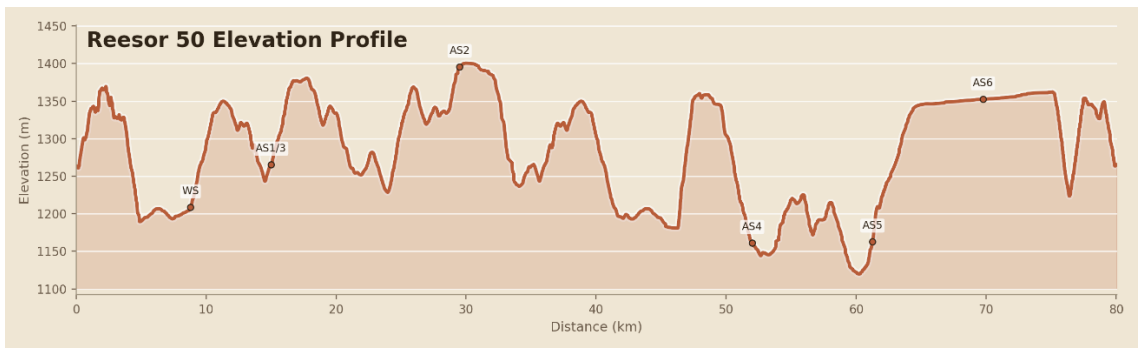
### AID STATIONS

#	AID STATION	DISTANCE	CUT OFF	CREW ACCESS	DROP BAG
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
5	Old Battle Creek 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

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



## Course Description – Reesor 50

Leaving the ranch, the course heads southeast toward the far end of Reesor Lake. The opening section is a steady, rolling climb on trail through open coulee terrain, allowing runners to settle into a rhythm early. There is a water station at approximately 9 km, and no water crossings in this section. At 15 km, the course reaches the southeast end of Reesor Lake at Aid Station 1 (Reesor East). You have climbed 365 m to this point.

From there, the route continues along the north side of Reesor Lake, traveling from the southeast to the northwest end. This is the longest stretch between aid or water on the course. The trail is flowy and runnable, with consistent elevation gain and exposed sections. At 29.5 km, you arrive at Aid Station 2 (Reesor West). You have now climbed approximately 765 m in total.

The course then turns onto the south side of the lake, continuing counterclockwise. This section is shorter and primarily downhill, with fast, runnable terrain. Crew access is available approximately 1 km before the aid station. At 35 km, you return to Aid Station 3 (Reesor East). Cumulative elevation gain is approximately 830 m. Leaving the lake, the course transitions into a mix of trail and gravel road along Battle Creek Road. This section is highly runnable, with gradual elevation changes. A water station is located approximately 6.5 km into the section. At 52 km, runners reach Aid Station 4 (Battle Creek Road), which includes drop bag access. Total climbing to this point is approximately 1,184 m.

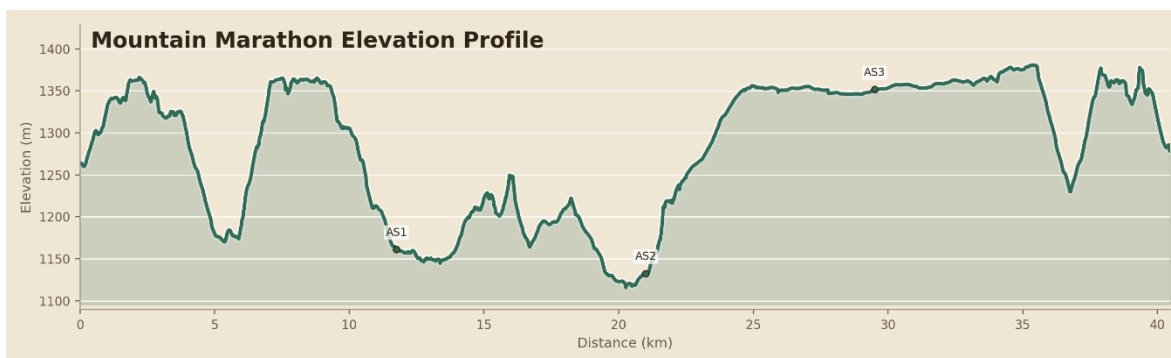
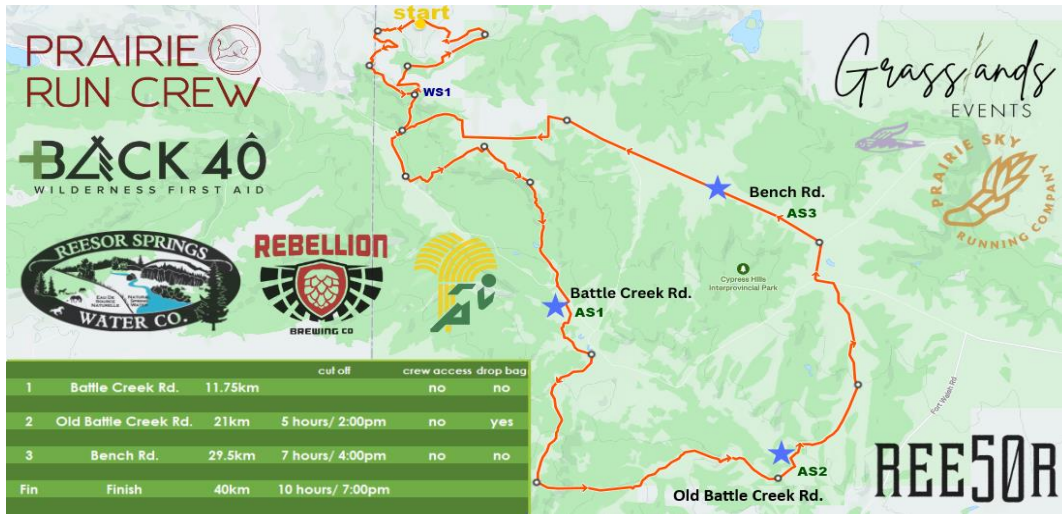
The Old Baldy section begins immediately with a stream crossing and includes multiple additional crossings throughout. Conditions are typically wet, and runners should expect to get their feet wet several times. The terrain is varied and requires attention through each crossing. At 61.25 km, the section ends at Aid Station 5 (Old Battle Creek), with a second drop bag location. Cumulative elevation gain is approximately 1,542 m.

From there, the course climbs steadily up Horse Thief Hill. Although relatively short, this section features a continuous, gradual ascent with no water crossings. At 69.75 km, you reach Aid Station 6 (The Bench). Total climbing is now approximately 1,738 m.

The final section travels along the bench, primarily on flat dirt road across the top before dropping onto a more technical trail that descends into the valley and climbs back up toward the ranch. This portion can be loose and greasy depending on conditions. The course then returns to the ranch at 80.5 km, where you finish with approximately 1,976 m of total elevation gain.

[Interactive Map on Website](#)

## Maps – Mountain Marathon



[Interactive Map on Website](#)

## Course Description – Mountain Marathon

Leaving the ranch, the mountain marathon course heads out along Battle Creek Road, following a mix of flowy trail and gravel road. The terrain is highly runnable with gradual elevation changes and open sections where pacing can settle in early. There are no water crossings in this section. At 11.75 km, you arrive at Aid Station 1 (Battle Creek Road). You have climbed 321 m to this point.

From there, the course enters the Old Baldy section. A stream crossing comes immediately at the start, with several more crossings throughout the section, including one near the end. Conditions are typically wet, and runners should expect to get their feet wet multiple times. The terrain is varied and requires attention through each crossing. At 21 km, you reach Aid Station 2 (Old Battle Creek), which is the only drop bag location on the course. Cumulative elevation gain is approximately 679 m.

The course then climbs steadily up Horse Thief Hill. Although relatively short, this section features a continuous, gradual ascent that requires sustained effort. There are no water crossings in this section. At 29.5 km, you arrive at Aid Station 3 (The Bench). Total climbing is now approximately 875 m.

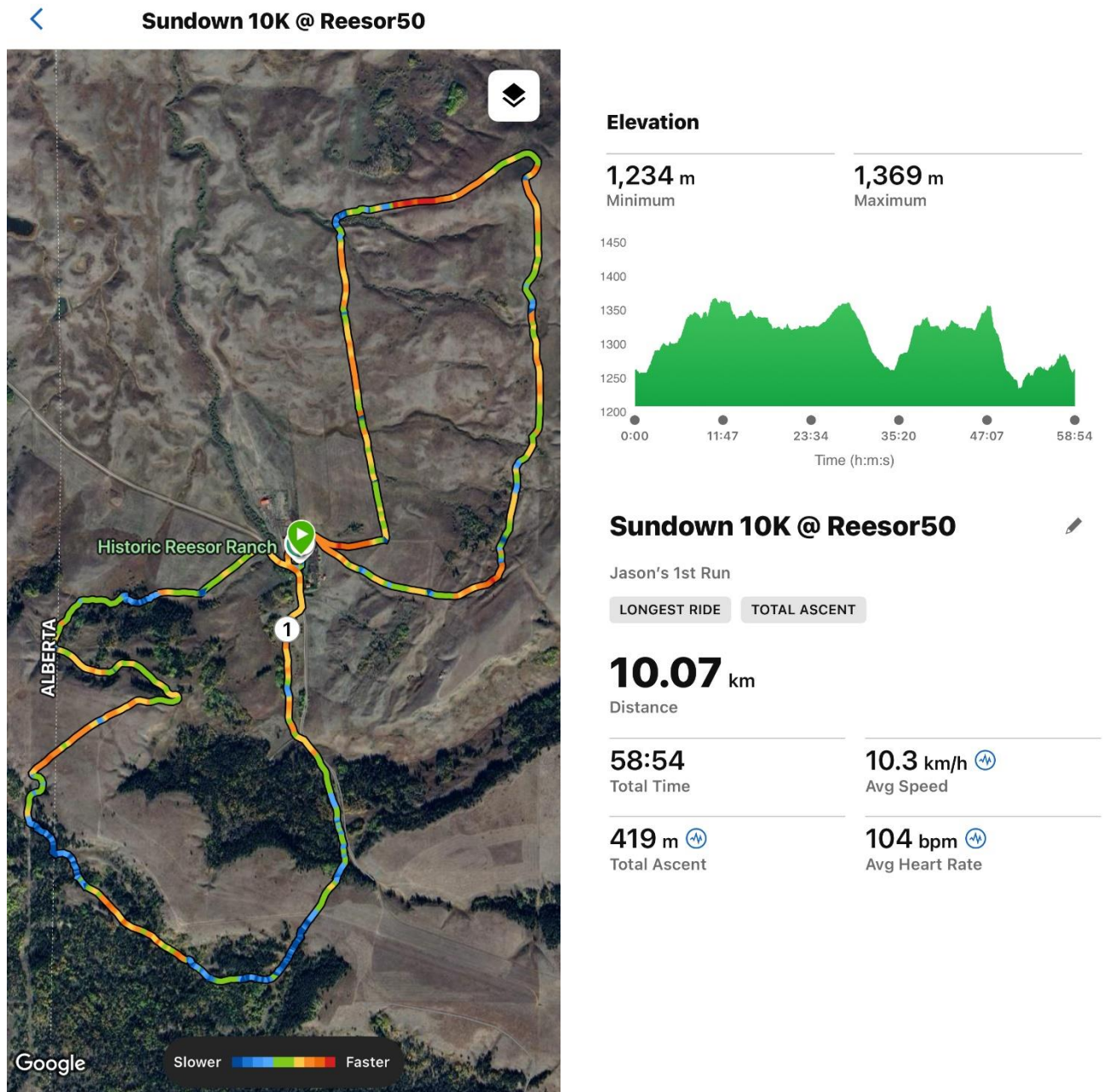
The final section travels along the bench, primarily on flat dirt road across the top before transitioning onto a more technical trail. The course drops into the valley and then climbs back up toward the ranch. This section can be loose and greasy depending on conditions. The route returns to the ranch at 40 km to finish, with approximately 1,113 meters of total elevation gain.

[Interactive Map on Website](#)

## SUNDOWN 10

Registration includes Friday night lasagna, a beverage, finisher's token, and swag, with additional meals available for purchase over the weekend.

Sunset is at 9:00 pm and most runners should finish before dark but bring a headlamp just in case. There's a basic aid station at the halfway point (water and pop only), plus a lively cheering section at the ranch, so bring your own snacks and be ready for the energy.



## AID STATIONS – CREW ACCESS

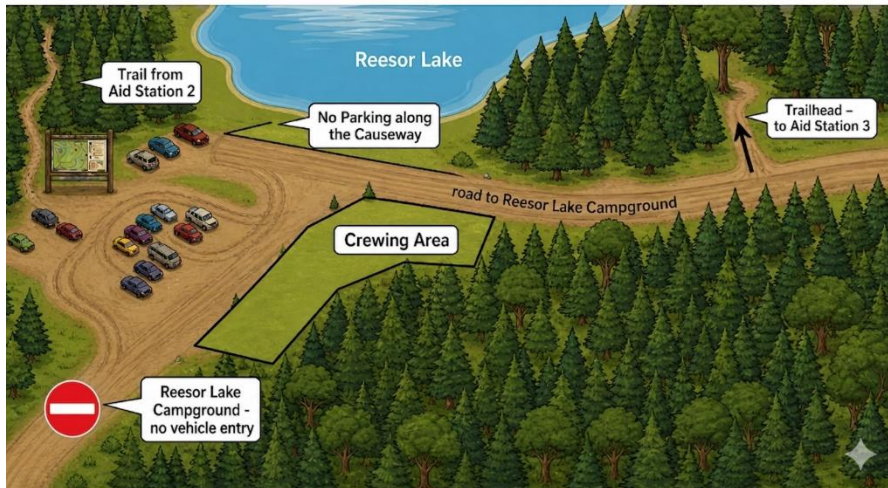
**Reesor 50** – crew access at Aid Stations 2 and 3 only.

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

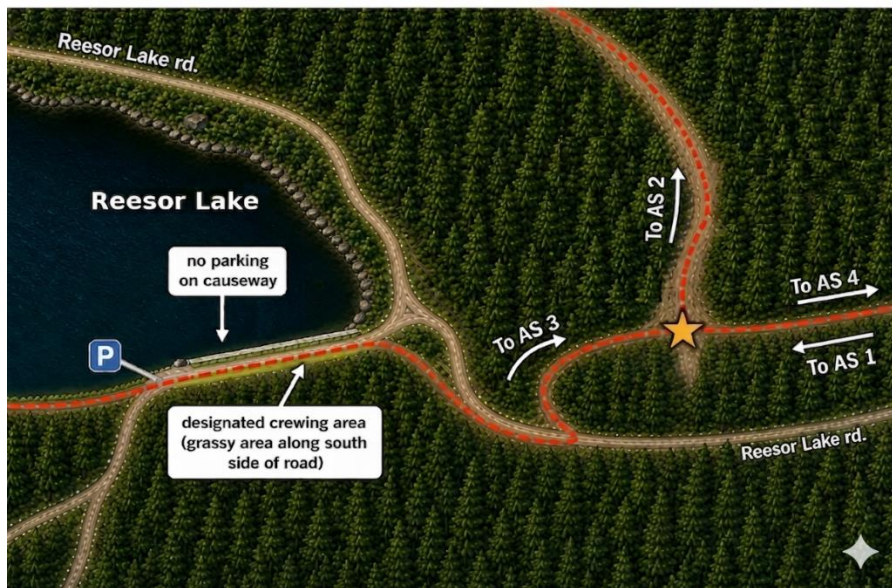
### REESOR 50 - DESIGNATED CREWING AREA - Aid Station 3 (East Reesor Lake)

There will be a designated crewing area along the road at the east end of Reesor Lake, approximately 1 km before the actual aid station (AS3). Crew vehicles must park in the designated parking area near this crewing zone. Follow onsite signage. Runners may access their crew only within the designated crewing area. Crewing is not permitted at the actual aid station itself. Please do not hike into the aid station to meet your runner, as the area will become too congested for runners and volunteers. There is no parking along the causeway and no entry or parking within Reesor Lake Campground.

### Reesor 50: Crew Access Guide for Aid Station 3 (East Reesor Lake)



### Reesor 50: Aid Station 1/3 Intersection Guide



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 pop. Each aid station will have a limited supply of running-specific nutrition items including [Sun River Energy Gels](#) and Skratch energy chews. In addition, each aid station will have an assortment of food and goodies, such as candy, chips, pretzels, pickles, and bananas. There will also be sunscreen, bug spray and hygiene products available.

## **Hot Food**

There will be hot food options at aid stations 2, 4, 5 and 6 (1, 2 and 3 for the marathon). There will also be some “real food” surprises at aid stations this year.

## **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 you 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.

# OUR SPONSORS

# PRAIRIE RUN CREW



## Grasslands EVENTS

