



Beaver Flat 50

September 19, 2026 | Saskatchewan Landing Provincial Park

SALOMON



RUNNER HANDBOOK

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WELCOME

Our team at Prairie Sky Running Co. is proud to welcome you to a race that will challenge the way you think about running on the prairies.

The Beaver Flat 50 is hard. It's also fun. The course is beautiful, but it will make you work for every kilometer. Steep coulees, never-ending climbs, rough trail, exposed ridgelines, fast descents, and enough open sky to make you feel very small in the best possible way.

As you move through this landscape, take time to appreciate the land and the history it carries. We acknowledge the Indigenous communities whose knowledge, traditions, and stewardship have been connected to this place for generations. We share this land with respect and with a continued commitment to reconciliation.

With each stride, you add your own chapter to the story of this place and leave something for each runner who follows in your footsteps.

This is the Beaver Flat 50 and 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.

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.

PRAIRIE HARRIERS TEAM OPPORTUNITIES

The top three eligible athletes in the Junior 10K will earn positions with the Prairie Harriers junior team. Selected athletes will compete in both the Vertical and Classic Up & Down events at the Canadian Mountain Running Championships, hosted this year at [Défi des Couleurs](#). The junior opportunity includes airfare, accommodation, race entry and meals.

The women's and men's champions in the Beaver Flat 50K will earn positions with the Prairie Harriers senior team. Selected athletes will compete in the Short Trail event at the Canadian Trail Running Championships, hosted this year at [Québec Mega Trail](#). The senior opportunity includes airfare, accommodation, race entry and meals, with funding provided up to a total of \$1,500 per athlete.

All eligible athletes must be Saskatchewan residents with a full competitive Saskatchewan Athletics membership. More eligibility requirements on the [Prairie Harriers page on our website](#).

PROVINCIAL MOUNTAIN AND TRAIL RUNNING CHAMPIONSHIPS

The Saskatchewan Provincial Mountain and Trail Running Championships are being hosted by the Prairie Sky Running Company at the Beaver Flat 50. The Beaver Fever 10k, 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.

Medals will be awarded to the top three athletes in each of the following categories:

- U20 male and female (Beaver Fever 10k only)
- Senior (U35) male and female
- Masters (35–44, 45–54, 55–64, etc.) male and female

Athletes can check their provincial standings at the timing tent after their race. If you've placed in your category, you can pick up your medal there.

Please note: medals will not be mailed out.



THE FLAMING UNICORN

The Flaming Unicorn returns for the 10th anniversary of the Beaver Flat 50. This free night run began in the event’s early years when runners strapped on headlamps after the festivities and charged toward the top of the Horseshoe. Someone said the lights made them look like flaming unicorns racing up the ridge, and a BFF tradition was born.

Runners can choose the Flaming 5k, following the Horseshoe Hustle route, or the Flaming 10k, following the Beaver Fever route. Both distances include a disco party at Windsor Knot Aid Station, complete with snacks, music, hugs and late-night trail energy. This is an untimed event and more party than race. It runs rain or shine and is open to runners, volunteers, spectators, families and anyone else ready to join in on the fun. Children under 12 must be accompanied by a parent or caregiver. Headlamps are mandatory. Registration is free, but participants must register in advance. [REGISTER HERE](#).

Schedule:

7:00 p.m.	Bib pickup begins
7:55 p.m.	Racer briefing
8:00 p.m.	Flaming Unicorn party begins
10:00 p.m.	Flaming Unicorn party ends

Volunteers and course sweepers are also needed for anyone who wants to take part without running. [REGISTERTO VOLUNTEER HERE](#). And don’t sleep on the limited-edition Flaming Unicorn merch, available when you register or at the event. Check out some of it [HERE](#).



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.

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. These campgrounds are located approximately 5 to 10 minutes from the start/finish line.

VEHICLE ENTRY PERMITS

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

Refund Breakdown

Full refund: January 10, 2026 to April 30, 2026

50% refund: May 1, 2026 to June 30, 2026

No refund: July 1, 2026 to September 19, 2026

Runners are responsible for all processing fees related to refunds and transfers

Transfers

Transfer distance to distance if the event that you're transferring to is not full until September 1, 2026

The runner is responsible for completing the transfer in Race Roster, as well as collecting payment. Race directors will not facilitate transfers.

You can transfer your bib to another runner, but you must do so through Race Roster. All runners must register through Race Roster for liability reasons. Please don't give your registration to someone else without transferring it through Race Roster.

If you have received a transferred bib, you cannot transfer this bib a second time. The system will not allow it. No exceptions.

[HOW TO TRANSFER – detailed instructions](#)



VOLUNTEERS

There are number of jobs available. Have a look at the options menu when you are signing up on the [Race Roster volunteer page](#). 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 meal
- 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.” This is a hang out spot, a place to get out of the sun, a store to buy all your favourite gear, a place for hugging, crying, laughter. It’s also the place where you pick up your bib on race morning if you don’t grab it the night before. As in previous years, it will contain a separate area where you can stash a bag, clothes, etc. Follow the signs.

MANDATORY RACE KIT PICKUP

Friday, September 18 - 4:30pm to 8:00pm. [NuWest Interiors](#) Swift Current, 1080 Chaplin St. W -- 306-971-6600.

Saturday, September 19 - 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

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.

[Fresh Air Experience](#) TAXI SERVICE: A ride in the infamous FAE adventure van to get to the start line! Watch for the van; flag it down.

RACE DAY SCHEDULE

7:50 AM	50K briefing at start/finish line
8:00 AM	Start of Beaver Flat 50
8:20 AM	20K briefing at start/finish line
8:30 AM	Start of Dam Hard 20
8:50 AM	10K briefing at start/finish line
9:00 AM	Start of Beaver Fever 10k
9:20 AM	5K briefing at start/finish line
9:30 AM	Start of Horseshoe Hustle 5K
12:00 PM	Start of the Kids Fun Run
12:25 PM	Junior 10K Beaver Fever briefing at start/finish line
12:30 PM	Start of Junior 10K Beaver Fever

AWARDS & PRIZES

5km	10:30am
10km	11:00am
20km	11:25am
Junior 10km	2:00pm
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

20k

AS#1 Barlow	11:00am (2.5 hours)
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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 and sports gels. 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. They are not bathrooms. They are dark green and should be easy to spot. Ask a volunteer if you can't find them.

TOILETS

There are minimal toilets on course. There are several at the start/finish line, one at Aid Station 2 - Windsor Knot and one at Aid Station 4 – Goodwin House.

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. There will be markers and tape to write your name and bib number on your bag. This will make them easier for volunteers to locate.

TIMING & RESULTS

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:

- 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.
- 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.
- 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 Salomon [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 liter 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 – All our events are 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).



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.

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 will be available for purchase at Race Kit Pickup on Friday and at the race site on Saturday. We will take cash or credit card at both locations.



OUR SPONSORS AND PARTNERS

Head over to the [sponsor page](#) on our website for more information about all the fantastic folks that help us pull this thing together:

Sponsors

Salomon

Fresh Air Experience

Back40 Wilderness First Aid

Rebellion Brewing Company

Grasslands Events

Days Inn by Wyndham

Plewis Automotive Group

Wallace Construction

Ciele Athletics

Rocky Rents

Wood River Internet

Paperback Beverage Co

Partners

Saskatchewan Athletics

Saskatchewan Landing Provincial Park

Prairie Run Crew

NuWest Interiors

El Tropezon

Reesor Spring Water



CONTACT DETAILS

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