



# 2020 Minotaur SkyRace and Mini-Taur 10 KM Racer Guide



19.04	MT AWA SKYRACE	Sanjo, Japan
03.05	YADING SKYRUN (TBC)	Yading, China
09.05	TRANSVULCANIA	La Palma, Spain
17.05	SKYRACE DES MATHEYSINS	St-Honoré, France
30.05	MADEIRA SKYRACE*	Santana, Portugal
07.06	HOCHKÖNIG SKYRACE	Maria Alm, Austria
20.06	LIVIGNO SKYMARATHON	Livigno, Italy
27.06	THE MINOTAUR SKYRACE	Crowsnest Pass, Canada
26.07	SKYRACE COMAPEDROSA*	Arisal, Andorra
01.08	HAMPEROKKEN SKYRACE	Tromsø, Norway
21.08	MATTERHORN ULTRAKS «EXTREME»	Zermatt, Switzerland
30.08	TROFEO KIMA*	Val Masino, Italy
12.09	PIRIN EXTREME	Bansko, Bulgaria
20.09	ZACUP SKYRACE	Pasturo, Italy
27.09	GORBEIA SUZIEN*	Zeanuri, Spain
10.10	LIMONE SKY EXTREME	Limone Sul Garda, Italy
TBA	THE SKYMASTERS	TBA

# MINOTAUR == SKYRACE ==

Welcome and thanks for your interest in Minotaur SkyRace and Mini-Taur 10 KM!

We launched our Minotaur event back in 2016 – now in the fourth year of our event, we are thrilled to announce that the Minotaur is now the only North American stop on the prestigious Skyrunner® World Series circuit.

With this new partnership, we've re-visited the structure of our event and have moved to a new 32 km alpine course that is certified by the International Skyrunning Federation. Minotaur SkyRace is a true world class mountain running course, and a qualifier for the legendary SkyMasters race.

We are also including our popular Mini-Taur short course race as part of our celebration of events, and this little monster of a 10 km is perfect for those who like it short and "sweet".

This race guide is intended to be a one stop resource that will hopefully help you with your race day planning and travel arrangements. Please keep sending us your questions to [hq@meettheminotaur.com](mailto:hq@meettheminotaur.com) as well.

Thanks and looking forward to hearing from you,

*Your Minotaur Race Crew (Andrew, Erin, Ian & Susan)*



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# MINOTAUR

## == SKYRACE ==

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## Before the Race

### Crowsnest Pass

We can't wait to show off our stunning corner of the province! [Crowsnest Pass](#) is truly a hidden gem in the Canadian Rockies, and its rugged terrain is both challenging and inspiring. A big thank you to the Municipality of Crowsnest Pass for being our host community.

Located approx 2 hours southwest of Calgary, the Crowsnest Pass is a mecca of year round recreational opportunities. Stop by Ian and Susan's store, [spry](#), on main street Blairmore to learn all about our trail network and local outdoor adventures. Spry is conveniently located across the street from the start/finish area of both Minotaur SkyRace and Mini-Taur 10 KM, and is also the location for race package pick-up.

### Air Travel

Calgary International Airport is approx 2.5 hours from Crowsnest Pass, but there is a smaller airport in Lethbridge, AB and an international airport in Cranbrook, BC that may meet your needs. These airports are 1.5 hours and 2 hours, respectively, driving distance from Crowsnest Pass.

### Race Package Pick-Up/Start/Finish Area

Race package pick-up takes place at spry and the start/finish/awards for for Minotaur SkyRace and Mini-Taur 10 KM all take place on main street Blairmore, across the street from spry.

**The address for package pick-up and start/finish location is:  
13101 20th Ave Blairmore, AB**

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*A huge thank you to Ian and Susan and all of the crew at spry for opening their doors to us - spry is truly the hub of all things running related in Crowsnest Pass and we are so appreciative of all they do for our community!*



**spry**  
**13101 20th Ave Blairmore, AB**  
W: [www.spryactive.ca](http://www.spryactive.ca)  
Ph: 403-753-5024



The coolest running and gear shop around! spry will be stocked with all of your race day needs and will also be the go to stop for Minotaur merchandise and souvenirs.

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### Parking

- Parking has been made available to us via the Municipality of Crowsnest Pass along the south side of the railway tracks, on 19th ave in Blairmore. We will have signage indicating the parking area.



- The blue rectangle indicates the start/finish area
- Parking is indicated in red
- Spry is indicated in the yellow square (13101 20th Ave Blairmore, AB)

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## Accommodations

We are pleased to welcome both [Country Encounters](#) in Coleman and [The Kanata](#) in Blairmore as accommodation partners for our event.

**Country Encounters:** Please call 403-563-5299 to book direct and to receive a 15% discount on race weekend.

**The Kanata:** Please call 403-562-8851 to book direct, special racer rates apply.

For other accommodation options, we suggest visiting:

[Crowsnest Pass Chamber of Commerce](#)

[Crowsnest Pass Holiday Homes](#)

To see a listing of hotels, B&B's and camping options. We recommend booking

## Terms/Conditions

- We are all racers ourselves and certainly have a sad amount of DNS's between us, so we get that injuries and life can happen before a race.
- We definitely want to work with you, and as per our terms of conditions can offer:
- November 1 through March 30 – 50% refund
- No refunds will be issued after March 30 – sorry!
- Please see our website for further details on our terms and conditions, and feel free to email us at [hq@meettheminotaur.com](mailto:hq@meettheminotaur.com) with any questions.

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## Race Weekend & Schedule of Events

### Schedule of Events:

#### Friday, June 26, 2020

- Race Package Pick-Up: Friday, June 26 from noon – 8 pm at spry
- ***Friday package pick-up is for both distances, and Saturday package pick-up is for Mini-Taur 10 km only. You can only pick up your Minotaur SkyRace package on Friday, June 26.***
- Athlete Ceremony and Welcome: 2pm
- This is a special ceremony that will take place on June 26 at the start location, to welcome the SkyMan athletes and staff. This is a media and spectator friendly event, and everyone is welcome.

#### Race Day: Saturday, June 27, 2020

- Minotaur SkyRace Start: 7 am (Mandatory pre-race meeting at 6:40 am at start area)
- Mini-Taur 10 KM race package pick-up at 7:30 am - 11 am at spry
- Mini-Taur 10 km Start: Noon (Mandatory pre-race meeting at 11:40 am at start area)
- Awards: 5 pm for both events at finish area
- Course Closes: 7 pm for Minotaur SkyRace and 5 pm for Mini-Taur 10 KM.

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## Waivers

- Every racer needs to sign a waiver provided by AIRaceLAB Inc.
- Racers under 18 years of age must have their waiver signed by a parent/legal guardian (note: this only applies to Mini-Taur 10 KM as you must be 18+ to do Minotaur SkyRace).
- Racers may print and bring their signed waivers to package pick up. Blank waivers will also be available at package pick up.
- Racers who do not have a valid waiver will not receive their bib number or allowed on the race course. This applies for both Minotaur SkyRace and Mini-Taur 10 KM.
- Waivers will be available for download of our website under the Rules Tab by June 1, 2020.

## Contact and Emergency Contact

- Your waiver is not considered complete unless you have provided your own contact information, as well as emergency contact information.

## Medical Form

- Racers who wish to disclose medical conditions such as allergies etc may do so via our voluntary Medical Form. This form will be available at race package pick-up and will also be available to download off of our website by June 1, 2020 (under the Rules tab)

## Pre-Race Meeting

- The pre-race meeting is mandatory for all racers (don't worry, it will be short and sweet) but it will cover crucial information about the event and potential course changes, hazards, emergency protocol etc. It will take place at the start location at 6:40 am on Sat, June 27 for the Minotaur SkyRace and 11:40 am for the Mini-Taur 10 KM.

# MINOTAUR == SKYRACE ==

## Minotaur SkyRace Awards

Awards for both races will take place at the finish area at 5pm.

New for 2020, we will have Zone4 on site providing timing and live results throughout both races.

Cash allotment is as follows for Top 10 male and female Minotaur SkyRace winners:

1. \$1500/each
2. \$750/each
3. \$500/each
4. \$375/each
5. \$300/each
6. \$250/each
7. \$225/each
8. \$200/each
9. \$200/each
10. \$200/each

All Minotaur SkyRace finishers will receive our custom Minotaur puzzle piece medal. The first place overall athlete will receive the coveted Minotaur Shield for the year.

New for 2020: We will be recognizing age group categories for Minotaur SkyRace (Top 3 male and female in each category)

Age Groups: 18-29, 30-39, 40-49, 50-59, 60-69, 70+

# MINOTAUR == SKYRACE ==

## Mini-Taur 10km Awards

Zone4 will also be providing results and timing for the Mini-Taur 10 km. Podium recognition and prizing will be given to Top 3 male and female Mini-Taur 10 km racers. All Mini-Taur 10 km finishers will receive our custom Minotaur puzzle piece medal with the special Mini-Taur emblem on it.

- Prizing for Mini-Taur 10 km will be as follows:
- 1st place overall Male and Female
- 2nd place overall Male and Female
- 3rd place overall Male and Female
- New for 2020: We will be recognizing age group categories for Mini-Taur 10 km (Top 3 male and female in each category)

Age Groups: Youth, 19-29, 30-39, 40-49, 50-59, 60-69, 70+

## Post Race

- A first aid tent will be on site at our finish area, and basic post-race finish food/drink items.
- Post race food provisions are for racers only and will consist of basic hydration and recovery options (chips, bananas etc) as well as some goodies from [Stone's Throw Cafe](#)
- [Pass Beer Co](#) will be providing racers with a discount for post-race wood fired pizza and their custom Minotaur Beer! They will also be adding a special meatless Minotaur pizza option to their menu for race weekend. We hope you'll pay them a visit at 10801 20 ave in Blairmore for some après Minotaur socializing and feasting! They are our go-to venue for our unofficial after-party.

# MINOTAUR == SKYRACE ==

## Race Overview: Minotaur SkyRace 32 KM 2817 m vert (9200')

Time Limit: 12 hours  
On course cut-offs: TBA

Aid Stations: 3  
Fuel for all 3 aid stations provided by Xact Nutrition, who will be fueling racers with FRUIT2 - their awesome energy gel and chew alternative, as well as hydrating runners with electro2 sport hydration tabs.



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### Course Breakdown: Start

**Urban: 500m**

**Alpine Off Trail: 3km**

**Rugged Trail/Open Forest: 3.7km**

**Trail: 3.5km**

**Alpine Off Trail: 4.5km**

**Trail: 400m**

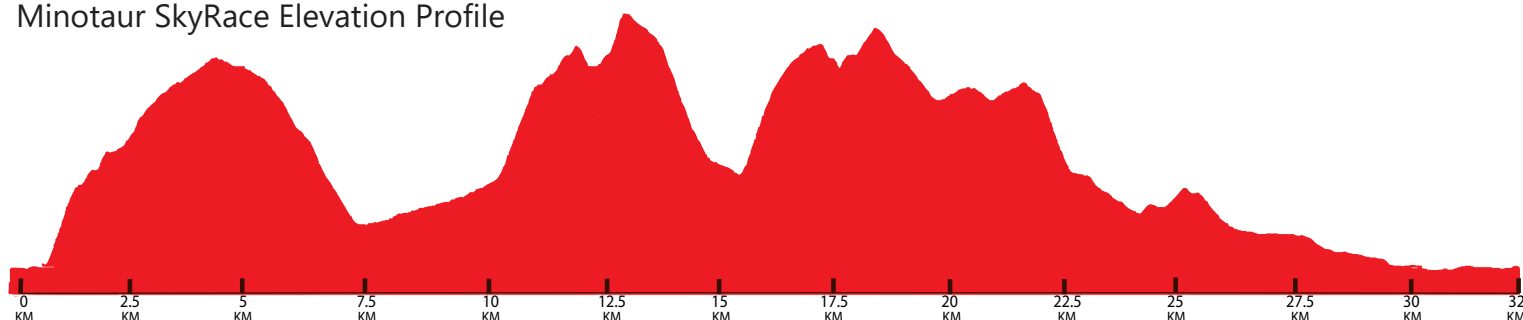
**Alpine Off Trail: 7km**

**Rugged Trail/Open Forest: 6.8km**

**Urban: 2.6km**

**Finish**

Minotaur SkyRace Elevation Profile



# MINOTAUR == SKYRACE ==

## Minotaur SkyRace Course Description:

This description was written by Ian and Susan Lowe-Wylde, who have spent countless hours out on the new course. You can tell they are excited about it!

The race starts downtown Blairmore at 1292m and in less than 1km you head up Bluff Mountain on a tiny, rugged switch-backing trail and along open, steep rocky ridges to the first summit at 2145m. From the summit you descend along connected animal trails through open forest to the site of the ghost town of Lille at about 1500m. From the Lille town site, you run up a forest trail to the first aid station at about 1700m and at the base of the next climb.

From the aid station, you climb up steep rocky terrain to an unnamed summit at 2200m. This is true Canadian wilderness mountain running with nothing but wilderness in all directions and a spectacular view of the course that lies ahead! A small descent through a gentle col to a steep climb on loose rock brings you onto the Livingstone Range and the highpoint on the course at 2310m. The Livingstone Range is a prominent feature in Crowsnest Pass area...it's where the prairies meet the Rocky Mountains. (Side Note: The entire Livingstone Range is about 42km long and a known challenge amongst local endurance athletes. Our race director, Andrew Fairhurst, along with Minotaur ambassador Troy Misseghers, have the FKT of 11:33:18 and were unsupported in their traverse).

Heading south along the Livingstone Range is like dancing on a line between the prairies and the Rockies...true SkyRunning on a narrow, technical ridge! Next comes a rough scree descent back down into a remote alpine valley where you will follow some rugged trail to the same aid station that you passed through earlier at about 1700m.

From here, it's back up a demanding climb to 2200m and a challenging, technical ridge that parallels the Livingstone Range. Then you traverse east along a narrow serrated rocky ridge with technical ups and downs along some very interesting and unique rocky terrain. At the end of this ridge is South Peak...back on the Livingstone Range ridge at 2270m and the second highest point on the course.

From South Peak, you follow the Livingstone Range ridge south along some pretty runnable rocky terrain, through alpine meadows and "The Enchanted Forest" to a descent down mixed rock/scree slope into another very remote alpine valley.

At the valley bottom, you follow a small trail through to a spot where the valley narrows to only a few meters. The trail then contours around into a pasture area, crosses a dirt road and into the final aid station. Leaving the aid station it follows several connecting dirt trails toward the infamous Frank Slide area. The Frank Slide is a massive rock slide and Canada's deadliest landslide! You then join a community gravel trail which takes you above the town of Frank and along the beautiful Crowsnest River back to Blairmore and to the finish line!

# MINOTAUR

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## Race Overview:

### Mini-Taur

**10.5 KM**

**950 m vert (3116')**

Time Limit: 5 hours

Aid Stations: 0

### Mini-Taur 10 KM Course Description

The race starts downtown Blairmore at 1292m and in less than 1km, heads up Bluff Mountain on a tiny, rugged switch-backing trail to some moderate open rock slab sections. As the climb eases off, you follow a rocky ridge that is mixed with patches of open forest all the way to the summit of Bluff Mountain at 2145m. On the way up, you have views of the Crowsnest Pass, east to the prairies and west to the Rocky Mountains.

From the summit of Bluff Mountain, you follow tiny trails that gently descend through open forest down to an open alpine meadow at about 1930m. The trail then veers to the east where it descends rapidly down a faint rugged trail that heads down the southwest face of Bluff Mountain. At about 1740m, the trail again veers east contouring over to another one of the steep rocky ridges on Bluff Mountain.

You then follow a small technical rocky trail that heads along the top of steep cliffs running almost due south. Soon you will begin to see the town of Blairmore now about 400m below. Next you leave the ridge on a steep forest trail down to a junction with the same trail that you headed up at the beginning of the race. From here you it is less than 1km to Blairmore and the finish line!

This is a great little course, and a fantastic way to enjoy some epic alpine terrain!

### Course Breakdown: Start

**Urban: 500m**

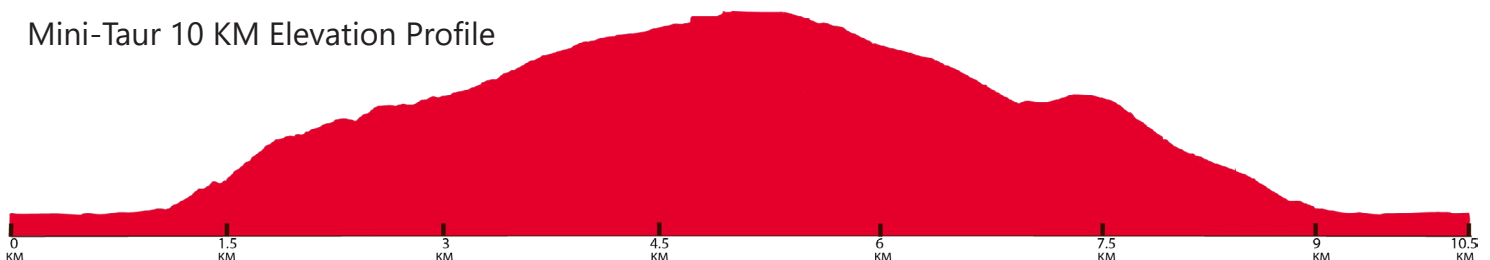
**Alpine Off Trail: 3km**

**Rugged Trail/Open  
Forest: 5.5km**

**Alpine Off Trail: 1.0km**

**Urban: 500m  
Finish**

### Mini-Taur 10 KM Elevation Profile



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## Course Markings & Checkpoints

- Both courses will be expertly flagged with our custom pinflags and flagging tape. Signage and directional arrows will also be in place at key sections. Course markings will be reviewed at the pre-race meeting.
- There will **not** be distance/mile markers on the course.
- Checkpoints will be in place on the course and will be manned with volunteers. The purpose of these checkpoints is to monitor racer progress and to communicate to Race HQ.
- Please see the Rules section regarding Time Cut-Offs at checkpoint(s).



## Spectators

- Spectators are absolutely welcome to cheer on the athletes at the start and finish area. We really hope to have a great crowd to send the racers off and then to welcome them back! Both courses start and finish in town, so let's line the streets - noisemakers are encouraged!
- Once the racers leave the urban section of the race, the race course is not ideal for spectators due to the alpine nature of the terrain.

# MINOTAUR == SKYRACE ==

## Rules

Thanks for respecting our race rules! They are put in place for your safety and to adhere to our company's best practices when it comes to event management. Please note that rules are subject to change based on conditions and the discretion of the race director.

Please contact us at [hq@meettheminotaur.com](mailto:hq@meettheminotaur.com) with questions & sign up for our Racer Email updates via our website to keep up to date.

### **Waiver**

All participants and volunteers, must sign a waiver provided by AIRaceLAB Inc before the onset of the event.

### **Race Bib**

Your race number must be worn and visible at all times during the race, race number is provided by AIRaceLAB Inc.

### **Race Cutoffs**

Participants have 12 hours to complete the Minotaur race course and 5 hours to complete the Mini-Taur race course, the timer starts when the start gun sounds for each respective race.

### **Race Start**

All racers must be congregated in the start line chute at least 15 minutes before their start time, any racers arriving after the start gun has fired will not be able to participate.

### **Means of Travel**

All means of travel during the race are defined before or during the race itself. No motorized travel means are permitted, use of motorized or aided means of travel will result in disqualification. Only allowable means of travel is on foot.

# MINOTAUR == SKYRACE ==

## **Music/Sound**

To maintain awareness of your surroundings at all times no earbuds, headphones or auxiliary music/sound sources are permitted.

## **Checkpoints/Aid Stations**

All participants must go through the checkpoint(s)/ aid station(s). Checking in can be as quick as ensuring race staff/ volunteer(s) take note of your race number. The Mini-Taur race course does not have an aid station.

## **Checkpoint Cutoffs**

Minotaur SkyRace will have a cut off checkpoint, if a racer reaches the cut off checkpoint after a set time of day, the racer will be rerouted on a shorter course direct to the finish line. You will be ranked as "Did not finish DNF" on the results. The cut off time will be known before the event start.

## **Course Route**

Participants must stick to the course as outlined by the race officials. The event course is well marked with pin flags, ribbon and signage.

## **Outside Assistance**

You are racing this event as a solo athlete, to that end, no outside assistance is permitted during the race. Acceptance of outside help, be it from a volunteer, spectator, medical personnel, bystander, race Staff etc will result in immediate disqualification. See next two points for the only deviations from this.

## **Registered Racer Assistance**

All participants are allowed assistance at any point during the race from another registered and ranked participant still participating in the race.

## **Checkpoint/Aid Station Assistance**

All participants are allowed assistance from a volunteer, race staff or medical personnel at the checkpoint(s)/ Aid Station(s)

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### **Self Sufficiency**

You must start and finish the race with everything you plan to carry, no littering or leaving anything behind on the course. There are no food drops or locations to leave anything behind or pick up, if you started the race with it you must finish the race with it.

### **Aid Station Fuel**

Aid Station(s) will have hydration and caloric replacements available to race participants, helping yourself is permitted.

### **Littering**

Littering on the course will result in immediate disqualification.

### **DNF**

Any competitor that drops out of the race must notify the nearest volunteer or race official immediately.

### **Medical**

AIRaceLAB Inc is not responsible for any medical coverage for participants, nor costs incurred by participants for any emergency and/or medical treatment sought, or given, as a result of an injury from the event. It is the participant's responsibility to provide their own sufficient medical coverage.

### **Evacuation**

If evacuation from the course is needed in the event of an emergency, any and all costs incurred are your responsibility. This may include, but is not limited to ground crew rescue, helicopter rescue, RCMP, search costs etc.

### **Minotaur Tattoo**

All finishers will be branded with a Minotaur tattoo immediately after crossing the finish line, ok, that's not true, but credit to you for reading the rules and regulations!

### **Abuse**

Abuse of any type- verbal, physical or emotional to any volunteer, race official, or fellow participant will result in immediate disqualification and a ban from all future AIRaceLab Inc events.

# MINOTAUR

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### **Course Modification/Cessation of Event**

Naturally presented hazards such as, but not limited to, landslides, inclement weather, lightening, rock fall, may result in course modification and/or cessation of the event. This is an accepted risk of participation, no refunds and/or future credits are applied in such a case.

### **Mandatory Gear**

All racers must carry with them at all times the following items:

- 1) Means to drink and carry water (there are no cups or containers at the aid station)
- 2) Emergency blanket
- 3) Toque
- 4) Jacket

\*Despite the minimum, carry everything you believe you will need for a day in the high mountains.

### **Additional Gear**

Depending on final course and weather conditions, race officials may require participants to carry additional mandatory gear on race morning. Be sure to arrive with it in case we enforce the extra gear on race morning. This may include, but not be limited, to the following: Waterproof jacket and gloves. Please ensure you are signed up for Racer Emails in order to receive these communications.

### **Wildlife**

The race course(s) take you into the wilderness and remote locations, please be respectful of other trail users, and all wildlife. Always give the right of way and respectful space to any wildlife encountered. Bearspray is recommended. Report and wildlife encounters to race staff or volunteers at your next available opportunity.

### **Anti-doping**

AI RaceLAB In reserves the right to carry out doping controls as per <https://www.skyrunning.com/anti-doping-guide-lines/>

### **Final Authority**

Any and all questions about the rules and regulation must be questioned to the Race Director, the Race Director is the final authority on enforcing the rules and regulations.

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## Contact

- If you're not already signed up for our Racer Email, please visit our website to sign up. Our Racer Emails provide regular updates and are a great source of info.
- We also post regular updates on our Facebook page @meettheminotaur and on Instagram @meettheminotaur
- Of course we always love to hear from you direct, so you can email us at [hq@meettheminotaur.com](mailto:hq@meettheminotaur.com)

## Happy Training!

Congratulations on making this commitment! We get it! We look forward to cheering for you, supporting you, and providing you with a world class experience. Keep in touch and see you on race day (if not sooner!)

*Your Minotaur Crew*



Cheers to a fantastic training season and  
an epic race day!