

TRAIL RUN

AGE GROUP(S) & CATEGORIES

Age Categories: 30-39; 40-49; 50-59; 60-69; 70+
(Female & Male as of December 31, 2019)



ATHLETE ELIGIBILITY & AFFILIATION

The event is open to all residents of Alberta who are eligible, and have officially registered for the 2019 Alberta Masters Games. The 10km Trail Run for has a capacity of 80 athletes, and 3km Para Trail Run 10 athletes. Registration will be closed once capacity has been reached.

Restrictions: para athletes are able to compete in the eligible age categories stipulated above, in effect through Athletics Alberta and Athletics Canada. The course will not be suitable for wheelchair participation.

Para event will be for ambulatory para-athletes that compete from a standing position, many of whom compete with the use of a prosthetic. The relevant categories considered will be T42-T47 and F42-F46. Additional categories may be considered, and accommodated if possible in the interest of promoting para sports at the Alberta Masters Games.

As per the guidelines and rules set out by Athletics Alberta, in effect at the time of competition. Check out the following web site for more information: www.athleticsalberta.com/aa-membership

EVENT(S)

TrailRun 10km	80 Athletes Maximum of both genders
Trail Run 3km Para Event	10 Athletes Maximum of both genders

The events will be run on Saturday August 24, 2019 in conjunction with the 25th staging of the Crimson Lake Trail Run, which allows open participation in the 3km, 10km and 20km trail run categories for the public and any visitors attending the 2019 Alberta Masters Games.

Single clockwise lap around Crimson Lake. Start at 10:30am (Para start at 9:45am)

All athletes registered to participate in the Alberta Masters Games will be eligible to compete for category medals. Medals will only be awarded for the 10km and 3km para trail run in the age categories identified above. Chip timing will be provided and race numbers will be assigned on race day.

Restrictions: no running strollers, roller blades, support vehicles or cyclists are allowed. No pets will be allowed on the course.

PROTEST PROCEDURES

As per the guidelines and rules set out by Athletics Alberta in effect at the time of competition. To check out the Alberta Athletics web site: <https://athleticsalberta.com>

FACILITY INFORMATION

The Trail Run will take place at Crimson Lake Provincial Park in conjunction with the 25th annual Crimson Lake Trail Run, part of the Run Alberta Series and an Athletics Alberta sanctioned event.

ALBERTA MASTERS GAMES REGISTRATION FEE/SPORT REGISTRATION FEES

An Alberta Sport Connection Games registration fee of \$35 per person will be charged, and a Host Society Sport fee of \$15 will be levied on all participants who register for the 2019 Alberta Masters Games.

HOST SPORT CHAIR CONTACT INFORMATION

Phil Lacerte
Sport Chair
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403-844-3466

Gail Krabben
25th Annual Crimson Lake Trail Run
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Note: Competition Schedule Subject to Change

