



## *Captain's Manual*

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May 23, 2019

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## Mission

The Banff Jasper Relay is run to provide an opportunity for runners to discover and enjoy the team sport of relay running and to support the preservation and appreciation of Banff and Jasper National Parks while raising funds for the Brain Tumour Foundation of Canada.

## Team Categories

Gold, Silver and Bronze Medals will be awarded in each of the following Categories:

- **Open:** 15 runners
- **Female:** 15 female runners
- **Mixed:** 15 runners, 5 runners must be of the same gender.
- **Corporate Mixed:** 15 runners; 12 runners must be employed by or contracted to the same company. 5 must be of the same gender.
- **Masters:** 15 runners age 40 or older as of race day; any gender.
- **Semi-Centurions:** 15 runners age 50 or older as of race day; any gender.

### Notes:

A team must enter 15 runners to participate.

Runners can be substituted due to injury; however, the replacement runner must have run a stage already. (Exceptions being S1, S2, and N7)

Due to liability and logistics, all runners participating in the Banff Jasper Relay **must be a minimum of 18 years of age** as of race day. Individuals younger than 18 years of age will not be qualified to participate in the relay.

### Brain Tumour Foundation Donation Categories:

Gold, Silver and Bronze medals will be awarded to the 3 highest donating teams on race day.

Corporate matching funds will be included in total donation calculations.

Corporate donations need to be verified via email to the Brain Tumour Foundation.



ONE DAY  
WEB GROUP

### ***Race Format***

The Relay has 15 stages. The 15 stages are split into 2 phases that take place simultaneously. The race route has been split this way to ensure the whole course can be completed in daylight hours.

The South Phase (S1- S6) starts at Castle Mountain Junction, just north of the Banff townsite on the 1A Highway, and ends at Saskatchewan River Crossing.

The North Phase (N7-N15) starts at Saskatchewan River Crossing and travels through the majestic Canadian Rocky Mountains in Banff and Jasper National Parks to end in the Jasper townsite.

***Both phases start at 7:00 am.***

### ***Forced Starts, Forced Stops***

Forced starts are used on every stage to ensure that the race progresses at a prescribed pace. This guarantees the race finishes in daylight hours and greatly reduces volunteer logistics and volunteer fatigue.

If teams run faster than the race schedule, a "Forced Stop" will be implemented. In this case, the lead Race Director/Course Marshall will capture the time as the runner arrives at the Exchange Point and give it to the Timing Crew. The team will start running again at a time decided by the Timing Crew.

### ***Exchange Close Times***

The race course closes as runners progress up the course. Refer to the [\*\*\*Stage Timing Charts\*\*\*](#) near the end of this manual, to determine stage closing times. When a stage officially closes, all traffic control for the race will cease, all marshals and race officials will leave the course, and all barricades will be removed. Any runner still on the course must stop running and be picked-up by their support vehicle.

This format enables the race to respect environmental and safety concerns identified by the race organizers, Parks Canada, and the RCMP.

### ***Environmental Impact and Safety***

Iris Environmental Consulting prepared an Environmental Assessment (EA) to ensure the environment of the park is not harmed. We are committed to undertaking any mitigation



measures resulting from Parks Canada's review of the EA. *As this manual is part of the Environmental Assessment, all relay rules must be followed.*

**Important Note!** The Relay rules are reviewed regularly, taking into consideration comments from Parks Canada, the RCMP, race participants and volunteers. Changes to the rules may be made each year, so even if you have run the race previously, please review the complete manual to ensure you are current with the rules.

### Team Equipment List

To ensure an enjoyable and memorable event, it is critical to be prepared to spend a day in the mountains. The relay runs through two of the most majestic National Parks in Canada. Mountain ranges anywhere are known for their unpredictable weather patterns and the Canadian Rockies are no exception. One side of the Bow Summit may see you start your stage running in shorts under a warm sun only to find driving snow greet you as you gain the pass. Following is an equipment list intended to ensure your team members are prepared.

**Important note:** There is NO cell phone coverage on 90% of the race course. Please plan accordingly.

- **High Visibility vests, 2 or 3 per team vehicle (see Race Rules)**
- Parks Canada Vehicle Pass (see Race Rules)
- First Aid Kit
- Race numbers and pins
- Water (lots of water)
- Ice
- Food and snacks (for before, during, and after running)
- Rain gear
- After run clothes (full change)
- After race party clothes!
- Warm sweater/sweats
- Hats (sun and cold weather)
- Gloves/mitts
- Sunscreen
- Equipment bags for Stage S1 and Stage S2 runners (see Race Rules)
- Note pads and pens
- Cameras and lots of memory cards
- Hiking gear for the other days you are in the parks.



### ***Captain's Responsibilities***

Each team must designate a captain, who may or may not be a competitor. The captain is the contact person between the team and the race organizers and officials.

The Captain must:

1. ensure all team members are aware of and obey the race rules.
2. register the team, using the official registration form, no later than the last Friday in May.
3. ensure all team member waivers have been signed and runner information entered by the dates posted on the website. No team will be permitted to race if any waivers are missing.
4. arrange for the team's transportation, food, refreshment, and accommodation.
5. ensure that assigned runners are at their stations well in advance of their scheduled start time to receive the exchange from the incoming runner.
6. monitor the team's progress during the race and record all substitutions and any changes in the Race Team Plan for submission to the race officials at the end of the race.
7. ensure any runner still on the course at the stage exchange close time stops running and is picked-up by their support vehicle.
8. ensure all team vehicles have a valid park pass
9. ensure all official team support vehicles are properly identified.
10. ensure no team vehicle plays loud music or creates any undue noise or disturbance.
11. ensure all Parks Canada and highway rules and regulations are strictly observed. Violations will mean immediate disqualification and withdrawal from the race.
12. ensure their runners are in the condition they need to be to finish their stages in acceptable time.
13. lodge any complaints with race officials and appeal decisions of the race referee, in writing, with the jury of appeal. Complaints about suspected infractions by other teams must be made in writing giving details.
14. attend, along with a second team representative, the Friday night Captain's Meeting in Lake Louise

## The Rules of the Race

The rules of the Banff-Jasper Relay have been developed to assure the race will be run as safely and fairly as possible. Good sportsmanship is assumed, and everyone involved in the race is responsible for knowing and following the rules.

The race rules and appeals procedures are derived from the road race regulations of the Canadian Track and Field Association. They apply to everyone and will be enforced fairly. Infractions may result in disqualification of the entire team. Race officials will monitor the relay closely.

Remember that we are **guests** in Banff and Jasper National Parks, and are **sharing** the parkway with others not related to the Relay. Please respect their right to travel unimpeded through the mountains.

Throughout the race we are subject to Parks Canada regulations and to the traffic and liquor laws of the Province of Alberta. These laws and regulations will be strictly enforced by the Parks Wildlife Officers, RCMP and Park Wardens, who will warn, ticket or prosecute infractions as appropriate. Race officials will be informed of all infractions. Infractions may result in team disqualification and a ban from future participation in the race.

At any point in the race, teams or team members who need assistance or information, or who have complaints or concerns, should approach the race officials at the nearest race station.

## National Park Requirements

The relay takes place within the National Parks. The following responsibilities to respect the park environment and other park visitors exist to enable the race to continue;

- a. Use only provided porta-potties and park washrooms. **Do not use the woods.**
- b. Pick up all garbage you generate or come across.
- c. Avoid noisy, raucous behavior and loud music that may impinge on other visitors' park enjoyment or disturb/attract *wildlife*.



## Race Rules

### General

1. This is a team event. A team may represent a club, organization, a race association or any other group.
2. A team consists of fifteen (15) runners.
3. No competitor may register or run with more than one team.
4. There is no limit governing the maximum age of competitors. Competitors must be at least 18 years of age on the date they sign the waiver form.
5. Abuse of officials or volunteers will not be tolerated and will result in team disqualification.
6. The Race Director, in consultation with Parks and/or the RCMP, may at any time halt or cancel any stage(s) or all or any portion of the race when it is considered advisable for environmental or safety reasons.

### New for 2019 – Running with fewer than 15 runners

For 2019, we are making the following rule changes to allow teams with less than 15 runners to participate in the relay.

1. A runner can run more than one leg of the relay. However, to keep the race on schedule, a runner can only run consecutive stages if they beat the forced start between the consecutive stages. If the runner can't make this timing, the captain is to schedule the runner on non consecutive or separate stages. See the attached timing chart for the forced starts.

For example:

Jim is a fast ultra-runner, he can run S1 and S2 no problem. This is good!!

Jane is a fast runner, but would like to run in the morning, and then again at mid-day. This is good as well!!

2. A team can have 2 runners split a stage that doesn't have a runner, with two runners that have run previously. (You can do this once, without penalty, if it is required to do this more than once, then a 5-minute penalty applies)

For example:

Our team has 13 runners.

We will use Jane and Jim who have run earlier in the day to split N14. This is good!!

Additionally, we will use George and Sarah who have run earlier in the day to split N15, and take the 5-minute penalty. This is good!!





2. A team can have 2 runners split a stage that doesn't have a runner, with two runners that have run previously. (You can do this once, without penalty, if it is required to do this more than once, then a 5-minute penalty applies)

For example:

Our team has 13 runners.

We will use Jane and Jim who have run earlier in the day to split N14. This is good!!

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### Runners

7. Runners must wear their assigned competition number on the front. The number must be visible at all times.
8. **Runners must wear an approved high visibility vest on all stages of the race. The team receives 4 in their race package, and you can buy extras at the Captain's meeting. Course marshals have vest on the race course in case you need one. There is a 10 minute penalty if you are seen without an approved vest**
9. **Runners removing their high visibility vest while running their stage will have their team disqualified.**
10. Competitors must run on the shoulder of the road, facing the oncoming traffic, unless directed otherwise by a race official.
11. The Bow Valley Parkway (Highway 1A), on Stages S1 and S2, is a narrow, winding road. Cutting corners is strictly prohibited. Teams found in violation of this rule will be assessed a 1 hour penalty, without exception or appeal.
12. **Runners are not to carry any personal entertainment devices.** (When we alert a runner that there is a grizzly bear in their close vicinity, we want them to hear us!!)
13. Racers must stop running and be picked up by their support vehicles when the stage they are running officially closes. Refer to the Stage Timing Charts, near the end of this manual, to determine stage closing times. All marshals, traffic control, and barricades will be removed after that time.
14. The intersection of Highways 93 and 16, on stage N15, will be controlled to allow runners the right of way. Obey the course marshal's instructions.
15. A runner must withdraw from the race at once if ordered to do so by a member of the officially appointed medical staff. The competition number must be forfeited to the medical staff member, who will give it to the race officials at the nearest station, who in turn shall give it to the



race referee. The team so affected will be assessed a five (5) minute substitution penalty.

16. Any runner who does not complete a stage prior to the closing of that stage will receive a DNF. The race directors will determine a “projected finish time” for calculating the team’s overall time and category placing.
17. The race directors may institute a “forced stop” on any team out-pacing our exchange volunteers who “leap frog” up the course. This will be done at any exchange not yet set-up. Any team impacted will have their “stop” and “restart” times recorded. No penalty is applied as this is done to ensure appropriate support systems are in place for the runners.
18. If a runner must stop running before the end of the Stages S1 or S2, where only the designated runner will be allowed, the following rules and procedures apply:
  - a. The runner will be picked up by an official race van and brought to the next stage exchange.
  - b. The next exchange point will be informed to start the team’s next runner. The race officials will record the start time of this runner.
  - c. At the end of the race, the team’s average time will be used to calculate the failed runner’s stage time.
  - d. The five (5) minute substitution penalty will also be added.

### **Support**

19. **Runner supporters must wear high visibility vests when they cross the highway to support a runner.**
20. Runners must be supported only from their left (the ditch, not the road-side). A 10-minute penalty will be applied to each infraction of this rule.
21. For reasons of safety, fair play, and reduction of highway congestion, a runner cannot be paced by another runner. Deliberate pacing will result in a five (5) minute time penalty.
22. For reasons of safety and reduction of traffic congestion, team support vehicles must not directly accompany runners. Such action will result in a minimum of a 1 hour time penalty. If the action constitutes a significant safety hazard, or is a second offence, the team will be immediately disqualified. When it is safe to do so, a team support vehicle may stop from time to time along the shoulder of the road to assist a runner.
23. Vehicles associated with the race may park on the right side of the highway only, where it is safe and permitted to do so. No parking or driving is permitted on the left side of the highway. A ten (10) minute penalty will be assessed for each infraction of this rule.



- 24. **NO** support vehicles are allowed on highway 1A, which constitutes all of S1 and the first half of S2. **Any team vehicles found on Highway 1A will have a 1 hour penalty applied to their team's time.**
- 25. Bicycles are not permitted on the course at any time.
- 26. Teams are discouraged from using motor homes as team support vehicles. If your team uses a motor home for team accommodation, plan to have a smaller vehicle as the team support vehicle.

### **Substitution**

- 27. With the exception of injury or illness, runners are expected to complete their designated stage(s), as shown on the Team Race Plan or as reported to race officials and recorded by the captain as a change on the Team Race Plan. Substitution without due cause may result in disqualification.
- 28. Competition numbers are not transferable. Violation may result in team disqualification. Competition numbers must correspond to the stage the runner is assigned to run, except in the case of substitution. The substitute runner will wear the number corresponding to their normal assigned stage, and not the number of the runner they are replacing.
- 29. A team will be assessed a five (5) minute time penalty for each substitution.
- 30. With the exceptions of stages S1, S2 and N7, a substitution must be made with a runner who has already run his/her assigned stage.
- 31. A runner not completing a stage may not run again later in the race.
- 32. The names and competition numbers of the runners involved in a substitution must be provided to the timing crew at the next stage exchange.
- 33. The race referee will act upon any illegal substitutions reported by a team captain and on-course officials.
- 34. A team must report any substitutions to another team, upon that team's request.

### **Penalties (Summarized)**

Infractions of race rules result in penalties. It is the responsibility of all team members to be fully aware of the relay rules, and avoid getting needless penalties.



These penalties are in place to ensure fairness of the competition, safety of participants, race volunteers and the general public, and to ensure the future staging of the Banff Jasper Relay.

Following is a summary of all penalties found throughout this document. Repeated occurrences of time-related penalties deemed to be simple disregard of the race rules may lead to team disqualification at the discretion of the race director.

*1. Disqualification*

- a. Abuse of any kind directed at volunteers, race officials, other participants, or the general public.
- b. Violation of any Parks Canada rules and regulations.
- c. Violation of any traffic or highway codes.
- d. The consumption of alcohol on the race-course
- e. Substitution without due cause
- f. Failing to inform the timing crew of a substitution.
- g. Runners failing to wear a high visibility vest.
- h. Non-attendance at the Captain's Meeting.

*2. 5 minute penalties*

- a. Runner substitution.
- b. Pacing a runner.

*3. 10 minute penalties*

- a. **To runners that are not wearing an approved safety vest.** (Not sure what is approved? Use the ones you receive in your race package. You can buy extras at the captain's meeting if you need them)
- b. Team members not wearing an approved safety vest when supporting a runner.
- c. Supporting a runner on their right (road) side.
- d. Parking on the left side of the roadway along the race course. (unless directed to do so at an exchange point)

*4. 20-minute penalty*

- a. Runner carrying a personal entertainment device or smartphone.



### 5. 1-hour penalties

- a. Team support vehicles directly accompanying runners.
- b. Team support vehicle on highway 1A.
- c. Runners cutting corners.

### **Traffic and Safety Considerations**

The Banff-Jasper Relay produces potentially dangerous traffic congestion. 900 runners, along with spectators, volunteers and officials creates an unusual amount of pedestrian and vehicular traffic, not only at the stations, but all along the highway between Banff and Jasper. Vehicles will be stopping and starting, parking and pulling out along the entire distance of the route. Because of this busy day on the highway, we ask you to be exceptionally careful, kind and courteous to everyone during our event. It is a privilege to be running in a National Park.

While driving, beware of support personnel crossing the roadway to supply aid to runners. Spectators, young children, and enthusiastic supporters may make abrupt road crossings, or run out of the ditch onto the shoulder of the road.

Supporting team members can cause safety issues when they open their car doors from the shoulder of the road into traffic, or suddenly exit from cars parked on a narrow shoulder of the road onto the highway without warning. Cautious and courteous driving is essential to the safe and orderly conduct of the race.

Runners and other pedestrians must watch out for vehicular traffic at all times. Be especially careful crossing the highway, whether to assist runners or move to a transfer point. If children accompany you, watch them very closely.

1. An accident, persistent infraction of these regulations, or unmanageable traffic congestion could jeopardize the future of the race. Please help us keep the race safe and alive by limiting the number of vehicles your team brings to the relay.
2. Teams are to restrict themselves to two vehicles each on the South and North phases. Two South Phase vehicle tags and two North Phase vehicle tags will be supplied in the captain's package.
3. To alleviate parking congestion at the exchange points, we recommend that teams designate one vehicle as a support vehicle which strictly supports the runners and does not stop or park at the exchange points. The other vehicle should be designated as the shuttle vehicle to take runners ahead to the exchange points and pick up runners completing their stage.



Transferring of runners between the two team vehicles should be done at parking areas away from the exchange points.

4. Teams should ensure that a support vehicle maintains line of sight contact with their runner to ensure the safety of the runner and because they may be required to shuttle their runner past a bear or other wildlife.
5. The Bow Valley Parkway (Highway 1A) is a narrow, winding road with no shoulders and with traffic in both directions. It presents special hazards and problems. **No team vehicles will be allowed on Highway 1A from Banff to Lake Louise.** Teams found to have any vehicles on this road, be they official team vehicles or ones driven by a runner's family or friends, will assessed a one hour time penalty.
6. Obey all signs and instructions from traffic control personnel at stations. Be extremely cautious around stations; watch out for runners, pedestrians, and other vehicles.
7. Obey all Parks Canada regulations. The RCMP will enforce all Parks, traffic and liquor regulations. They will issue warnings or tickets, and will report infractions to the race referee who will consider these infractions grounds for disqualification. The names of the offending teams will be recorded and their team may be prohibited from participating in future Banff Jasper Relays.
8. A valid National Park pass must be properly displayed in all vehicles while in the National Parks.
9. Bonhomme Street, the road in front of the activity centre and parallel to the finish chute, remains open to traffic during the final stage of the race. Please do not congregate on the road to cheer-in your final runner. Please cheer from the sidewalk and be cautious when crossing the road from the parking lot.

### ***Captain's Meeting***

1. The captain and one other team member must attend the captains' meeting to ensure both the north and south phases are represented. This is to ensure any last-minute details will be received first-hand by team members on both phases on race day. **Any team not represented at this meeting will be disqualified.**
2. Due to the restricted meeting space available, only the captain and one co-captain per team may attend this meeting.
3. At this meeting, the captain will receive:
  - Final race instructions and updates
  - All Runners Numbers – both South and North
  - South vehicle tag numbers (North vehicle tag numbers are handed out before the North start at Saskatchewan River Crossing.)
  - Team shirts.

### ***Wildlife***

Use common sense and give all wild animals their space. Enjoy them in their natural habitat from a distance.

### ***Bear Contingency Procedures***

As it is expected that a bear could be encountered on any stage of the relay, the following contingency plan has been developed, at the request of Parks Canada, to outline the procedures to be followed in the event a bear is feeding close to the road.





Existing measures included in the environmental assessment for managing bear encounters include temporary race stops (5-10 minutes) to allow a bear to cross the road and clear the area or picking up a runner in the support vehicle and shuttling them a minimum of 500 m past the bear's location.

The following contingency plan outlines the procedures to be followed in the event it is necessary to close all or part of a stage due to a snacking bear. The Park Rangers will be monitoring each situation and inform race officials when a bear is an issue. In the case where a Parks Wildlife Officer is not in the immediate vicinity, race officials will err on the side of caution until a Parks Wildlife Officer has had time to access the specific situation.

### **Contingency Plan:**

The necessity to close all or part of a stage due to a bear is considered an "unusual but possible scenario". The Race Committee's preference is for only a partial closure of a stage rather than a full closure. The intent of the plan is to allow the race to continue while not causing any interference with the bear.

#### **a) Pre-Race Instructions**

- Team support vehicles will be instructed not to stop to view roadside bears so that the race does not contribute to bear jams.
- Team captains will be notified at the captains' meeting that there is the potential for a partial closure of a race leg due to a bear incident.
- **A copy of the leg closure procedures will be included in the race package for all teams.**
- Teams will be reminded that they are required to follow instructions from race officials (including volunteers at exchange points), park wardens, and the RCMP.

#### **b) Stage Closure (full or partial)**

- Parks Canada will notify the Race Officials via radio that it is necessary to implement a full or partial stage closure.
- The race official nearest to the location will go to the start point of the affected stage to affect the closure.
- The volunteer captain at the exchange point will be notified of the closure and all runners for the stage at the exchange point will be notified their stage has been closed.
- If only a partial closure is required, a race official will leave the exchange point by car and set up a race closure a minimum of 500 m from the location of the bear.
- All runners will be required to stop at the closure and wait to be picked up by a team support vehicle.



- Runners will be dropped off a minimum of 500 m beyond the bear. The drop off location will be marked by a race official with a road cone.
- Once the bear has moved on, Parks Canada will contact the race officials and the stage closure will be removed.

### Banff-Jasper Relay Course Description

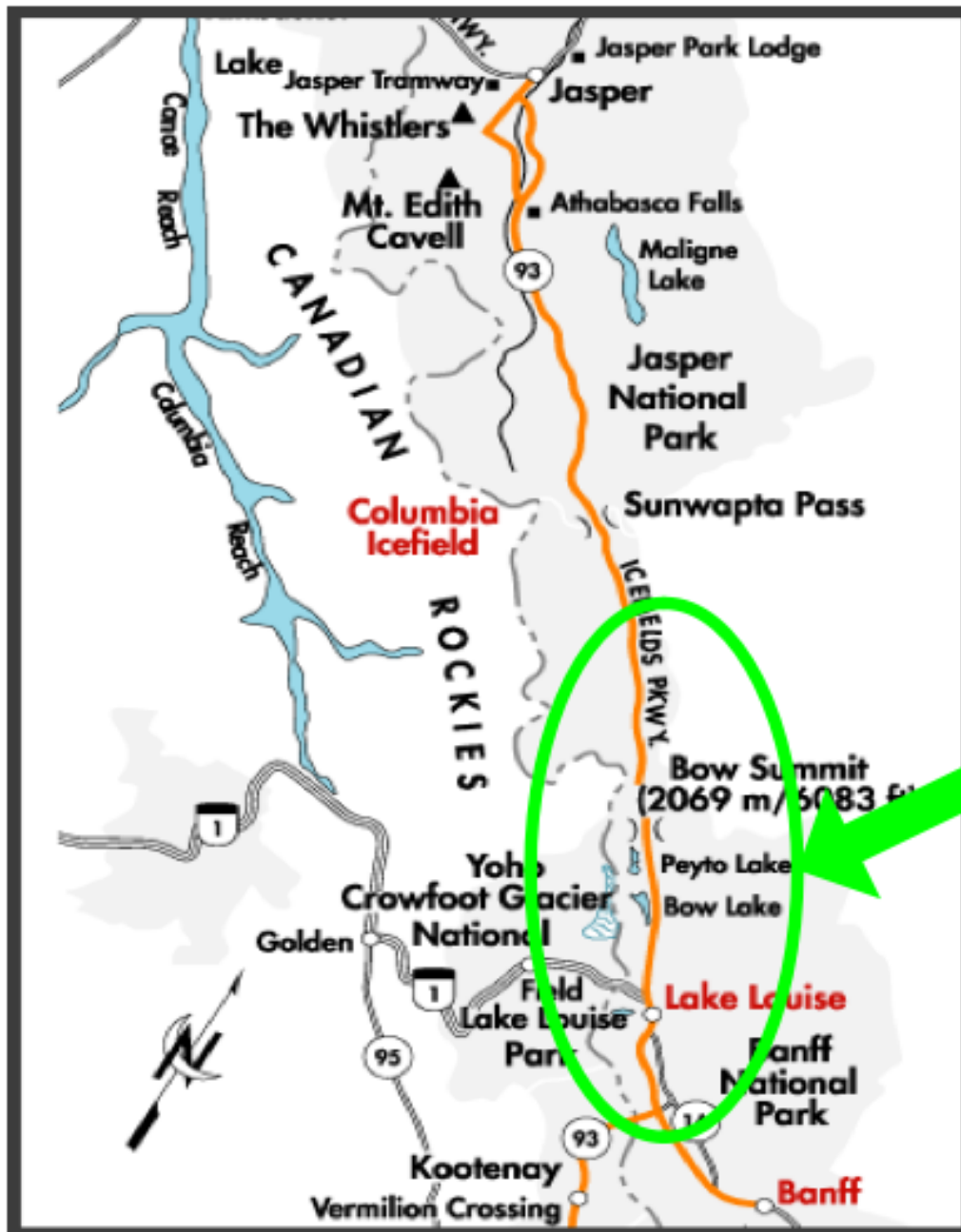
The course description is general, although the distances are reasonably precise. The object is to give teams a sense of the conditions they will meet on each stage in order to help them choose the most appropriate stage for each runner and to inform runners of what to expect in their stages.

***Important Note: When comparing or selecting stages, pay close attention to the elevation scale since this varies significantly between the stages. The descriptions of Hard, Moderate, or Easy are your best guide!***

The race committee requests that captains assign better- than-average runners on Stages S6 and N15. This will enable prompt closure of the finishing stages and quicker timing and result compilation.



ONE DAY  
WEB GROUP

*Southern Phase: Castle Mountain to The Crossing*

### Stage S1 and S2 Bus Procedures:

Due to environmental and safety considerations, the first two Stages on the South Phase will be **unsupported**. No team vehicles will be permitted on the Bow Valley Parkway from Banff to Lake Louise. To facilitate this, buses will be provided to transport runners to their start positions for Stage S2 and from the finish of Stage S1 to meet up with their teams. Stage S1 runners will be dropped off at the Lake Louise Shopping Plaza on the West side of Highway #1, accessible by the overpass. The procedure is as follows:

1. Stage S1 and Stage S2 runners will congregate at Castle Mountain Junction. Prior to 6:40 am, stage S1 runners will deposit their gear, **clearly marked with their team number**, on one of the buses.
2. Prior to 6:40 am, all Stage S2 runners will board one of the buses for transport to the Stage S2 start area. *(Suggestion: Take your S1 runner's gear bag with you!!)*
3. At 6:50 am, all Stage S1 runners will be escorted to the start line on Highway 1A, in preparation for their 7:00 am start.
4. After the Stage S1 start, the buses will leave Castle Mountain Junction for transport to the Stage S2 start area.
5. When the buses arrive at the Stage S2 start area, all the Stage S1 runners' gear will be off loaded, sorted by team number and placed in a storage area (covered tent) at the Baker Creek Chalet parking lot. Stage S2 runners will off load the buses and prepare for their Stage S2 start. The storage area will be monitored by volunteers. Only runners with bib numbers will be allowed to retrieve gear.
6. Prior to their start, Stage S2 runners will place their gear in the storage area. Each gear bag will be prominently labeled with the runner's team number. The second bag will be matched with the Stage S1 runner's so that the Stage S1 runner will retrieve both bags.
7. As Stage S1 runners complete their stage they will collect their gear, **and the gear of their teammate**, and board one of the buses. When a bus has about 40 runners on it, it will depart for the Lake Louise Shopping Plaza.
8. At the Lake Louise Shopping Plaza, Stage S1 runners will leave the buses **with their Stage S2 runner's equipment bag** to meet their support vehicle and proceed to the start of Stage S3.

**Stage S1: Castle Mountain - 14.8 km - Easy**

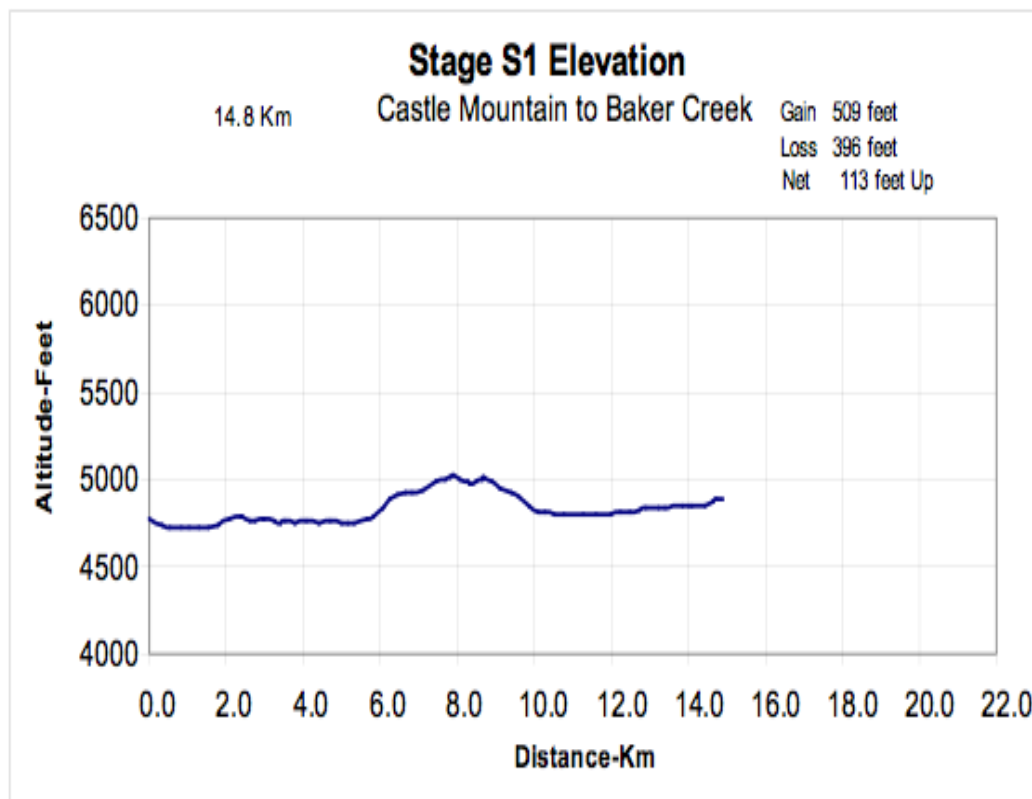
*Cold temperatures are not uncommon on this stage, carry light gloves and a light jacket just in case. Give your gear bag to your S2 runner so they can take it to Baker Creek for you.*

The start of stage S1 rolls gently down. At 5.7 km, you get to test your hill work for 2.5 km. The highway divides at 7.5 km (**STAY LEFT facing oncoming traffic. Do not take the right fork**) This stage is marked with twists and turns.

At 11.5 km, you run through a beautifully treed area by the Protection Mountain Campgrounds. The stage S1 finish is at Baker Creek cabins.

Note: Buses are provided to shuttle Stage S2 runners to their start and pick up Stage S1 runners. (See *Stage S1 and S2 Bus Procedures*) Remember, there is no support vehicles allowed on this stage. Runners are to be self-supporting. **It is highly recommended runners carry sufficient water and clothing appropriate for any weather.**

Parking Note: Please do not park in the lot in front of the store or cabins. Tour buses use this area to turn around.



**Stage S2: Baker Creek - 18 km – Moderate**

This stage starts flat for 6 km followed by a gradual undulating climb for the next 5 km. During this time, you pass the Corral Creek picnic grounds at 8.3 km and cross a bridge at 9.3 km. Although most of this portion of your stage is tree lined, beautiful in its own right, do not miss the vistas you will see across clearings and other openings.

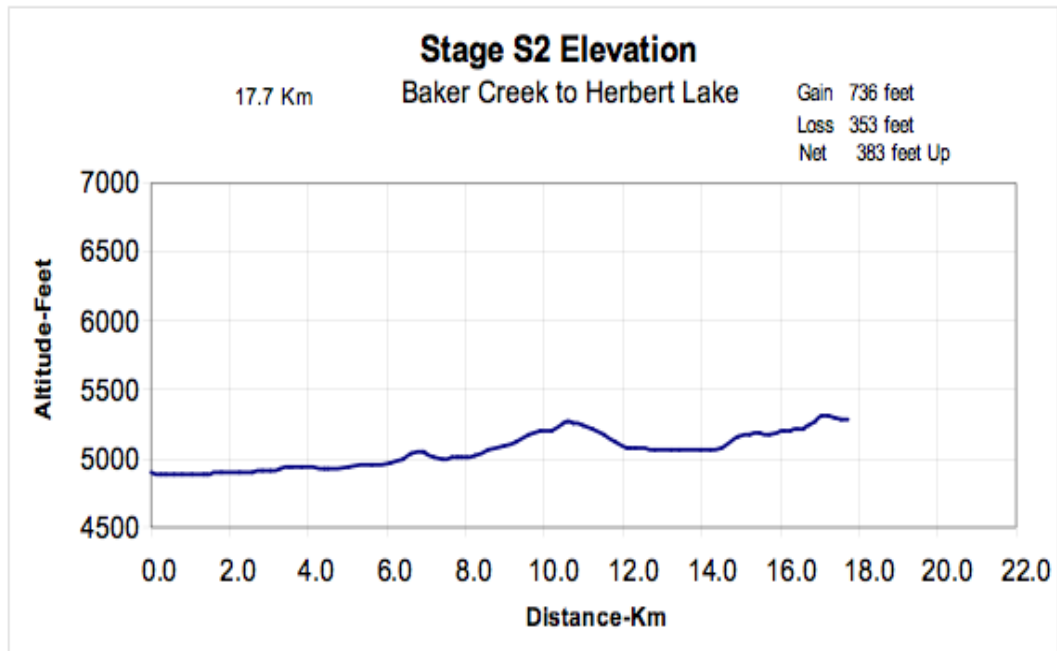
You arrive at a “T” intersection at 11 km where you will turn left and, when safe to do so and instructed by a marshal, cross over the road to run along the right side of the road. As you come down the hill, stay straight and cross over the TransCanada Highway to the 4-Way Stop. There will be marshals at the highway ramps to control traffic.

At the 4-Way Stop, turn right, staying on the right-hand side of the road for about .2 km where you will be directed by marshals to cross the road and face oncoming traffic the rest of the way along Village Road.

You will travel on Village Road for .8 km passing the Lake Louise Inn. At **Sheol Road** you will turn left and run another .3 km to the pedestrian overpass which you will use to cross the TransCanada again.

Once over the highway you will turn left onto a footpath. You will use this path until you come off it onto Highway 93 at the 14.5 km mark. As you leave the pathway you will be directed by race officials to cross the highway. The balance of the southern portion of the race will be run on the left side of the highway, facing traffic.

As you maintain a steady incline, you rise above Herbert Lake where your stage ends. Through this section, you will have the Waputik Range in sight. You may also be treated to views of mountains Victoria, Lefroy, Fairview, and Temple.



The route through the Village of Lake Louise:

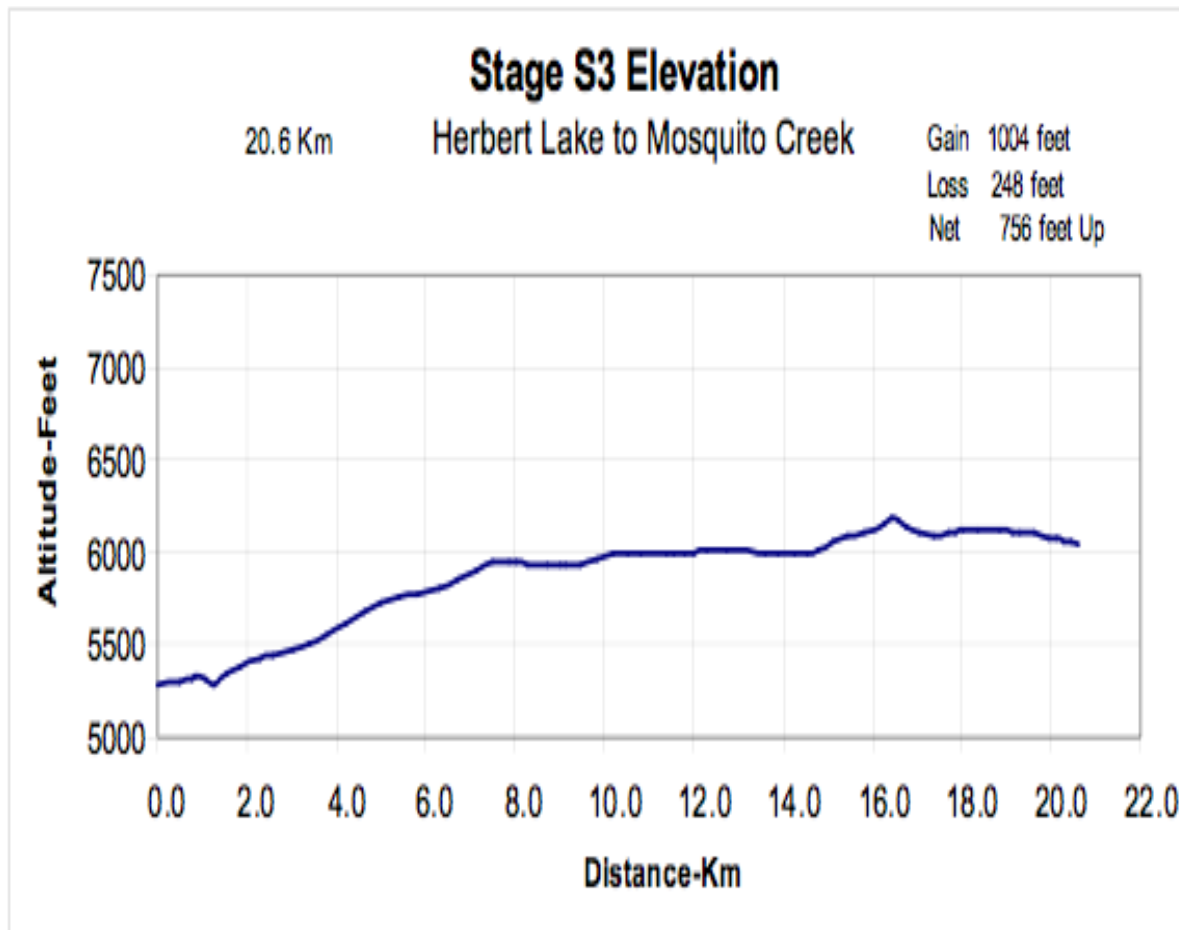


**Stage S3: Herbert Lake - 20.6 km - Hard**

This virtually all-uphill stage is also the longest stage of the race. The first 7.5 km will see you gaining significant elevation. The road then undulates for the next 5.8 km. At 6.6km, you have a breath-taking vista of Mounts Hector and Molar to the east and at 10 km Bow Mountain will be straight ahead.

At the Hector Lake Viewpoint, km 13.3, you get to ascend for another 2.4 km. The road then returns to undulating. At 16.2 km you get a short reprieve to stretch your legs out before you start your last 4 km of gradual climbing.

With 1km to go, the road levels out and you can finish off strongly, aided by a final decline to the end of your stage at the Mosquito Creek Campground.

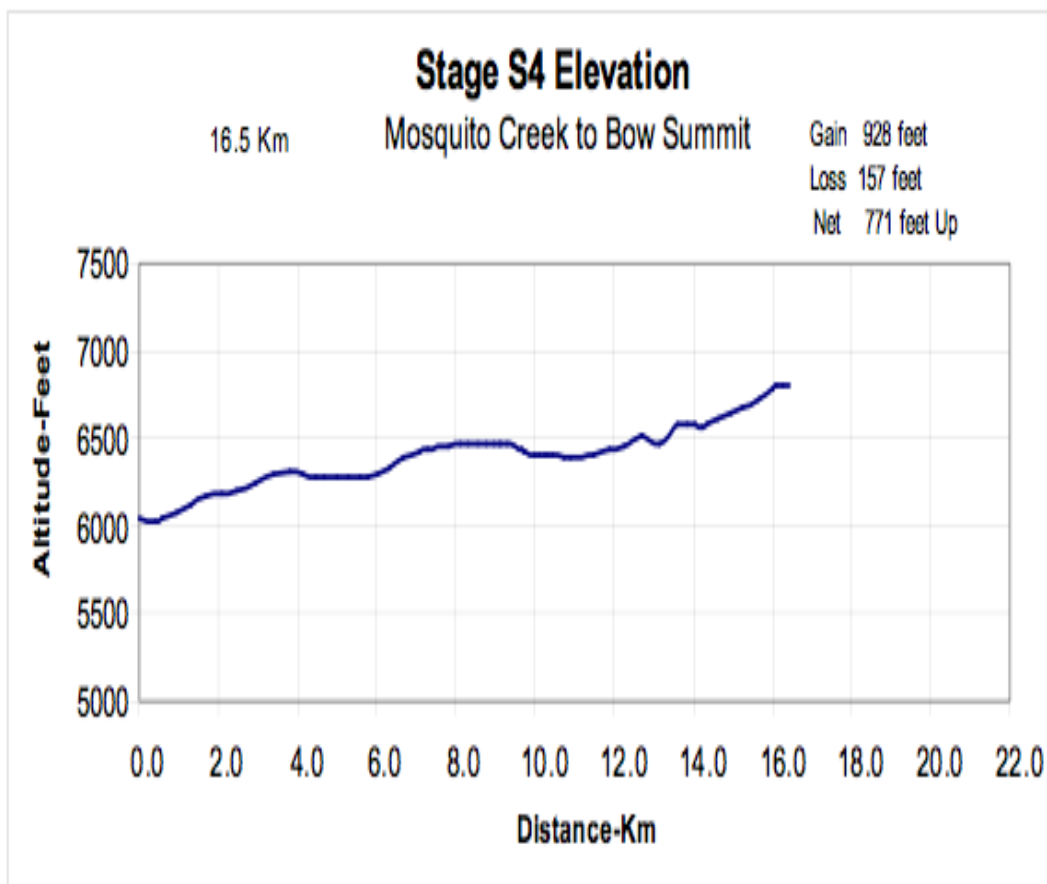


**Stage S4: Mosquito Creek - 16.5 km - Hard**

Leaving the Mosquito Creek Campground, you have Dolomite Mountain to your right to give you inspiration as you moderately climb to a bridge crossing at 4.4 km. After this, the road levels for 1.6 km of gentle undulations. This is followed by another moderate climb of 1.6 km.

At the 7.6 km mark, look to your left where you will see the Crowfoot Glacier. You will descend towards the Crowfoot Glacier Viewpoint at 8.9 km and pass Helen Lake on your way to the Bow Lake Viewpoint at 10.3 km. Note the Num-Ti-Jah lodge at the end of Bow Lake at 11.6 km.

You begin your last ascent up to the Peyto Lake turnoff where you achieve level ground to the end of the stage at Bow Summit. This is the highest point of the race at 2069 m!



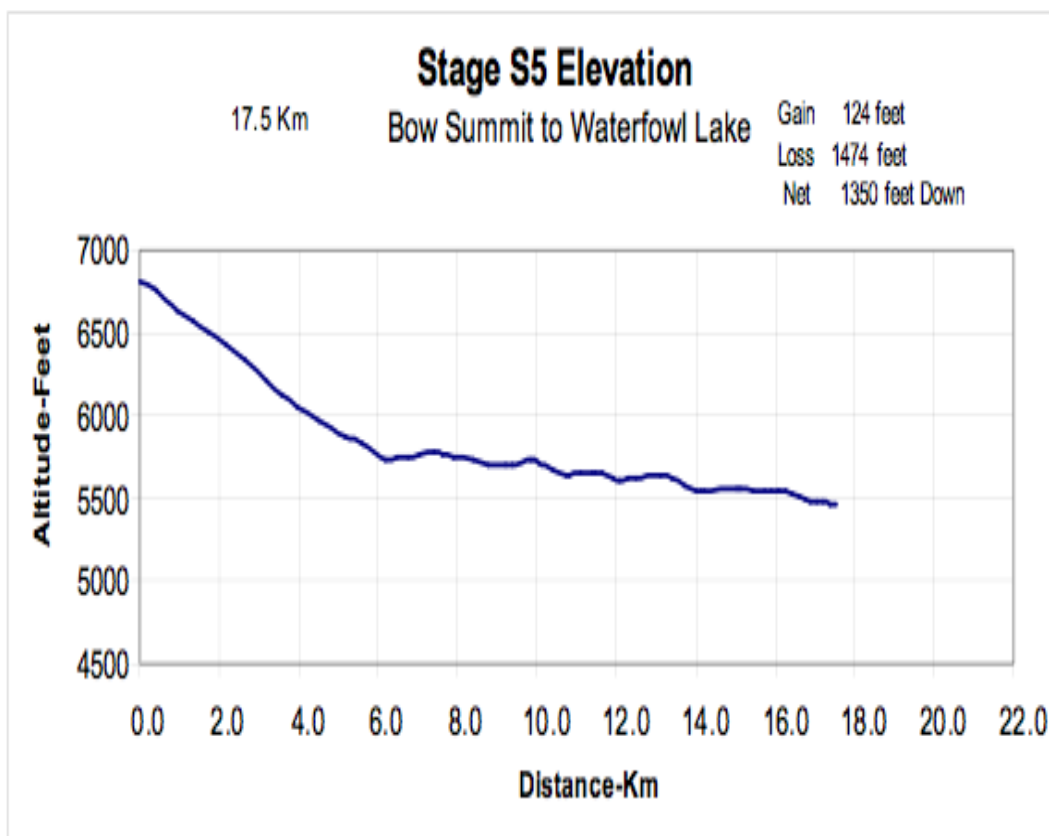


**Stage S5: Bow Summit - 17.5 km - Moderate**

One will be awe-inspired by the surroundings, so be careful not to head off too strongly. ***Be aware that, due to the uphill double lane you are running down, there is very little shoulder.*** You will be dropping rapidly for 6 km, after which you will encounter a slight rise for the next kilometre and then drop for yet another 3.5 km to the Silverhorn Campground.

You briefly climb again after passing the campground. The road levels off until the 12.9 km point, where you drop over the next 2 km to the Mt. Chechen and Mt. Hawse Peak Viewpoint at 14.9 km.

From here to the end of your stage, 0.6 km past Waterfowl Lake Campground, you will cruise in on a basically flat road with a 50 m drop midway.

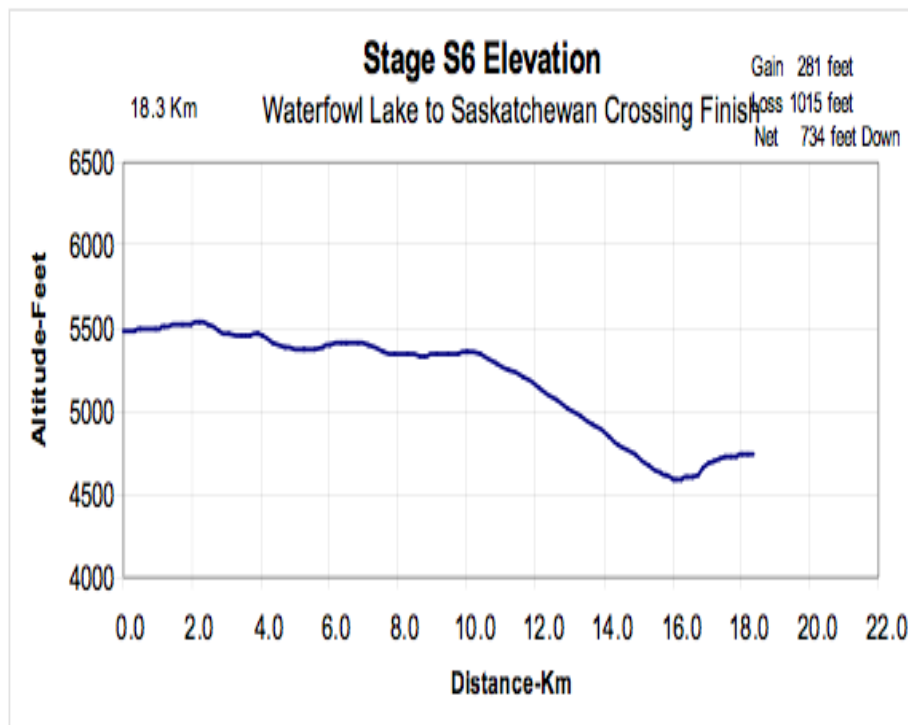


**Stage S6: Waterfowl Lake - 18.3 km - Moderate**

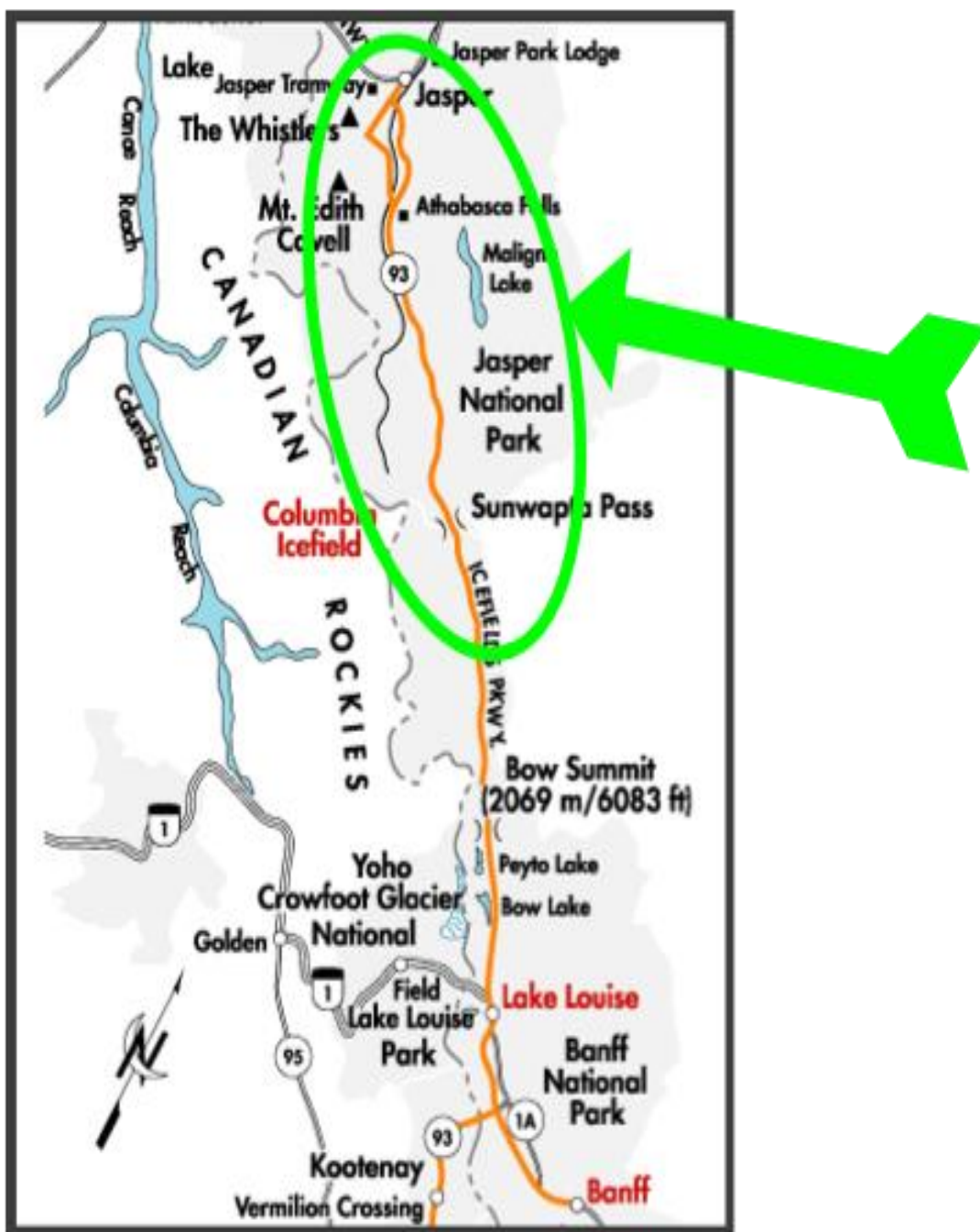
The race committee requests that captains assign better- than-average runners on S6. This will enable prompt closure of the finishing stages and quicker timing and result compilation.

As you roll away from the Waterfowl Lake Viewpoint, you begin a slight climb for 1.4 km, after which you can cruise on a long slow decline for 4.8 km. There is a small incline at the 5.2 km mark. Totem Mtn is on your right at 6.5 km. The course then levels out until just past the 10K mark where you begin a long steady decline for the next 6 km of this stage.

You pass the Warden Station at 16 km and a bridge at 16.4 km. With any luck you will see the resident herd of mountain sheep as you pass the intersection for the David Thompson Highway. This also tells you there is only 2 km to go to the finish of the southern phase of the race. It is a bit of an incline to get there though.



*Northern Phase: Saskatchewan River Crossing to Jasper*

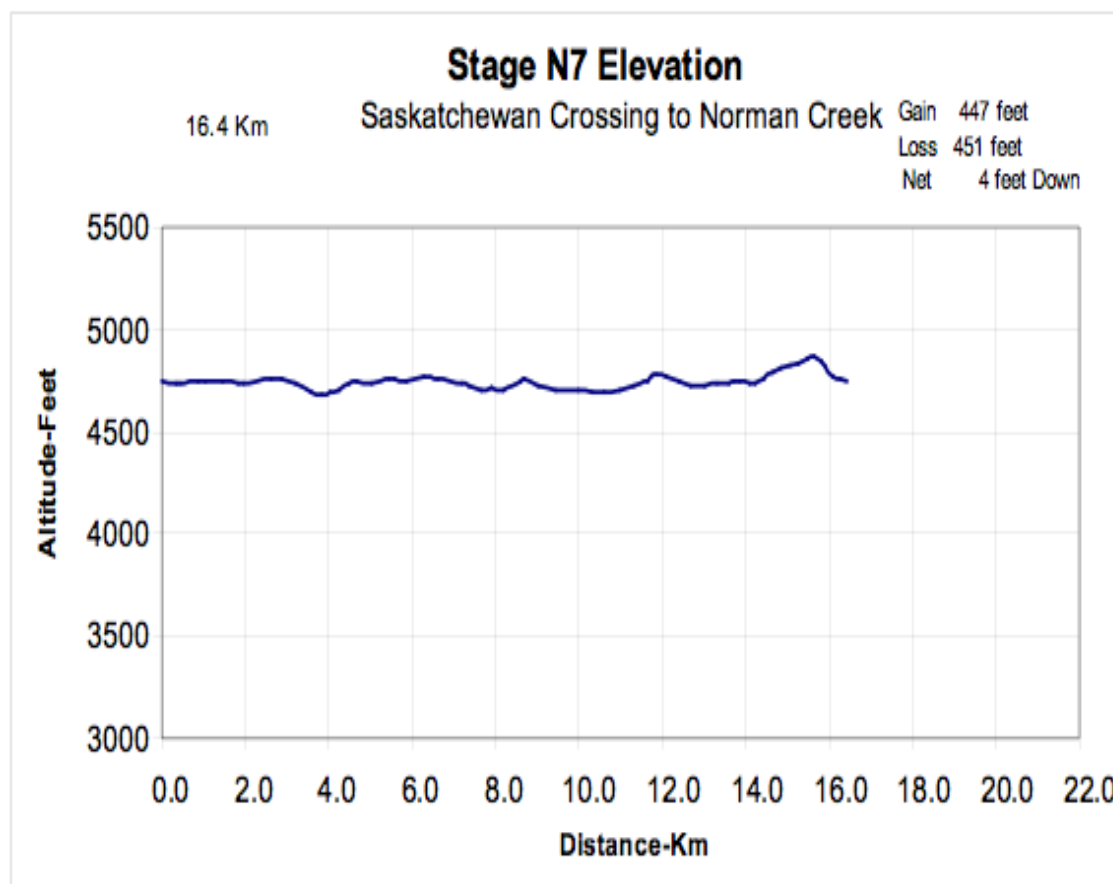


**Stage N7: Sask. River Crossing - 16.4 km - Easy**

Runners will gather at the Saskatchewan River Crossing for the 7:00 am start.

As the lucky runners of this stage, you get to head out on a 3.5 km steady decline. For the next 8.3 km, runners cruise over gentle to moderate undulations along the Saskatchewan River Valley to the Rampart Creek Hostel. Mt. Erasmus and Survey Peak are to the left, Mt. Wilson to the right, and Mt. Murchison is behind you.

You finish off the remaining 4.6 km on a downhill of differing degrees as you cruise by Mt. Colman. You hit the top of your last hill at 15.3 km and get a nice downhill cruise to “take it home” in fine fashion.

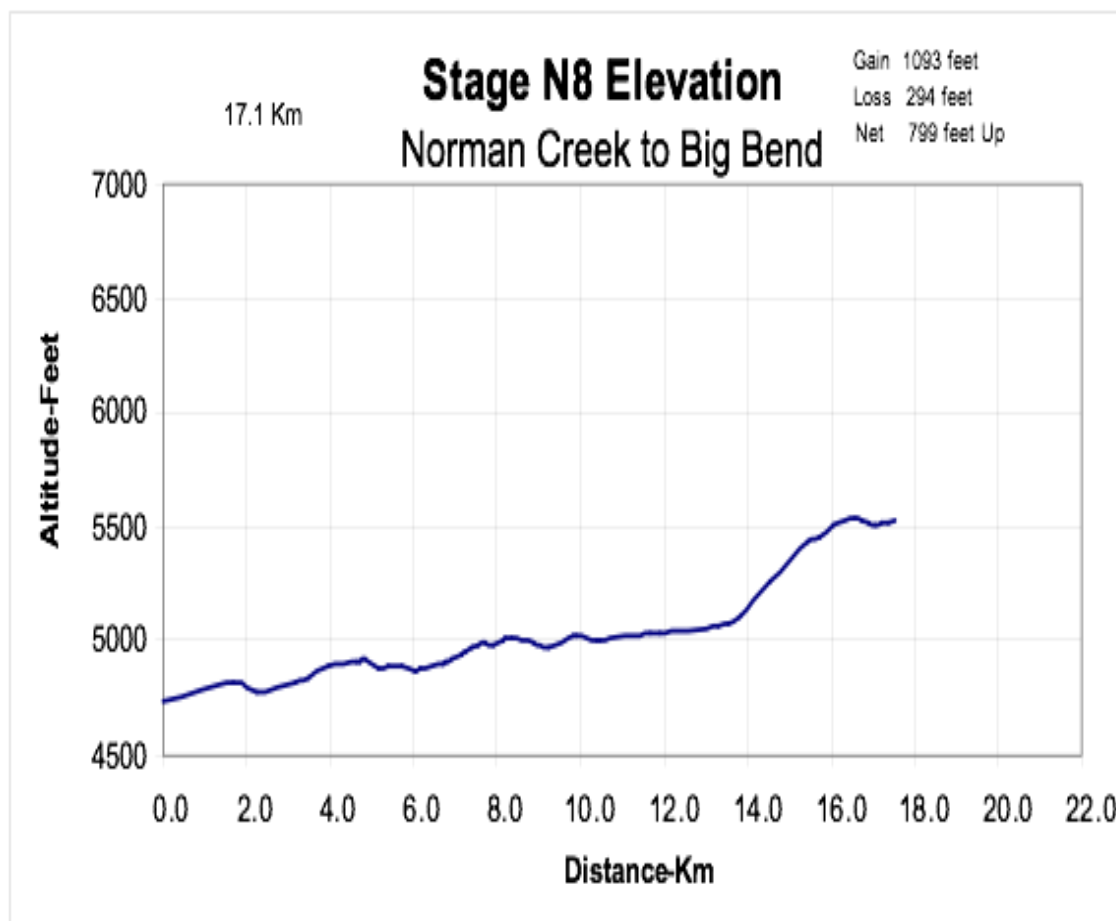


**Stage N8: Norman Creek - 17.5 km - Hard**

Stage N8 follows the gently rolling valley between the North Saskatchewan River, here little more than a creek, and Cirrus and Coleman Mountains.

You start flat and have your first downhill to the river flats at 0.4 km. You gain a slight hill, getting you to 2.0 km, after which you drop soon again. You gain hilltops at 5.0 km, 7.5 km, and 9.5 km.

After passing the Cirrus Mountain viewpoint at 10.2 km, you will cruise along some flats by the Weeping Wall, on your right at 11.9 km, after which you will start to gain again passing the Nigel Creek Bridge at 15.6 km. This is an almost 3 km climb, so save your legs for it. After hitting the top at 16.3, you have downhill cruise to the finish.



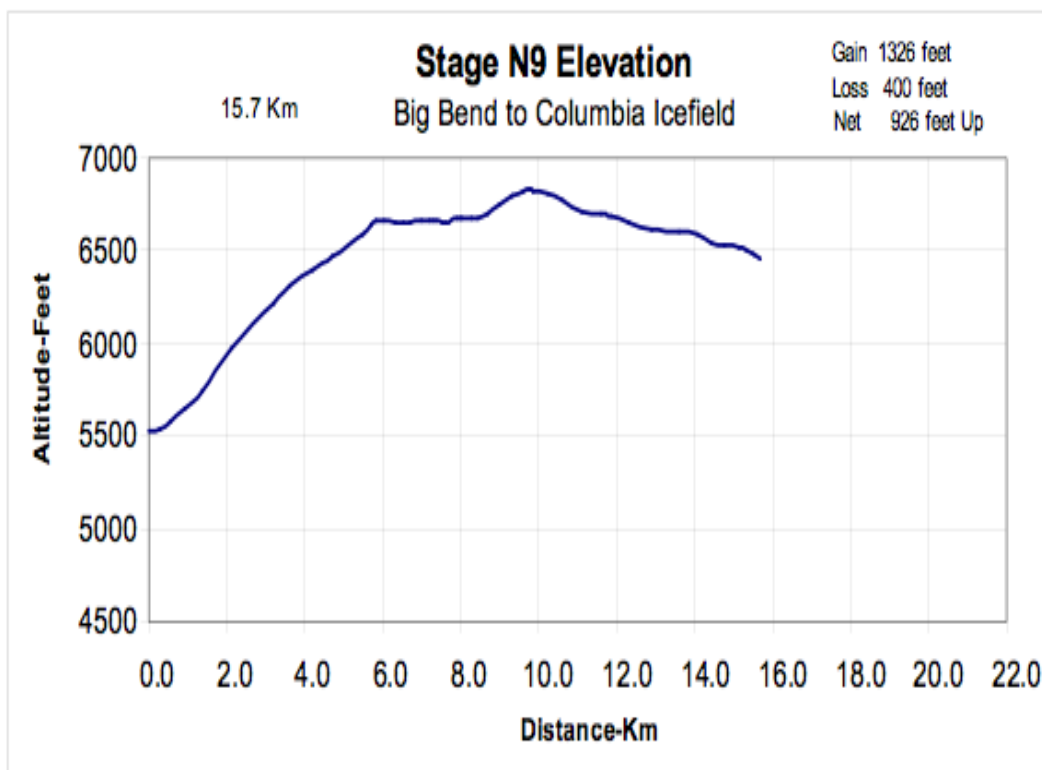
**Stage N9: Big Bend - 15.7 km - Very Hard**

This stage is one of the most beautiful and challenging stages in the Banff-Jasper Relay as it climbs relentlessly to the Columbia Icefield.

The first 5.8 km takes you up the most serious part of the climb, with a very narrow shoulder, so be extra cautious. As you crest the hill, the view of Mt. Athabasca and the glacier in the centre of your view will take away what breath you have left. At the halfway point, you will pass the Hilda Creek Hostel followed by a short flat stretch until the 8.4 km where you will ascend for another kilometer.

You pass from Banff National Park into Jasper National Park at 10.8 km, with Nigel Peak on your right. You have just gone through Sunwapta Pass which is the high point of the North Phase at 2030 meters. Just in front of you is an alpine meadow with the Columbia Icefield ahead. At 12.6 km, you pass the Wilcox Creek trailhead.

After passing the Columbia Icefield Campground at 13.8 km you are rewarded with a slight downhill to the finish.



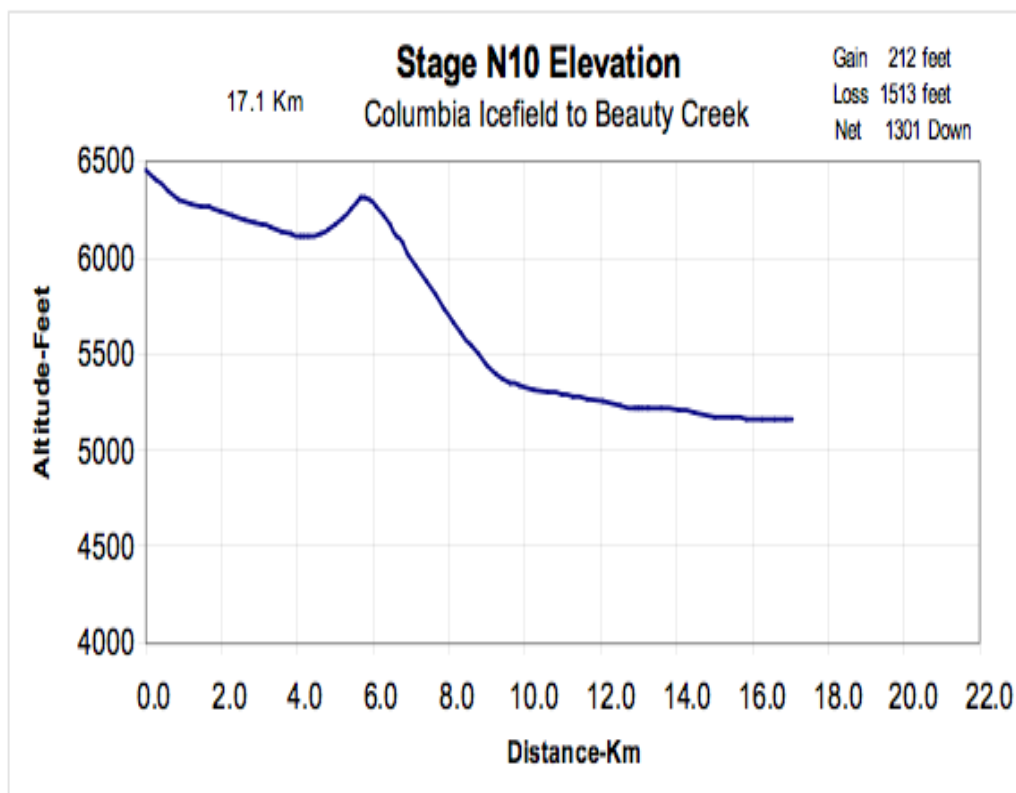
**Stage N10: Columbia Icefield - 17.1 km - Moderate**

While you are waiting to start your stage get psyched up by taking in the views of the icefield and mountains Athabasca, Snowdome, and Kitchener, to name a few.

Get ready to pick up speed as you are about to drop a lot of elevation. Your knees need to be strong and ready. From the start, you head downhill, but at 4.2 km you find yourself on a steep incline for 1.5 km.

After cresting the top, you start to decline rapidly. ***This drop has a narrow shoulder due to the guardrail so do be cautious.*** Don't miss the magnificent view of the Tangle Falls over your right shoulder at 6.7 km. Some severity of the drop eases off at the Stuttfield Glacier Viewpoint at 8.5 km.

After just another kilometer, the road flattens-out. The final 7.3 km are relatively flat. Along the way, you will see a lovely waterfall at the 13 km point. You finish off at the Beauty Creek Hostel.

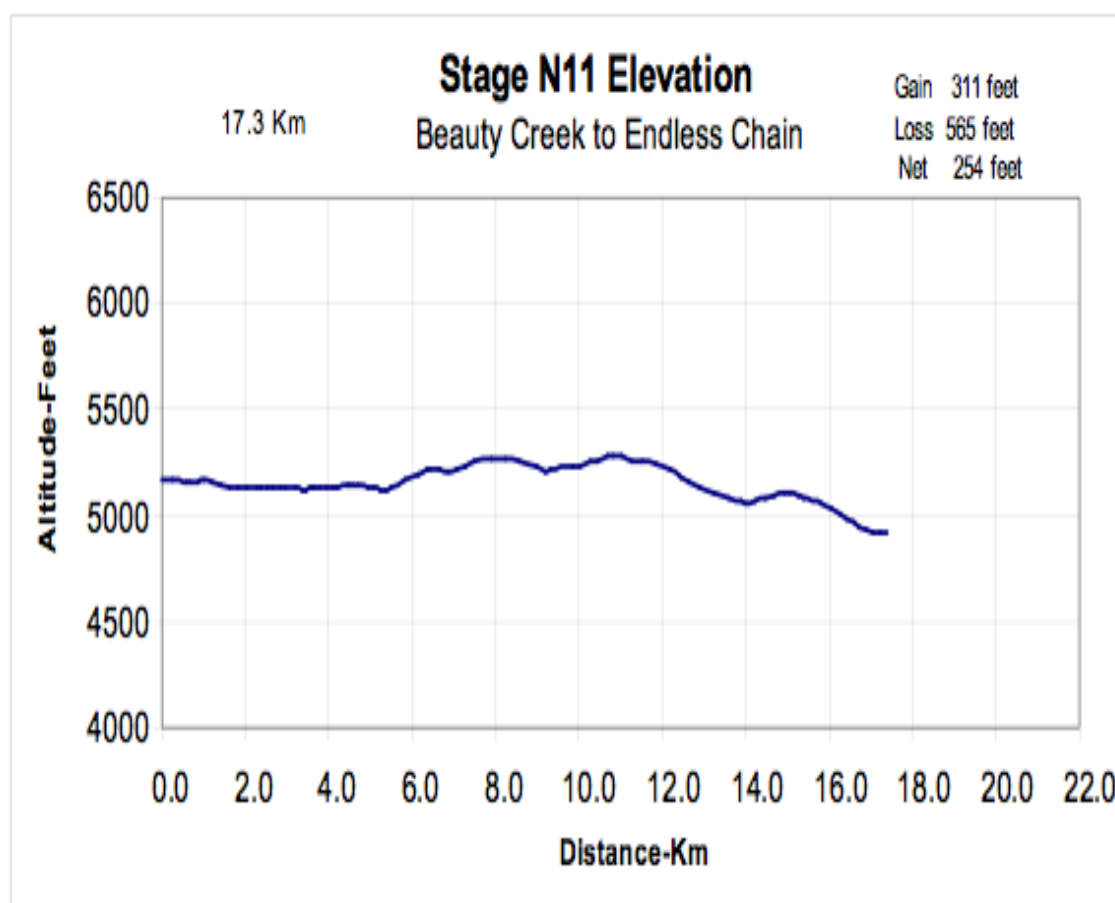


**Stage N11: Beauty Creek - 19 km - Easy**

Starting from the Beauty Creek hostel, you pass the Mushroom Peak and Tangle Ridge Viewpoint at 1.6 km and then go along the Sunwapta Valley flats until the 2.4 km mark. The vistas here are more open and continuous along the river valley. There you begin undulations until km 7.9 where you get a 1 km downhill ending at the Jonas Creek turnoff.

Your run undulations continue until 10.6 km where it levels off. Rest your legs to take advantage of the decline starting at 11.7 km.

Halfway down this hill you pass the Poboktan Creek Campground and the Warden Station at 13.9 km. You continue downhill to the finish at the Endless Chain exchange point.

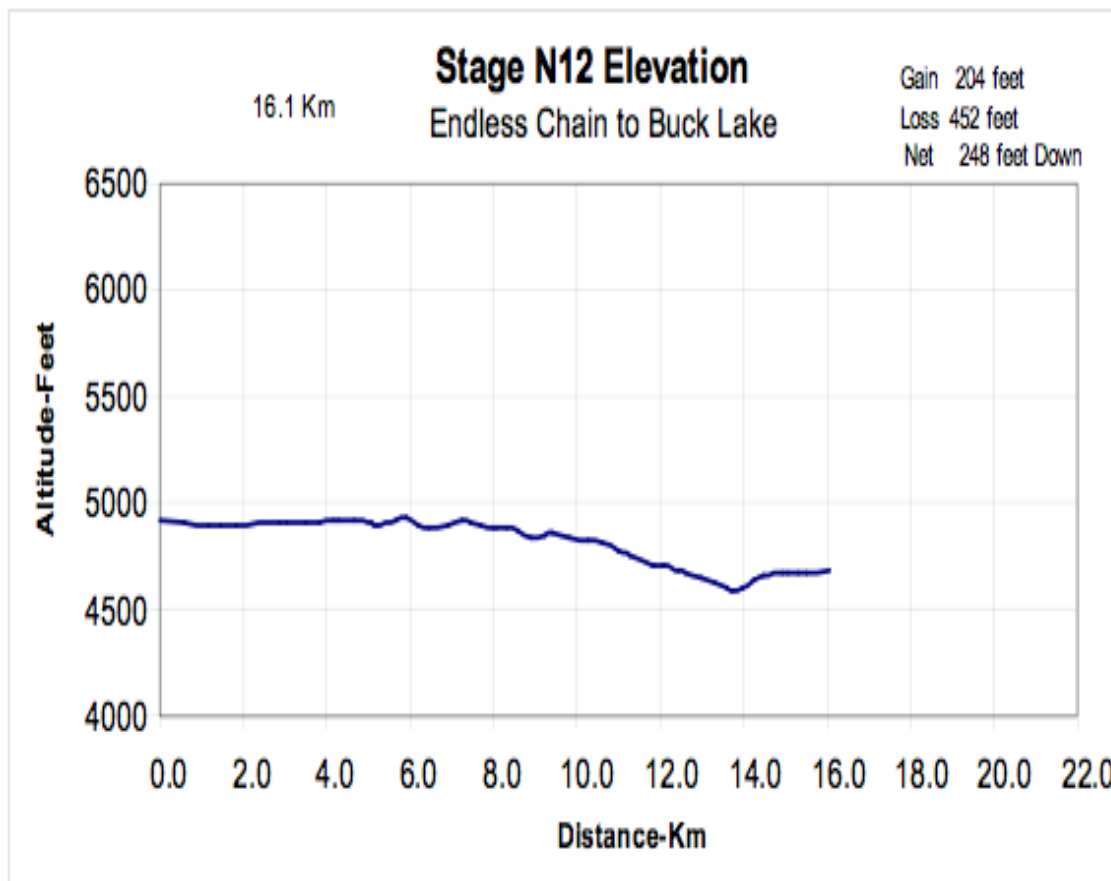




**Stage N12: Endless Chain – 14.4 km - Easier**

Stage N12 follows along the Endless Chain Ridge. The road rolls gently to moderately, generally losing altitude, passing the Bubbling Springs picnic site at 7.7 km. The road continues rolling until the 9 km point. As you pass Bubbling Springs, straight ahead of you is Mount Edith Cavel.

At the 9 km mark, you start a gentle drop to 13.6 km at the Sunwapta Falls turn off. To finish, you climb until the 1 km out point where you have flat road to the Buck Lake/Osprey Lake turnoff and the stage-end.

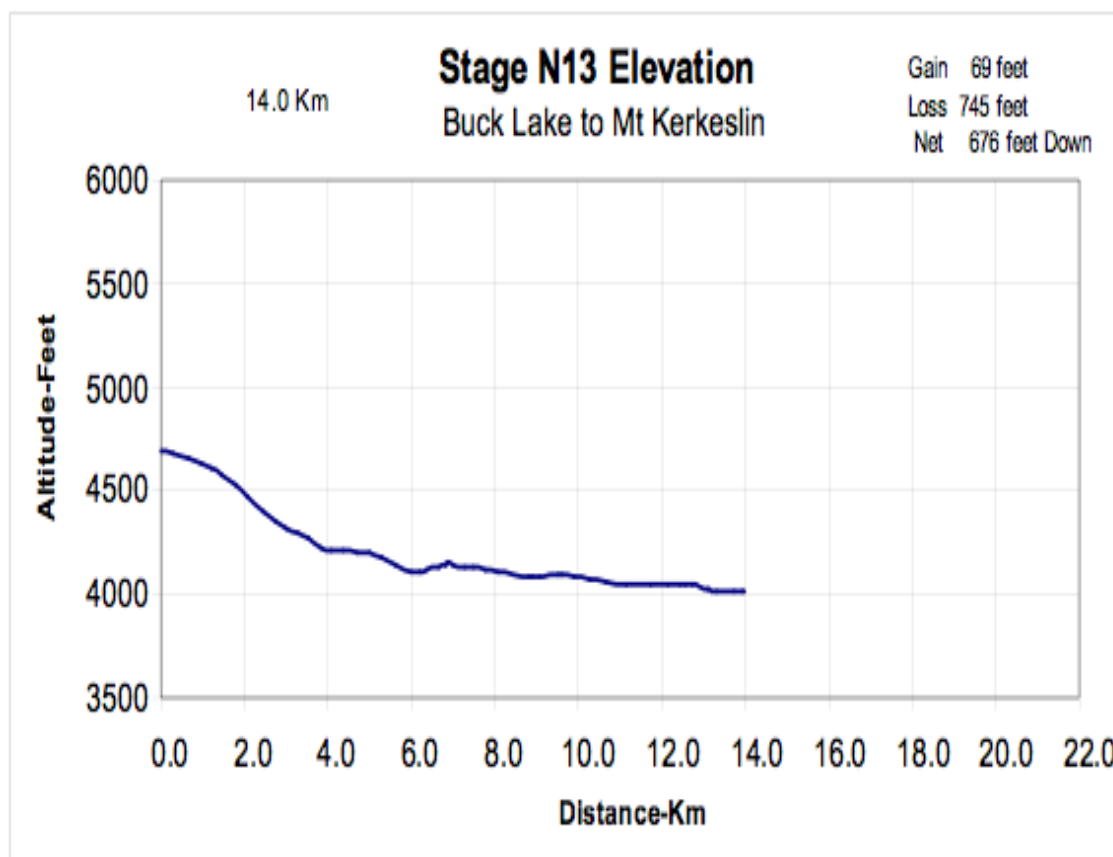


### Stage N13: Buck Lake - 14 km - Easier

Stage N13 declines 500 feet in the first 6 km followed by gentle to moderate undulations. There are splendid views of mountains Brussels, Fryatt, and Christie to the left and the Endless Chain Ridge on the right.

You start with a fairly flat 1.5 km cruise before the drop starts. There is a significant drop at the 3.8 km point with a short incline just after the Ranger Creek Campground.

At 4.4 km, you cruise by the Ranger Creek trailhead. There are gentle undulations along the Athabasca River valley floor for the next 9.5 km. You will pass the Athabasca River Viewpoint at 6.1 km and the Mt. Christie picnic site at 10.9 km.



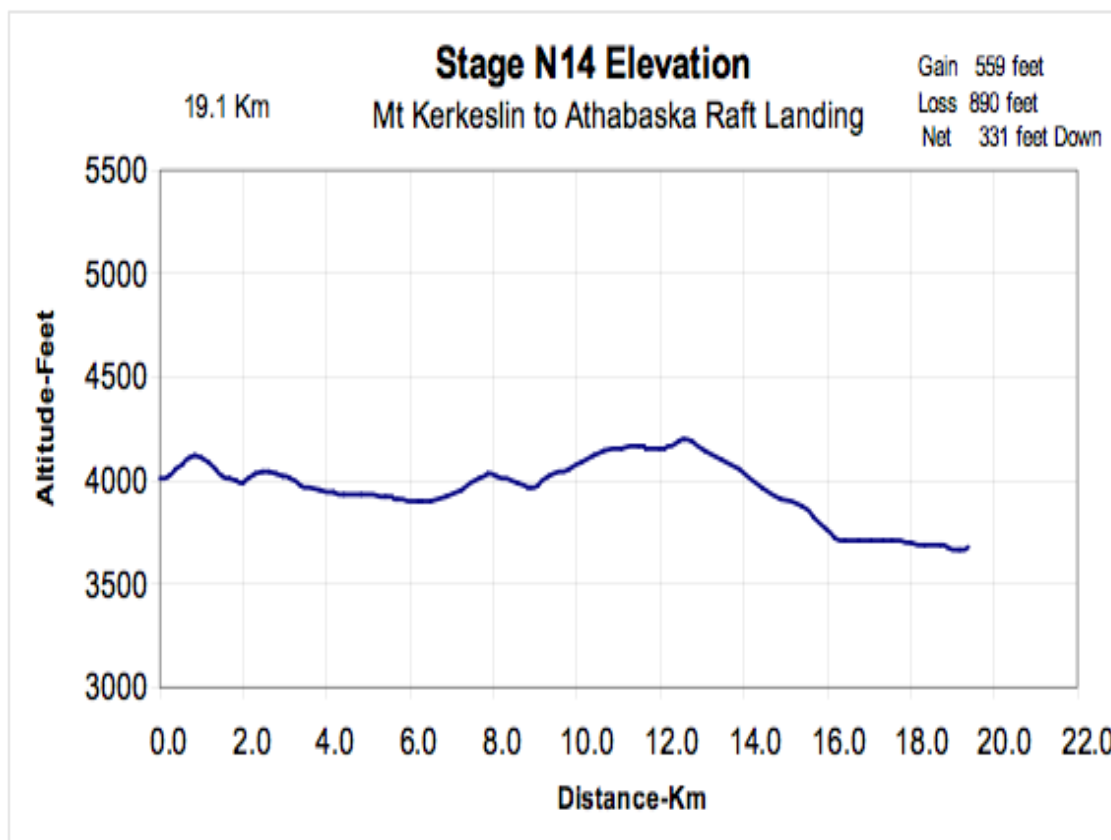
**Stage N14: Mt. Kerkeslin - 19.1 km - Moderate**

Leaving the turnoff, you climb 0.8 Km past the Mt Kerkeslin viewpoint and then drop for a kilometer. You ascend to the 2.3 km point and then drop steeply to the 3.2 km mark while passing the Kerkeslin campground

The road flattens out while it passes the Warden Station at 5.7 km, the Athabasca Falls Youth Hostel at 6.1 km, and the Athabasca Falls picnic site (as well as the Highway 93A junction) at 6.9 km.

The road now undulates until the Horseshoe Lake trail head at 10.2 km where there are a couple of inclines up to the Athabasca Pass Viewpoint at 12.3 km.

The next 3 kilometers are gently rolling decline. The final 3.2 kilometers are along a curving road with mild undulations finishing off with a gentle drop to the stage exchange.



**Stage N15: Athabasca River to the Jasper Finish Line - 19.6 km – Moderate – hot and flat**

The race committee requests that captains assign better- than-average runners on N15. This will enable prompt closure of the finishing stages, quicker timing, and result compilation.

Starting from the Athabasca River raft landing you head around a sharp right turn. The road is long, open, and flat, with broad shoulders.

The beginning of this stage is flat, following the Athabasca River valley and offering splendid views of the mountains: Edith Cavell, Hardisty, Kerkeslin, Fryatt, Brussels, and Christie.

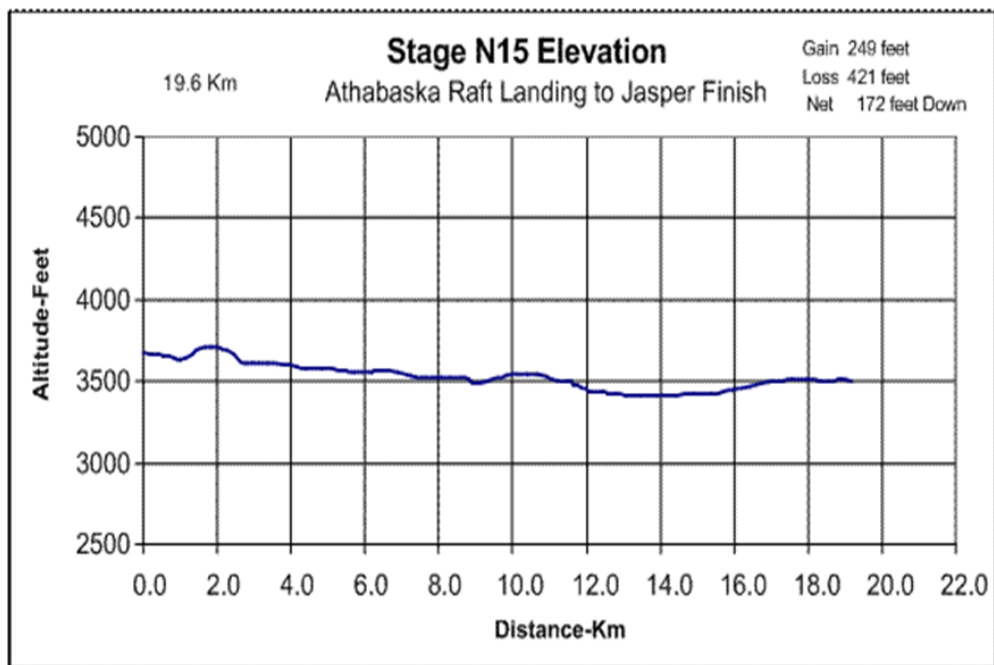
At the 2.7 km mark you start to climb for almost 1 km topping out at the Wabasso Lakes Trail head. You then you drop for much the same distance to the 4.3 km mark. At the 12.6 km point you will pass Becker's Chalets and start a short climb and descent. The balance of this stage is considered flat.

Other landmarks along the way are: Athabasca River bridge at 10.2 km (about 1 km past halfway); the junction with Highway 93A at 16.3 km; Jasper House at 15.0 km; and the Whistler Campground at 15.9 km.

At 17.7 km, watch out for traffic at the intersection with Highway 16. Take a few extra seconds to be extra careful.

Volunteers and the RCMP will be staffing this intersection to ensure your safe crossing. They will endeavor to make your crossing of this intersection a priority. If for any reason they must stop you, any hesitation to follow their instructions will disqualify your team. Here you are less than 2 kilometers from the finish.

You are now entering the town of Jasper. You enter the town at the bottom of the map at right. You will leave Connaught Drive and run onto Pine Ave with 1 km to go. With just 0.5 km to go you will veer right as you cross the intersection onto Pyramid Lake Road. The finish line will be on the road to your right in front of the Jasper Activity Centre. The evening's festivities will be in the Activity Centre.



**A** Icefields Pkwy/AB-93 N

1. Head **north** on Icefields Pkwy/AB-93 N toward **Yellowhead Hwy W**

36 m

2. Continue onto **Connaught Dr**

700 m

3. Turn **left** onto **Pine Ave**

500 m

4. Turn **right** onto **Cabin Creek Dr**

42 m

5. Continue onto **Bonhomme St**  
Destination will be on the right

700 m

**B** Jasper Activity Centre  
303 Bonhomme St  
Jasper, AB T0E 1E0

Your team has just completed the Banff-Jasper Relay. See you at the party!

**Stage Timing Charts:**

Use the timing chart on the following page to plan your team's stage assignments, finalize logistics of runner drop off and pick up, and determine where the southern half of your team will meet up with the northern half to cheer them on over the last couple of north stages.

The times used to calculate this chart are based on previous race results. They are intended to help in planning, and not to predict actual first and last place teams.

**Important Note:** The course closes as the runner's progress up the course. The exchange stations and finishes will remain open until the last runner has arrived, **or** until the exchange close-time indicated in the following timing chart, whichever occurs first.

**Note:** *All stages will have forced starts.*





Banff Jasper Relay – 2019 timing chart

Cumulative Km	Driving time (min) @70 KmH	Leg	Stage Name	Volunteers Arrive	Timers Arrive	First Runner	Last Runner	Forced Start	Exchange Close Time
0.0		South Start S1	Castle Mtn Village		6:40	7:00 Start			7:15
14.9	13	S2	Baker Creek Cabins	7:10	7:40	7:55	9:15	8:40	9:20
32.6	15	S3	Herbert Lake Lookout	8:30	9:00	9:20	10:50	10:20	10:55
53.2	18	S4	Mosquito Creek Camp	9:40	10:10	10:50	12:55	11:45	12:55
69.8	14	S5	Bow Summit	11:30	11:40	12:10	14:05	13:15	14:10
87.3	15	S6	Waterfowl Lake	13:00	13:40	13:40	15:30	14:00	15:40
105.6	16	South Finish	Sask River Xing Finish	14:30	14:30	15:10	16:10	14:00	16:30
0.0		North Start N7	Sask River Crossing Start		6:50	7:00 Start			7:15
16.4	14	N8	Norman Creek Trailhead	7:10	7:40	8:00	9:00	8:40	9:05
34.0	15	N9	Big Bend	8:15	8:45	9:30	11:05	10:20	11:00
49.8	14	N10	Columbia Icefield	9:25	9:55	10:40	12:25	12:00	12:20
66.9	15	N11	Beauty Creek Hostel	11:25	11:55	12:00	14:00	13:30	14:00
85.9	16	N12	Endless Chain Ridge Rd	12:45	13:25	13:35	16:00	15:10	16:05
100.3	12	N13	Buck Lake Turnoff	14:15	14:30	14:35	17:25	16:40	17:20
114.3	12	N14	Before Mt Kerkeslin View	15:00	15:30	15:50	17:45	16:45	17:55
133.7	17	N15	Athabaska Raft Landing	16:25	16:55	17:10	19:10	17:30	19:20
153.4	17	North Finish	Jasper Activity Ctr FINISH	17:30	17:30	18:30	19:50		20:00
Total KM's		259.0							