



JACK DEENIK



KEVIN MCGISAAC



KEVIN MCGISAAC



TRAIL RUNNING CANADIAN DEATH RACE



CANADIAN DEATH RACE

Imagine having to run three marathons in a row. In 24 hours or less. Through the northern Rockies. No wonder they call it the Canadian Death Race. As if the 125 kilometres and 17,000 feet of elevation change aren't enough, competitors often have to sweat through 35°C heat in the foothills and then shiver through five feet of snow on mountain summits. And for one stage, known as the Hamel Assault, they must scramble for two kilometres

almost straight up. "At times it looks like it's vertical," admits race director Jacquie Wanless. "It can get insane up there." Despite the race's ominous name, no competitors have actually run themselves to death—yet. Many, however, have likely wished for a merciful end: last year, only half of the racers stumbled across the finish line before the cut-off time.

LOCATION Grand Cache, Alberta **DATE** July 31-August 1
CATEGORIES Male and female solo, team relay **FEE** \$295
PRIZE PURSE A plaque and the satisfaction of finishing
COURSE RECORD Rob Fontaine, Campbell River, B.C., 15:06:19 (2002); Teresa Bendo, Barrie, Ontario, 17:26:33 (2002). **INFO** www.canadiandeathrace.com

HONOURABLE MENTIONS

SULPHUR SPRINGS TRAIL RUN
May 29-30, Dundas, Ontario,
www.burlingtonrunners.com

KNEE-KNACKERING
NORTH SHORE TRAIL RUN
July 10, Horseshoe Bay, B.C.,
www.kneeknacker.com

POWDERFACE 42K
July 17, Bragg Creek, Alberta,
www.powderface42.com

