

Coulee Cactus Crawl 2021 Covid edition

Dates: June 5th through 13th

What you can expect this year:

The flowers this year are amazing and the coulees look and smell wonderful. Cactus flowers may be visible in some locations, look for small pink flowers on the pincushion type of cactus.

Deer and beaver are common in the 6 mile coulee area and the Canada geese have their babies along the river.

There are no aid stations so you have to bring your own water and snacks.

The race typically starts at noon, but you can go at your convenience.

How to follow the course:

The RunGo app is your audio and visual guide to the race route. It has been tested out and gives pretty good audio directions. Keep in mind it relies on the GPS in your phone and its directions may be off by some distance so keep that in mind. If it tells you to turn left and there is a cliff there, choose wisely. There are long sections without any directions as the trails go up and down long ridges and valleys and directions are not necessary.

There also small **red** discs located at trail junctions, usually located just past the junction on the trail you should choose.

App: RunGo

Routes: Coulee Cactus Crawl Leg 1

Coulee Cactus Crawl Leg 2

Coulee Cactus Crawl Leg 3

Coulee Cactus Crawl Leg 4

Coulee Cactus Crawl Leg 5

All Routes have recently changed so search for the latest version on the day you run.

Start/Finish Location: Elks Compound

The race Start/Finish is located in Indian Battle Park at the bottom of 3rd Avenue South, in the river valley in Lethbridge.

Access as follows: Head west down the hill at 3rd Ave. S and Scenic Dr. (Wendy's corner), at the bottom of the hill take the 2nd right turn into the Elks Community Recreation Area parking lot.

ProTip: Solos you can start and finish wherever you wish, one suggestion would be to park at the Sandbox transition and use it as an aid station as you run both directions.

Transition Areas:

Sandbox, transition from Leg 1 to Leg 2 and Leg 4 to Leg 5

Located on Scenic Heights road, off Scenic Drive in the small residential "Scenic Heights" neighbourhood. From the River bottom, return to Scenic Drive and 3rd Ave. S and head south (right) follow Scenic Drive to Scenic

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Heights rd opposite 16 Ave. S.. There is a set of lights located there. Turn right (west). Follow the road around and the playground will be on the right. The Transfer location will be on the north edge of the playground along the trail that runs there. There is limited parking here, though you can park in the cemetery which has shade and is very close.

College Parking Lot I/J, transition from Leg 2 to Leg 3 and Leg 3 to Leg 4
Located on the edge of the coulees at the Southern edge of the LCC campus. From the River bottom, return to Scenic Drive and 3rd Ave. S and head south (right) follow Scenic Drive to College Drive. Follow College Drive south 2 blocks and then turn left onto the campus ring road, that follows the eastern edge of the LCC campus. Continue around to Parking Lot I/J. The transition area is located by the large rope climbing feature located 100m south of the parking lot on a red shale pathway. We have permission to use this parking lot.

Race Route:

The route initially follows the paved pathway south along the rivers edge about 1 1/2 km. You will split off onto the "links" paved pathway that travels up towards the residential level. After the initial climb you will turn onto a single track path on the right/south side beside a bench. You will then follow single track and shale pathways for the remainder of the run. The Route is essentially an out and back with legs 1 and 5 being the same but in opposite directions. Leg 2 and 4 are also opposites. Leg 3 is a one way loop. The RunGo app will provide audio and visual confirmation of the route. Small red discs will be placed at trail junctions indicating the proper pathway. There will not be the usual flags.