



ATHLETE GUIDE

September 21st, 2025

**Nose Hill Park - Edgemont Parking Lot
(the corner of Shaganappi Trail / Edgemont Blvd)**



The YYC Sub Ultra and Trail Walk/Run and Wild Rose Women's Sub Ultra are proudly presented by RnR Premier Events and Wild Rose Women's Events

RNRPREMIEREVENTS.COM



RnR Premier Events

RnR = Richelle and Rose



Richelle Love
Co-Owner

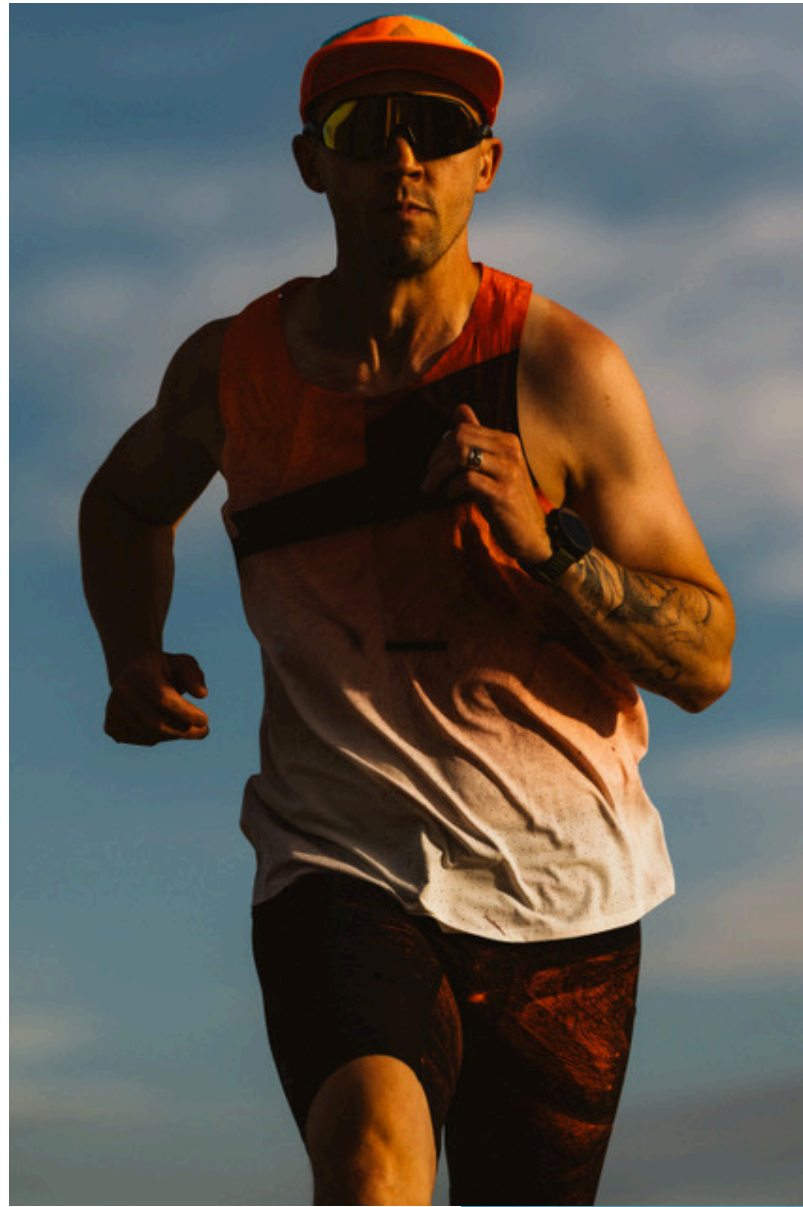
triitrichelle@gmail.com



Rose Serpico
Co-Owner

rmserpico@gmail.com

Richelle and Rose are nation-wide leaders in the triathlon, health, and wellness sectors of sport. In addition to putting on local running and multisport races, teaching yoga, cycling and mountain bike classes. FUN FACT: they met in the line up of a package pick up for each of their very first triathlons!



Our 17km and 34km Course Designer

Evan Birch has spent the last two decades chasing bold horizons from 5KM to 500KM events. He has been on a mission to grow through every experience and challenge.

An ultra runner, endurance coach, breathwork facilitator, speaker, husband, and father, Evan believes that running is more than just movement. It is a way to move forward in life with intention, presence and purpose. His approach blends physical grit with emotional awareness, creating space for joy, curiosity, and connection on and off the trail.

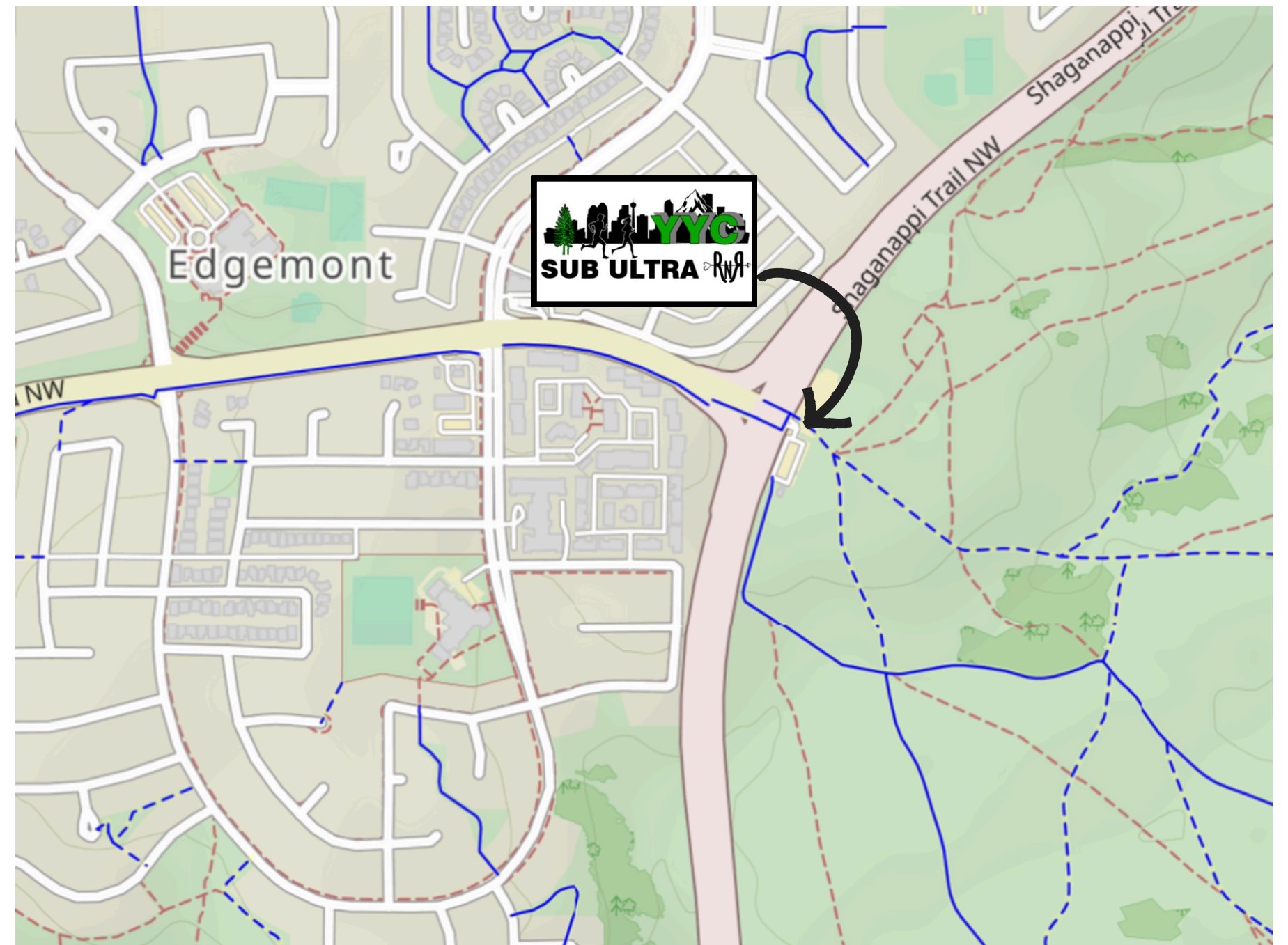


Now stepping into race directing, Evan is focused on designing experiences that challenge the body, awaken the mind, and bring people together in powerful ways. He coaches with the same ethos he lives by: consistency over perfection, and the belief that finding joy in the pursuit matters more than chasing outcomes.

DIRECTIONS TO THE RACE

The YYC Sub Ultra and Trail Walk/Run and Wild Rose Women's Sub Ultra is located at Nose Hill Park - Edgemont Parking Lot.
(the corner of Shaganappi Trail / Edgemont Blvd)

Parking is free, but is limited so we recommend you carpool if possible.



PACKAGE PICK UP

*All participants must pick up their packages prior to racing.
Packages are not available outside the times we are offering.
You may have a friend or family member pickup your package.*

Location: Nose Hill Park (Shaganappi Trail/Edgemont Blvd NW - parking lot)

Saturday, September 20th

12pm - 2pm All Racers Package Pick Up

Sunday, September 21st

6:45am - 7:15am Sub Ultra Late Package Pick Up

7:45am - 8:15am 6.5km Trail Walk/Run Late Package Pick Up

8:45am - 9:15am Kids 2km Walk/Run Late Package Pick Up

Race Day

Sunday, September 21st

6:45am - 7:15am Sub Ultra Late Package Pick Up
7:00am - Sun Runners 34km and 17km Sub Ultra
Early Start

**7:15am - Wild Rose Women's 17km Sub Ultra
Start**

7:30am - 17km and 34km YYC Sub Ultra Start

7:45am - 8:15am 6.5km Trail Walk/Run Late
Package Pick Up

8:30am - 6.5km Trail Walk/Run Start

8:45am - 9:15am Kids 2km Walk/Run Late
Package Pick Up

9:30am - Kids 2km Walk/Run Start

10:00am - Awards (6.5km and 17km)

11:30pm - Awards (34km)

12:00pm - Course Closes (for all distances)

Nose Hill Park (Shaganappi Trail/Edgemont Blvd NW)





Distance: 34km

Elevation: 994m

Race Start Time: 7:30am

Course Cut Off: 12:00pm
(4.5 hours)

Aid Station: by Calgary Winter Club
Lap 1 = approx 8.5km
Lap 2 = approx 25.5km



This is a “washing machine” style course.

You will complete lap 1 counter-clockwise and lap 2 (the same lap) clockwise.

The 17km racers will be doing the lap clockwise so you will pass many of these runners on lap 1.



Distance: 17km

Elevation: 497m

Race Start Time: 7:30am

Course Cut Off: 12:00pm
(4.5 hours)

Aid Station: by Calgary Winter Club
approx 8.5km





Distance: 17km

Elevation: 497m

Race Start Time: 7:30am

Course Cut Off: 12:00pm
(4.5 hours)

Aid Station: by Calgary Winter Club
approx 8.5km





Distance: 6.5km

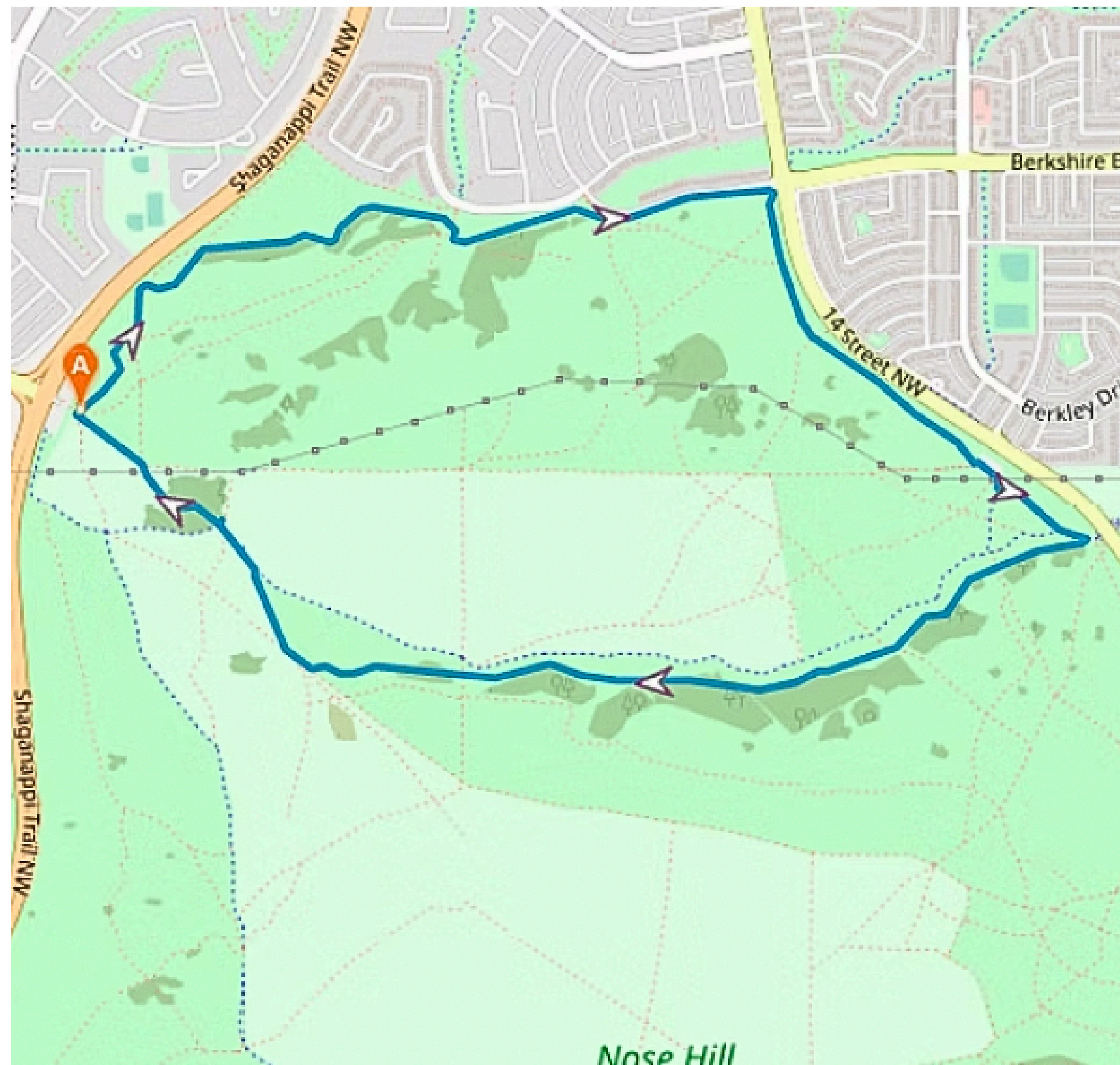
Elevation: 77m

Race Start Time: 8:30am

Course Cut Off: 10:00am
(1hour and 30 minutes)

There is no aid station along this route.

Bathroom Locations:
Start /Finish Line





Distance: 2km Kids Run

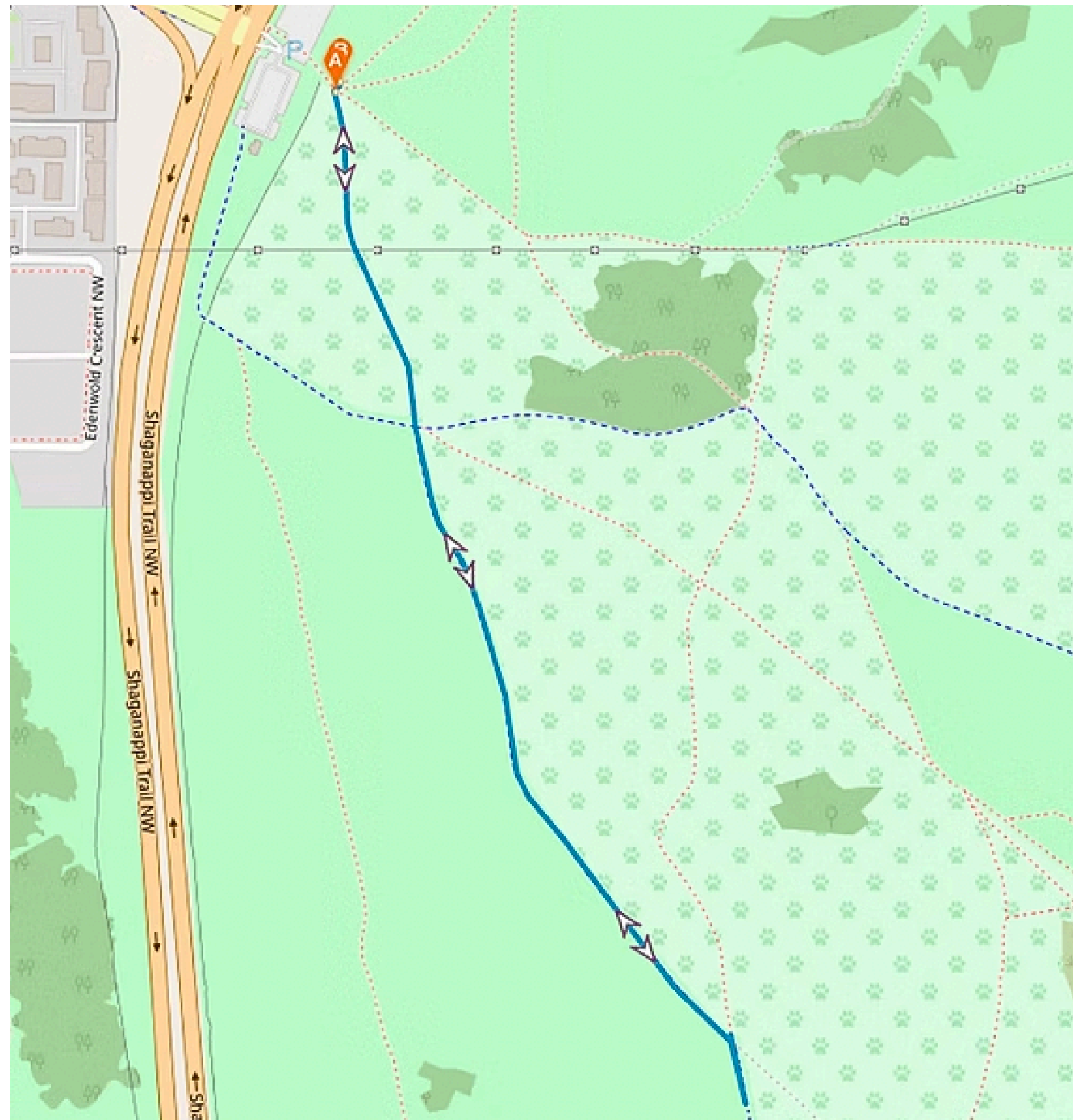
Elevation: 7m

Race Start Time: 9:30am

Course Cut Off: 10:00am
(30 minutes)

There is no aid station along this route.

Bathroom Locations:
Start /Finish Line



TRANSFERS

If you would like to change distances or transfer your entry to another runner, you have until 5pm on September 20th, 2025.

Step 1: Go to RNRPREMIEREVENTS.COM

Step 2: Go to the YYC SUB ULTRA AND TRAIL WALK/RUN page.

Step 3: Click any of the buttons that say REGISTER.

Step 4: On the right hand side below the Stoked Oats logo, click TRANSFER

Step 5: Choose TRANSFER TO A NEW SUB-EVENT to TRANSFER TO A NEW PARTICIPANT

Step 6: follow prompts to complete transfer.

NOTE: follow same steps to WILDROSEWOMENSEVENTS.COM and click on WILD ROSE WOMEN'S SUB ULTRA



REGISTER

STORE

BUY AS A GIFT

TRANSFER



REGISTER

STORE

BUY AS A GIFT

TRANSFER

Transfer your registration

What kind of transfer do you want to initiate?



Transfer to a new sub-event



Transfer to a new participant

Awards

There will be awards for the top 3 men and women in each of the the 34km, 17km, Wild Rose 17km, and 6.5km events.

We will post results as soon as they are available on the Stoked Oats Trail Walk/Run and Sub Ultra website.

Please see the staff in the Startline Timing tent (ie. NOT the race director) with any worries or issues with timing.

You can also email Startline Timing at **info@startlinetiming.com** to fix any issues as the race director and staff do not have direct access to the results, and no ability to personally change them.

The awards ceremony will be start at 10:30am for the 5km and 10km, and 16km, and at 12:00pm for the 32km.

Frequently Asked Questions

Bathrooms: porta potties will be available at the start/finish area.

Bibs: your bib must be visible at all time on your FRONT while on course. Racers without numbers will be asked to leave the course. You may NOT have an unregistered runner or coach run with you.

Pacers/Guides/Aids/Coaches: all pacers, guides, aids and coaches MUST be registered for the race as well. We will be checking bibs as you cross the start line, and at random checkpoints on course. Running with an unregistered pacer, guide, aid or coach will result in disqualification.

Participants under the age of 12: All participants under the age of 12 must be accompanied by an adult at all times.

Timing: official timing will be provided by Startline Timing. Timing is through a microchip on the back of your race bib. DO NOT BEND YOUR BIB or you will not receive an official time. Any issues or questions about your time, please email operations@startlinetiming.com

Music: because the course is on pathways you MAY run with music. However you must be able to hear officials and other pedestrians at all times. Please note, you must run with earbuds and MAY NOT play music that is audible to other racers. If officials or volunteers catch you doing so you will be immediately disqualified.

Dogs: we LOVE dogs however, they are NOT allowed on course for this event.

Strollers: due to the nature of the trails, we do not recommend strollers on course.

Post Race Food: all post race food will be dairy-free and gluten free.

Unsportsmanlike Conduct: unsportsmanlike conduct such as verbal or physical abuse of event staff or volunteers is not acceptable or tolerated and if observed will result in an immediate disqualification.

YYC Sub Ultra and Trail Walk/Run and Wild Rose Women's Sub Ultra

We are stoked to see you!

If you cannot find the answer to your question, please email race director,
Richelle Love at triitrichelle@gmail.com

Call for Volunteers

We are always looking for volunteers. If you know someone who would like to volunteer on race day, or you can volunteer at package pick up please:

1. head to RNRPREMIEREVENTS.COM
2. click YYC Sub Ultra and Trail Run
3. scroll down until you see the VOLUNTEER BUTTON