



Athletics Alberta–Foothills XC Challenge 2025



Athletics Alberta XC Race Series #4



A bit about CEPR: Established in 2018 founder Travis Cummings built the club on the following values. We are a community-based grassroots club. We are inclusive of athletes from all ages and walks of life. As a club we are process focused vs outcome focused with the goal of creating lifelong endurance athletes. We look forward to sharing this amazing venue with you all and showcasing athletes from around the province.

DATE: Saturday, October 18th, 2025

VENUE: West Bragg Creek PRA, Bragg Creek (Kananaskis), AB (see map),
<https://www.albertaparks.ca/parks/kananaskis/west-bragg-creek-pra/>

***Reminder, all individuals using the WBC parking lot need a Kananaskis Pass for the day!**
<https://www.alberta.ca/kananaskis-conservation-pass>

RACE DIRECTOR: Travis Cummings

Contact: cochraneenduranceproject@gmail.com, 4038630085

PARKING: People can use the parking lot at West Bragg Creek, PRA for private vehicle parking. Please note, people CANNOT use the Equestrian Parking Area



ACCOMMODATION: CanAlta Hotel, Cochrane, AB, 10 Westside Dr, T4C1M1, Contact: 403-932-6355

15% off regular rate. Book by Oct 16th. Waterslide, free breakfast. Ask for “Athletics Alberta” rate

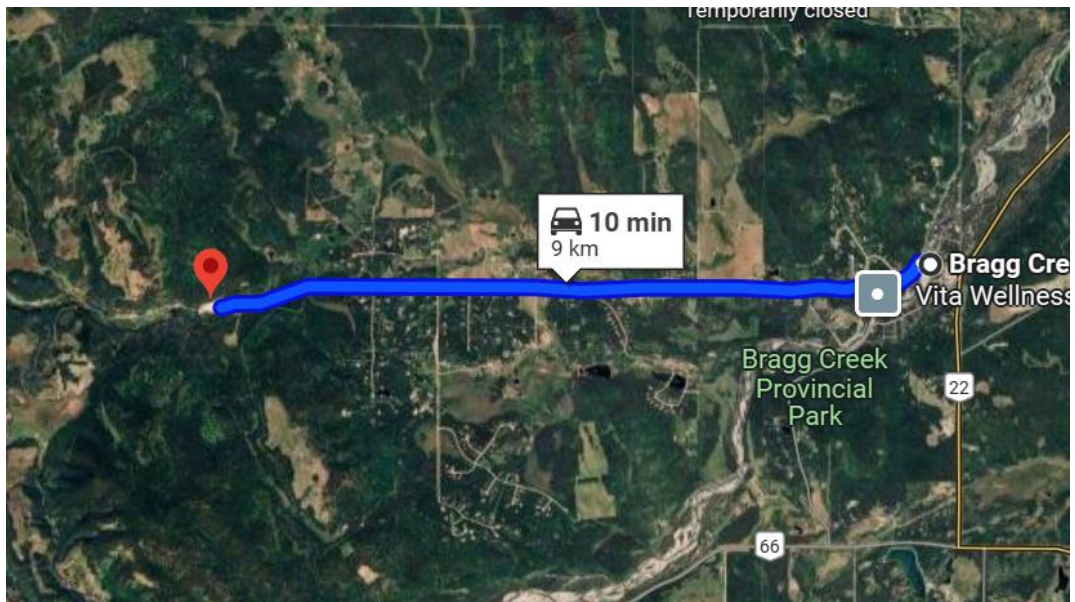
LOCATION MAP AND DIRECTIONS:

From TransCanada Highway or Highway 8:

- 1. Take exit 161A for AB-22 S toward Bragg Creek/Redwood Meadows
- 2. Merge onto Hwy 22/AB-22 – head south
- 3. If coming from Highway 8, take the traffic circle to Highway 22, go south on 22
- 4. Slight right onto Balsam Ave at West Bragg Creek
- 5. Turn left onto W Bragg Creek Rd/Centre Ave/Township Rd 232 to West Bragg Creek parking lot

From Highway 22, driving north, south of Bragg Creek:

1. Traveling north of Highway 22, you will hit the traffic lights in Bragg Creek.
2. Turn right, go northbound 22
3. Immediate left onto Balsam Avenue
4. At Highway 22/Highway 1A intersection, go straight through the intersection
5. Turn left onto W Bragg Creek Rd/Centre Ave/Township Rd 232 to West Bragg Creek parking lot



***NOTE – IN GPS, ENTER WEST BRAGG CREEK PRA! Not Bragg Creek Provincial Park!**

RACE DISTANCES AND SCHEDULE:

(Some races may begin before others are completed)

9:00am Walk Through – U10, U12, U14

10:00am U10 Girls -1 km

10:15am U10 Boys – 1 km

10:30am U12 Girls – 1.2 km

10:45am U12 Boys – 1.2 km

11:00am U14 Girls – 2 km

11:25am U14 Boys – 2 km

12:00pm Afternoon Program Walk Through

1:00pm U16 Girls – 4km

1:30pm U16 Boys – 4km

2:00pm – U18 Girls – 6km

2:35pm – U18 Boys – 6km

3:10pm – U20/Open/Master's Women – 8km

3:50pm – U20/Open/Master's Men – 8km

ENTRIES:

Deadline – Thursday October 16th, 2025

TrackieReg: <https://www.trackie.com/event/2025-athletics-alberta-foothills-xc-challenge/1031846/>

CLUB ENTRIES

- Club Age Categories are: U10 (born 2016/2017) U12 (2014/2015), U14 (2012/2013), U16 (2010/2011), U18 (2008/2009) and U20 (2006/2007), Open/Master's (2008+)

ENTRY FEE: \$25 – to be paid through Trackie at time of registration

ELIGIBILITY: The Race Director has an Athletics Alberta Event Director Membership, club athletes are permitted to race, however all athletes should be affiliated with an Athletics Alberta club or registered as Unattached. Out of Province are welcome.
<https://www.athleticsalberta.com/aa-membership/>
(Note: "Day of Meet" memberships are no longer available. Membership must be registered before the meet entry)

TIMING & RESULTS: Calgary Track Council will be handling Electronic Timing. Results to be posted on the CTC, Athletics Alberta website, and on Trackie within 24h of competition conclusion.

AWARDS: Swag/prizes to be given to winners of races courtesy of Strides Running Store/New Balance Canada. Baked good possible!

MEDICAL (EAP):

Contacts:

- a. Race Director – Travis Cummings – 4038630085
- b. Kananaskis Emergency Services – 4035917755
- c. Redwood Meadows Emergency Services (Primary Emergency Service for the day) – 1 Redwood Meadows Dr, Redwood Meadows, AB – 4039492012

- Redwood Emergency Services is notified of this event. Race organizers will have fat bikes to get to an injured athlete if need be

- Bragg Creek Trails is notified and will have equipment access on site if required

- Race Organizers will have access to Bragg Creek Trails private Starlink network if required

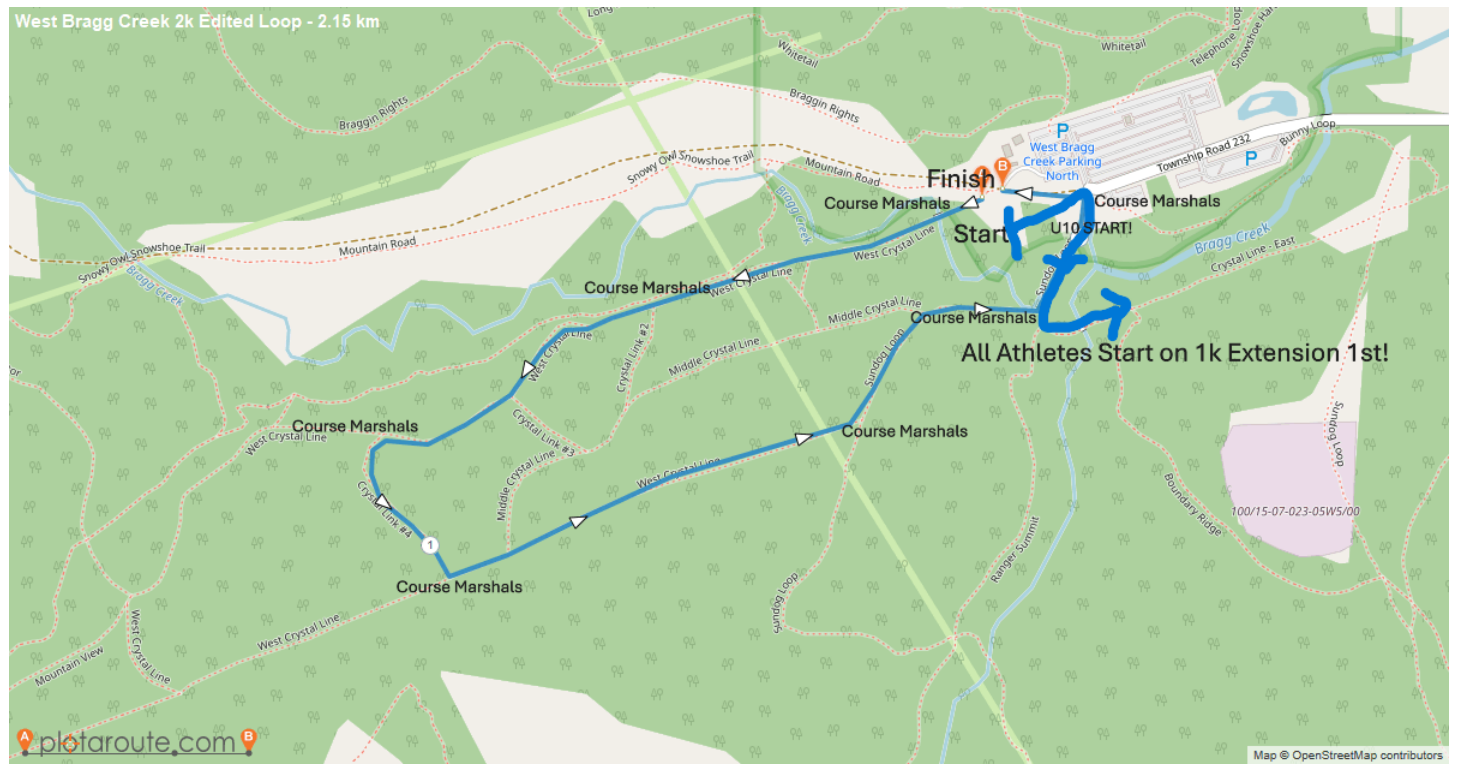
- Course Marshals on site with Mountain Bikes if need be.

- Course Marshals on the far west end of the course will be required to have Bear Spray

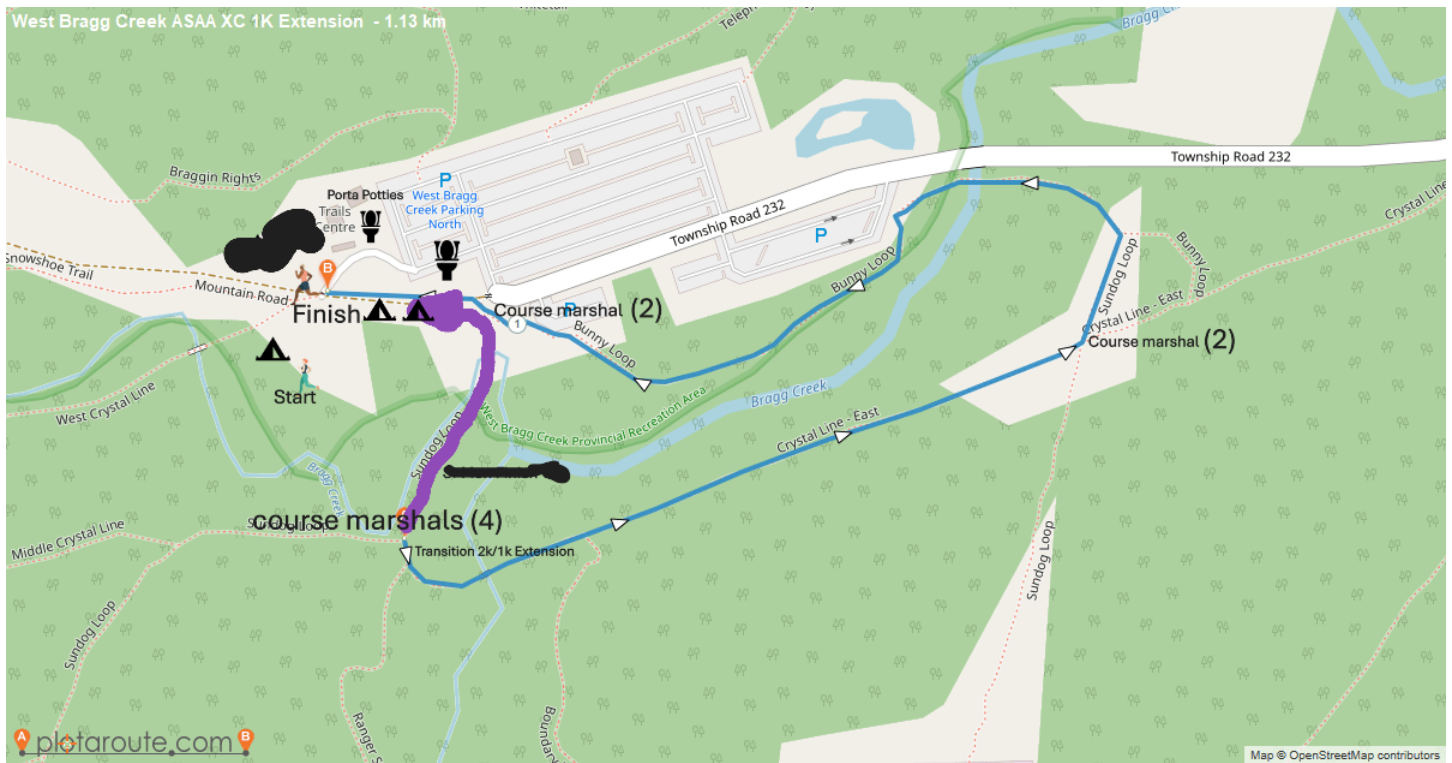
- Inclement Weather – Personal Vehicles can be used for shelters, plus Bragg Creek Trails warming hut, schools will have tents on site → The Bragg Community Centre is booked for Saturday (large gymnasium space) if athletes need to seek shelter post-race, schedules can be altered if necessary for shuttles in very bad weather.

RACE MAPS:

2km Main Loop:



1km Extension Loop:



COURSE NOTES + DESCRIPTION:

- 1) U10 1k – Approximately 200m ahead of the Main Start Line (at the bridge entering Sundog) – 1 Loop of the 1k extension.
- 2) U12 1.2km – Same Loop as U10, start at Main Start Line
- 3) U14 2k – start at main start line, 2 loops of the 1k extension
- 4) U16 4km - (1x 1km, 1x 2k + 1k extension)
- 5) U18 6k - (1k Extension then onto the 2k, then 1k extension +2k, cut at end of 2k loop to finish - opposite direction on Sundog of the start of the races)– see PURPLE LINE on 1k Extension
- 6) U20/Open/Masters – 8k – (2x 1km extension loop, then 2x 3km (2k+1k extension)
- 7) Course is HARD, lots of uphill with fast downhill sections
- 8) Small spike pins or racing flats are recommended, it is a mountainous/foothills course, loose rocks may be present
- 9) Wear larger spike pins in case of rain or snow, otherwise avoid large spike pins
- 10) A main 2km Loop with a 1k “extension” off the main loop will be used. The course is in a Provincial Recreation Area in the deep Foothills close to the Front Ranges of the Eastern Slopes of the Rockies. Trails are on multi-use XC and Equestrian trails, no single track. Expect a hilly course with a variety of fire road, grass, and dirt covered terrain. The course winds through Aspen Parkland and Coniferous forest. START LINE WILL BE SPLIT if there are large fields. The separate start lines will converge 130m into the race prior to hitting the Nordic Ski Trails. Trails Used – Mountain Rd, West Crystal Line (West), Crystal Link #4 (possibly Crystal Link #3 depending on footing), West Crystal Line (East), Sundog, Bunny Loop, Crystal Line East

TEAM TENTS: See Map where Tent should be...the primary location will be BEHIND THE START LINE! Overflow tents can be set up between Mountain Road and the Fence Line beside the start of the race. **NOTE** – Team Tents cannot be set up until Saturday!



FACILITIES: Pit toilets and outhouses on site. There is no running water on site so please bring your own drinking water. NO INTERNET, please plan accordingly. This is a Provincial Recreation Area in the Foothills! There is a wireless hotspot at the West Bragg Creek warming hut but it's functionality is intermittent at best.

FURTHER INFORMATION:

- Spectators must always remain behind the Barriers/ropes around the course
 - o If there is a necessity to cross it must be done at one of the manned gates
- No pets on site (OR MUST BE LEASHED)
- Runners are NOT permitted to wear headphones during their race
- West Bragg Creek PRA is OPEN to the Public on race day. Please be mindful of this. It is heavily used for Hiking, Mountain Biking, and Equestrian Activities.
- **IMPORTANT TO NOTE FOR RUNNERS.** In the case snow falls prior to the event, the event will still proceed as planned. HOWEVER, WBC Trails will have groomed the classic ski tracks on the right hand side of the trail system. This will be flagged off and IT IS NECESSARY THAT ATHLETES AVOID RUNNING IN THESE TRACKS!