

# KANANASKIS 100 MILE RELAY

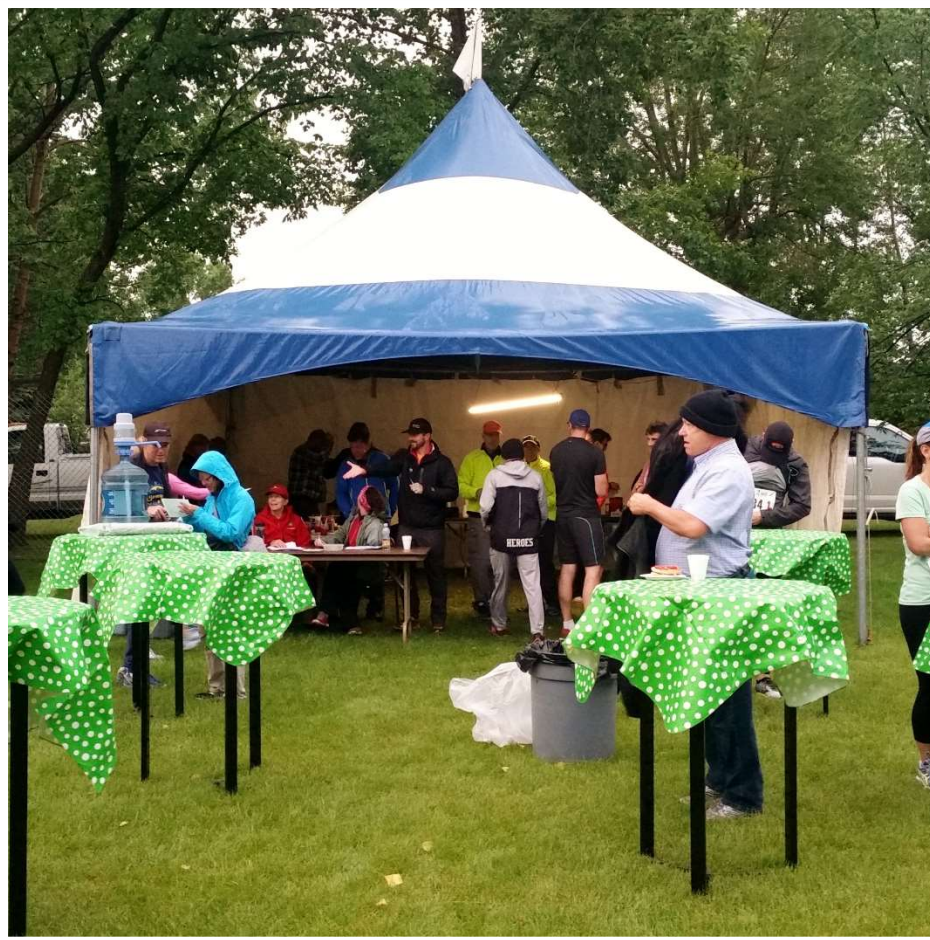
Saturday, June 25, 2016  
Calgary Roadrunners Fun Team  
Longview to Nakiska, and beyond!



# K100 2016 CRR FUN TEAM #124

- 100 Miles
- 10 Runners
- 86 Teams
- 1 Bear
- 2 Goats
- 1 Stunt Double
- Many Mountains
- Rain, Wind, Sunshine
- Many Supporters, Crew, Volunteers, and Gear





### **Bagels for Breakfast in Longview**

It had rained all night, it was still raining, but there were hot drinks, toasty bagels, cream cheese, and homemade preserves.





Karen & Mehran discuss support  
details in the portapotty cue



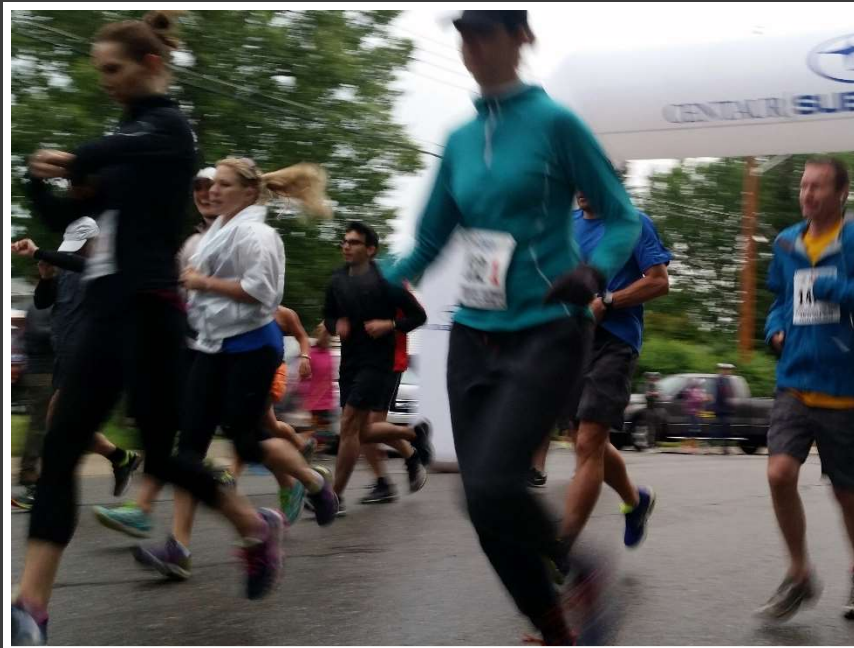
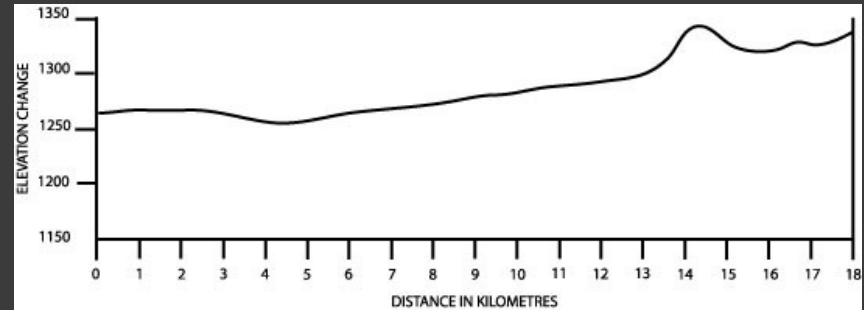
Mehran is good to go!



6:00 AM Start



# Leg 1 18.6 km



Mehran starts Leg 1



The Downtown Derrick,  
a classic landmark  
in Longview, Alberta



Leg 1 looks deceptively flat, but it climbs towards mountains for 18 km



### **Ken Offers Coat and Water**

It rained, but Mehran didn't need his coat. He even gave us his glasses.



### **Water? Gatorade?**

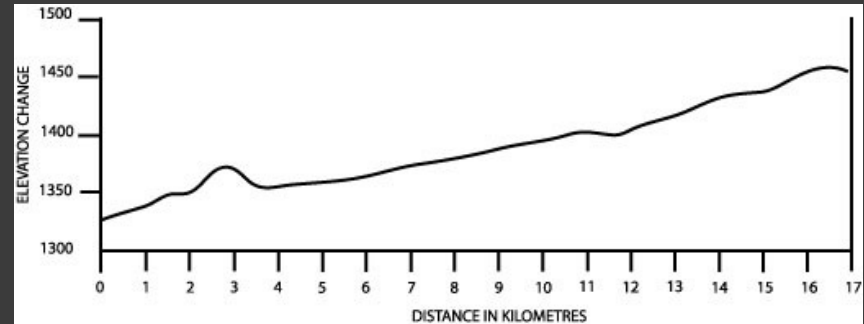
Mehran kept a steady pace, only stopping for a drink occasionally.





A Snazzy Support Van...  
... and its Annoyingly Perky Support Crew

## Leg 2 16.5 km



Yes, it's still raining in Leg 2.  
Gillian might be trying to hitch a ride.



Gillian graciously filled in  
as Karen's "Stunt Double", since  
Karen was injured.

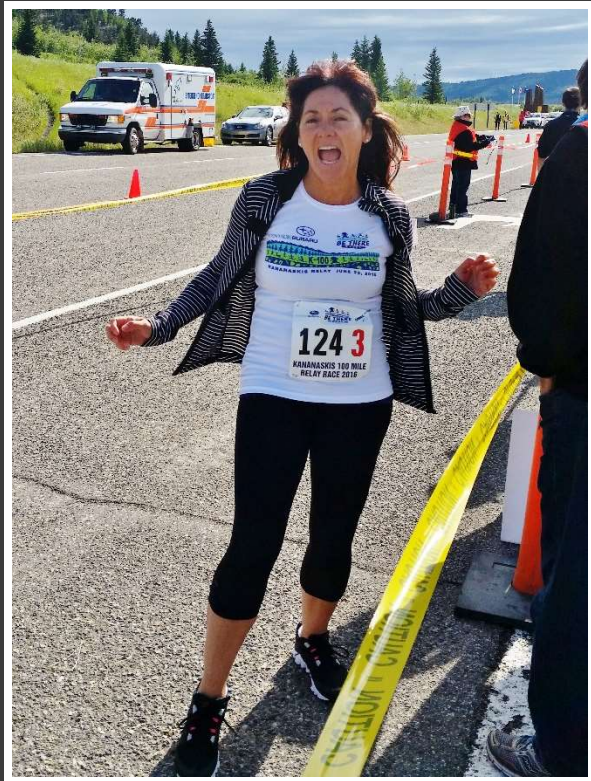




Gillian is trying to tell us something.

- Is her thumb hurt?
- Is she still trying to hitchhike?
- Turn the volume up?
- Does she really like something?
- She's OK so far?





Roaring and  
Ready to Run!

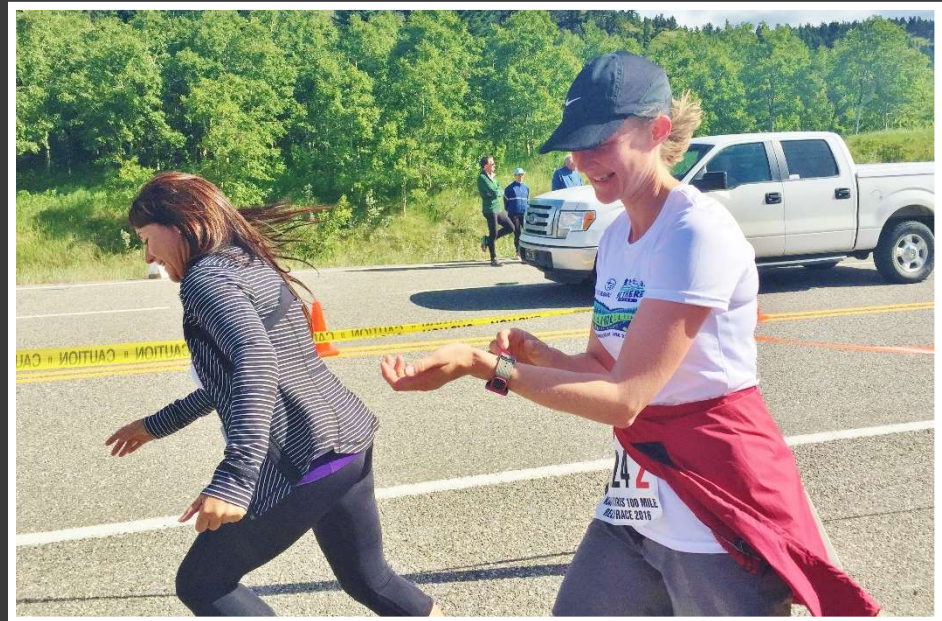


The rain stopped but the  
wind is strong. So is our  
Valeska!



Is Gill here yet?  
How about now?



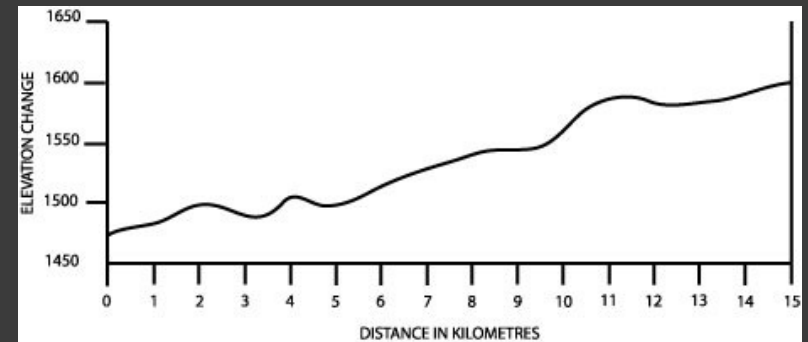


Transition Leg 2 to Leg 3





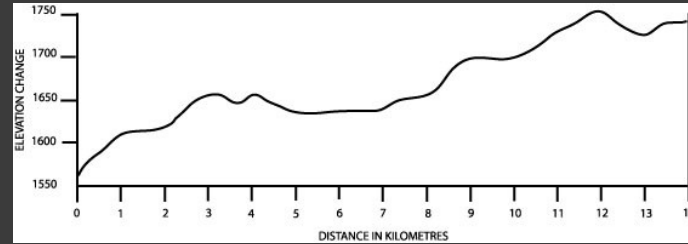
## Leg 3 14.7 km



Valeska runs uphill  
into the wind



# Leg 4 14.1 km



Ken resolves only to walk on the paved parts



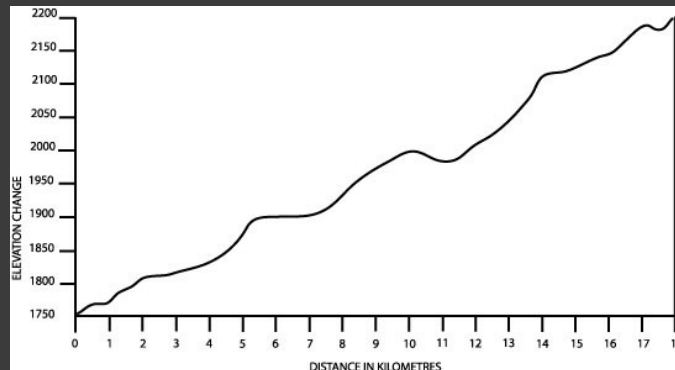
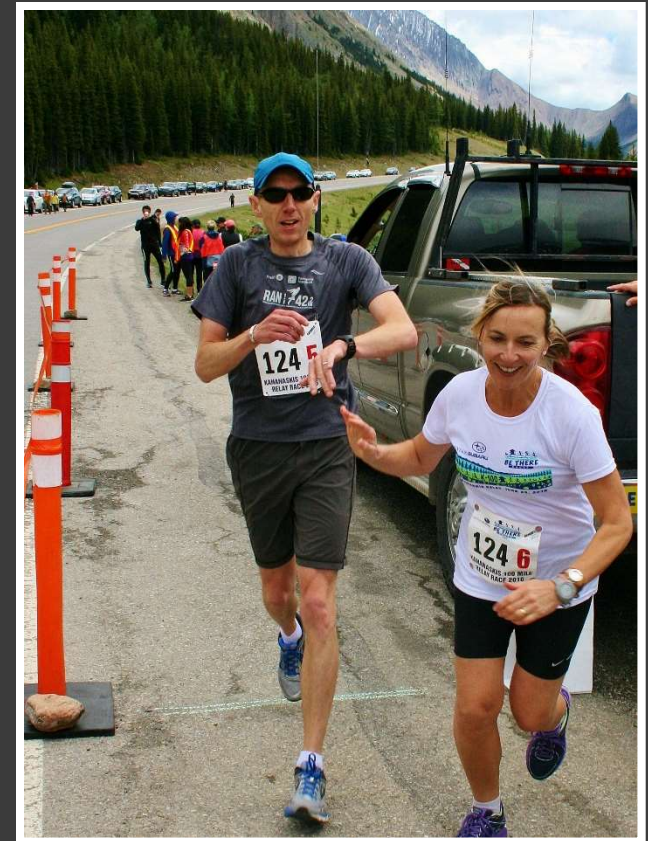
The volunteer shouts  
WHAT'S YOUR NUMBER?



It's not ALL uphill in Leg 4.



up  
and up  
and up  
Andy runs up



Leg 5 17.6 km

- Toughest relay leg
- 7% grades
- Peaks at 2206m above sea level



# Leg 6 9.4 km



Suzanne completes Leg 6  
at *exactly* the time marked  
on the race plan.

Cheers!

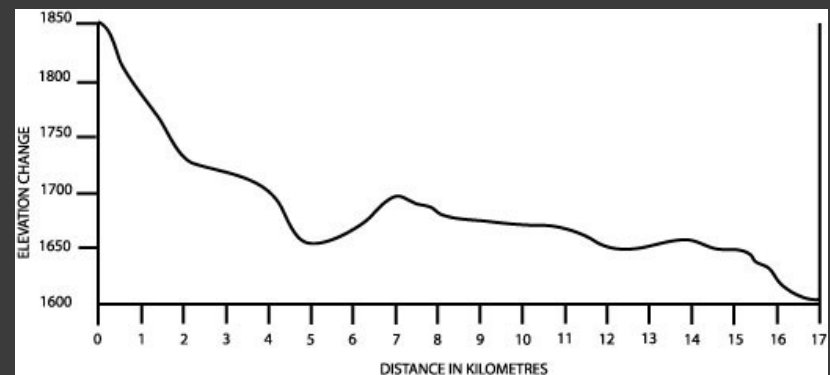
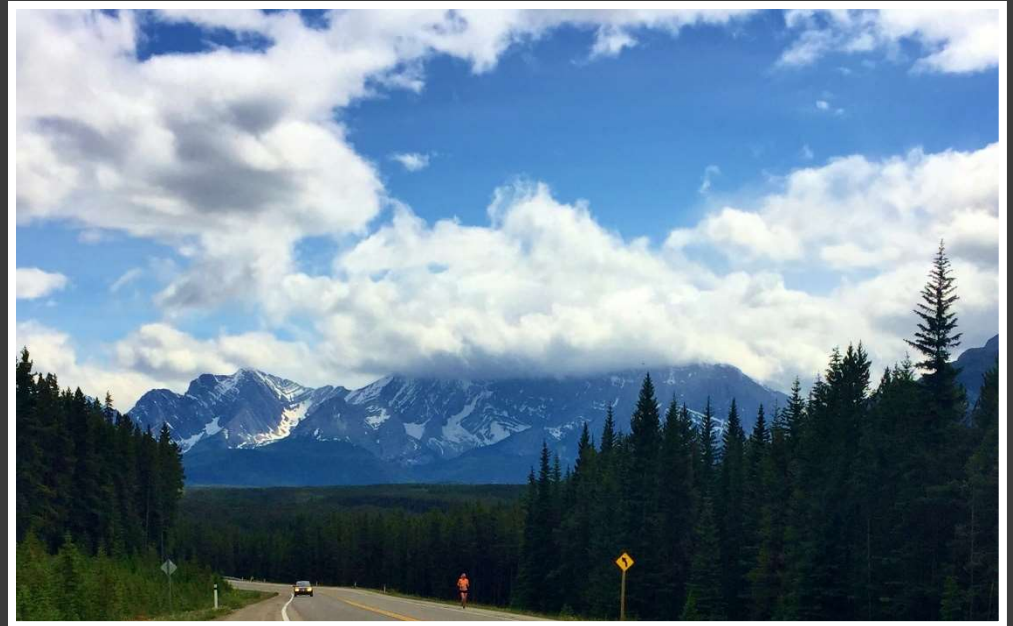




## Leg 7 16.5 km



Aimee looks great!  
It's all downhill from here...

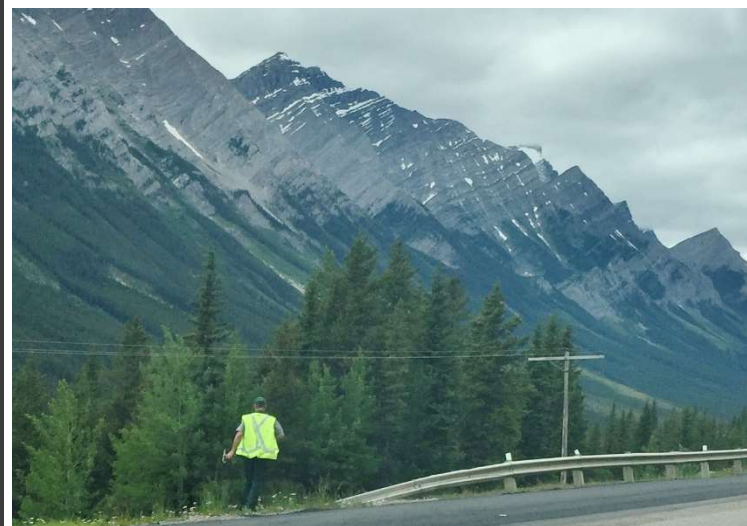




Warden Tracks BEAR  
with Radio and Gun



Warden yells "GET BACK!"

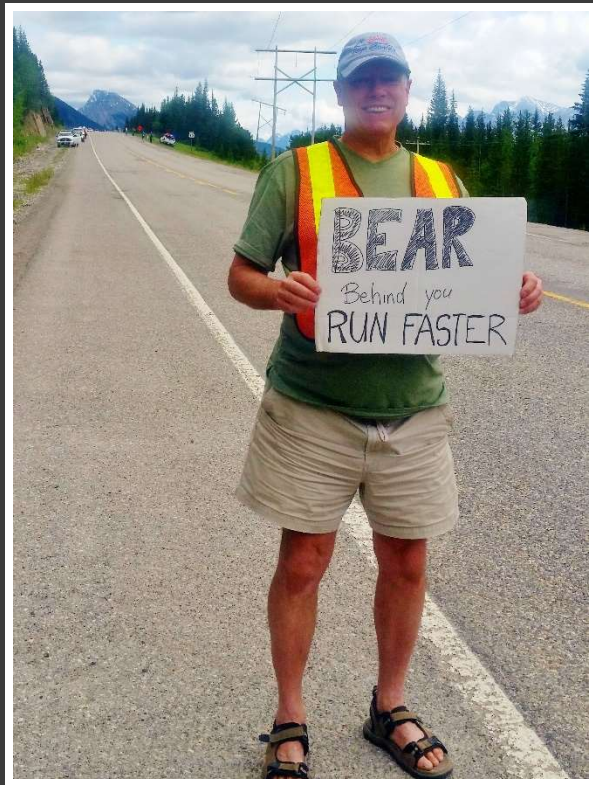


Aimee wisely avoids  
bear side of road



Aimee bravely returns to race route





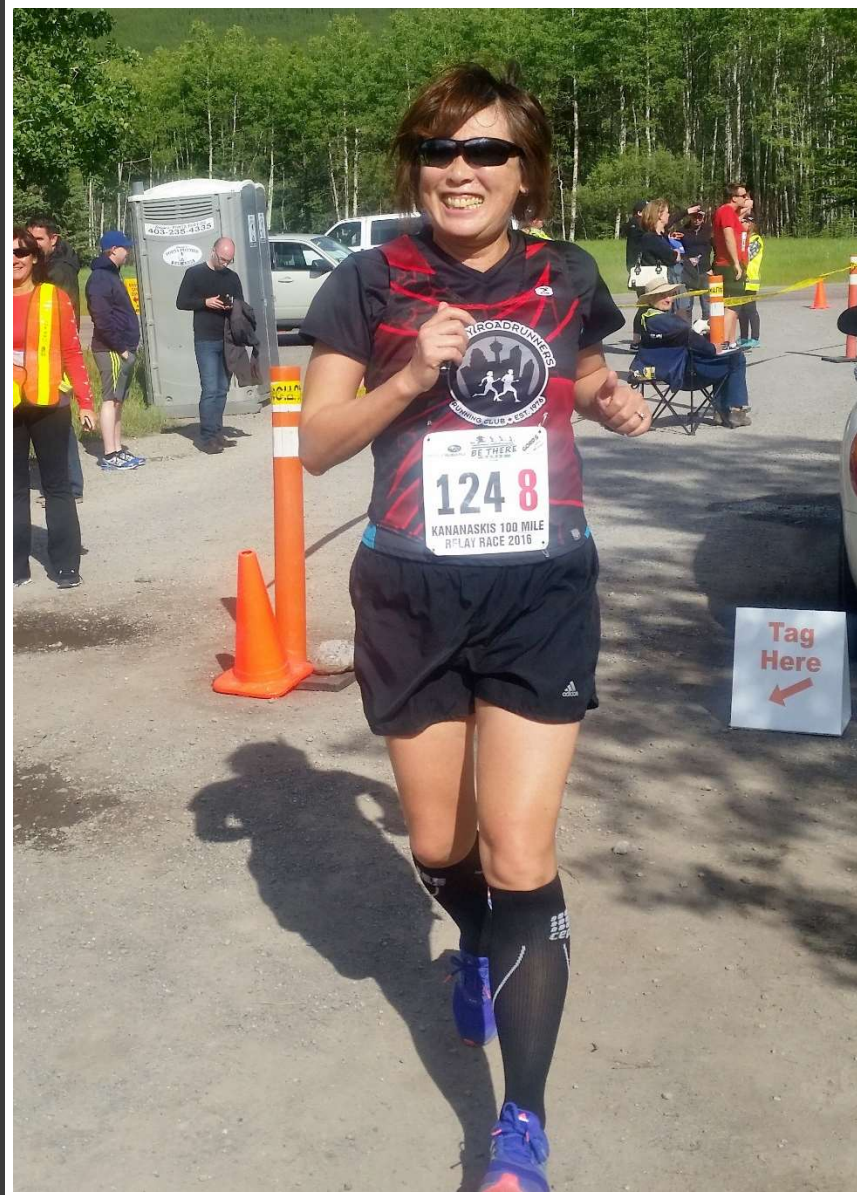
This sign is usually funnier when we haven't actually encountered a bear.



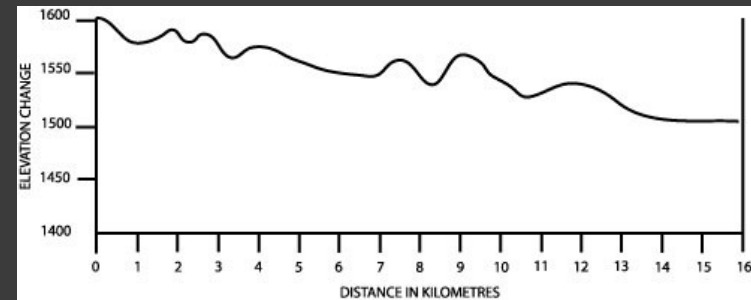
In case the bear wasn't enough excitement, Aimee also made it past scraggly-looking mountain goats



Yoshie finishes Leg 8 before Leg 9's forced start, Yeeha!



Leg 8 15.9 km



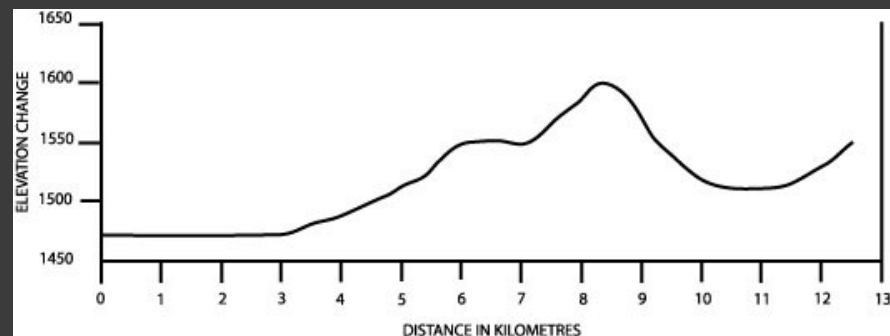
Leanne sets off on the Leg 9 trail





## Leg 9 12.5 km

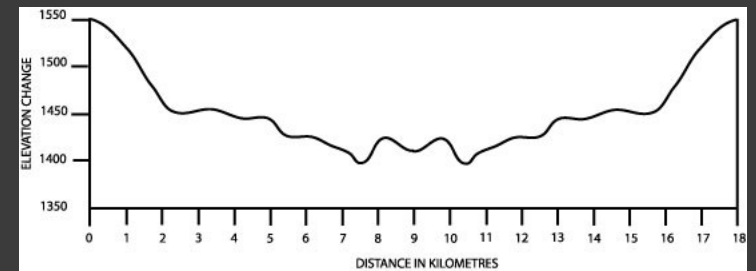
- Liane heads into the wilderness
- Off-road trail, no team support allowed
- 3 km paved trail leads to 9 km of hiking trails
- Liane finishes at Nakiska so far ahead of schedule that we miss it



# Leg 10 18 km



Bryan, our last and most important team member, arrives with his security detail.



- Runs AWAY from race party for 9 km
- Off-road trail, no on-course support
- Challenging uphill finish at Nakiska







# CRR Fun Team K100 Relay 2016

