



2011 "Steel Wheels"

Carlton Trail Odyssey

May 6-8th, 2011

St. Paul Alberta, Canada

www.ironhorserun.ca

Route will cover the beautiful farm lands, lake shores, riversides of the county of St. Paul: while incorporating the abandon CN rail tracks of the Ironhorse Trail System.

What is the Ironhorse Ultra 100? The event is an organized footrace in which soloists or teams have the option to run 100 km or 100 miles on one of the most challenging and beautiful off-road courses in Western Canada. As a part of the Alberta Ultra Series the Iron Horse Ultra 100 will test the endurance of all runners. All the challenges of a Mountain course without the Altitude!!

Historical Perspective: The Iron Horse Trail follows the historic Carlton Trail, first documented in the 1790's as a fur trade route. The Carlton Trail linked Eastern and Western Canada and has been referred to as the original Hudson Bay Trail.

BRAND NEW 50 KM RACE

"Whistle Stop 50" offer an alternative to the bigger and sometime intimidating distance, so we are offering a new "try it adventure race" distance.

The whistle stop 50 is designed for new soloist or teams of 5 runners. The minimum age requirement for this race is 12 years and older on race day with parent consent. Each leg for the 50 km event will be 8 – 12 km in length with varying degree of difficulty.

Comment from the 2010 "Rock the Rail" Iron Horse Ultra 100

Bloody fantastic – some of the best, most caring, helpful people I've met at a race.

Enthusiasm and Eagerness to please and in "Sincerity of Purpose", "you guys take the blue ribbon hands down!! I have been running Ultras for 3 decades in Canada, the States even Australia and you folks are already TOPS.

Volunteers were wonderful and friendly –we were made to feel at home. Meal was excellent.

We are always looking for great volunteers to help make our event even more successful in the future.

Come out and see what all the excitement is all about in the fastest growing adventure sport.

For more information checkout our website www.ironhorserun.ca or check out the Alberta Ultra Series at www.albertaultraseries.org