



2011 “Steel Wheels”  
Carlton Trail Odyssey  
May 6-8<sup>th</sup>, 2011  
St. Paul Alberta, Canada  
[www.ironhorseruns.ca](http://www.ironhorseruns.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.ironhorseruns.ca](http://www.ironhorseruns.ca) or check out the Alberta Ultra Series at [www.albertaultraseries.org](http://www.albertaultraseries.org)