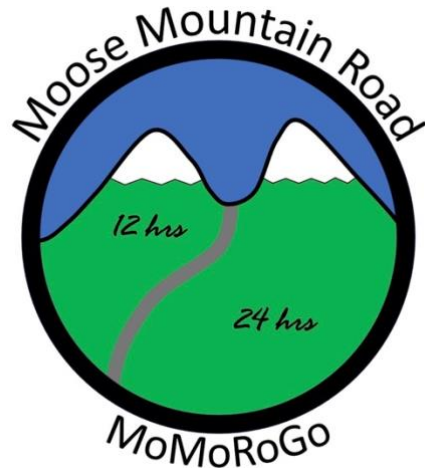


**MoMoRoGO!!! (Moose Mountain Road – GO!!!)**  
**April 23-30 2022**

Welcome to MoMoRoGO!!! We certainly hope you enjoy our gift of 12- or 24- hours to do as many laps of Moose Mountain Road as you can/want!!! Remember, “One & Done” laps means you are AWESOME, and if you’re hungry for more, we won’t stop you.

This (un)official participant info document is meant to help you get ready for crushing those MoMoRo laps. You can find more information on our Facebook page, FB event page or Instagram (@momorogo.ab). If you have any questions, please feel free to contact us at: [momorogo.ab@gmail.com](mailto:momorogo.ab@gmail.com)



This (un)event is free. We are doing this because it’s fun and challenging. However, we do ask that you **consider a donation to the Calgary Food Bank**. This pandemic has been difficult for all of us, but during these times food insecurity has become an immense burden for many in our community. Please head to our event fundraising page at: <https://www.canadahelps.org/en/dn/m/71137> “Together, we fight hunger and its root causes” (CFB)

**CALGARY  
FOOD BANK**

**SO HOW DOES IT WORK?**

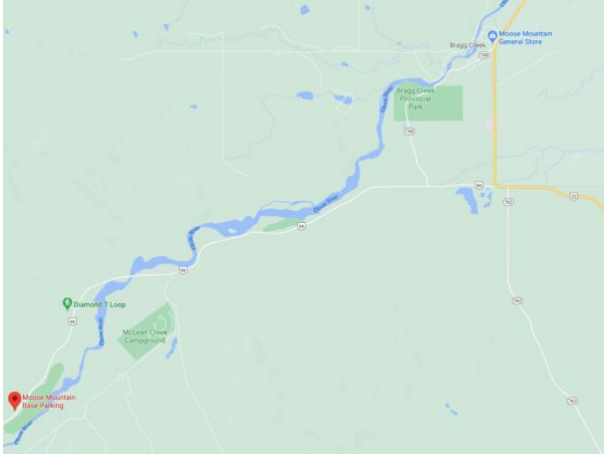
Easy. Run, hike, crawl up Moose Mountain Road to the turn around at the upper parking lot and then come back down...and repeat...and repeat...  
Yeah, it’s that “easy”!

**WHEN AM I DOING THIS?**

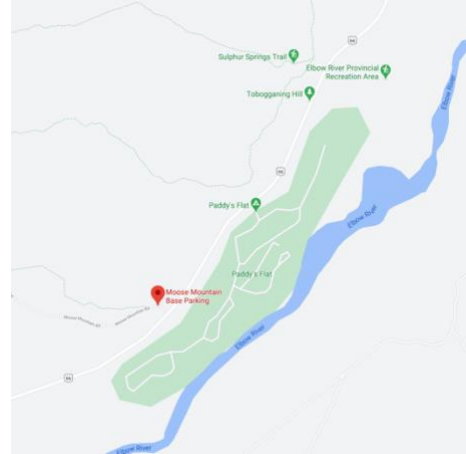
You must start and finish your MoMoRoGO!! adventure between April 23-30, 2022. Pick a goal (12hrs, 24 hrs...just makin’ it back to the car...) and go for it!

**AND WHERE EXACTLY AM I GOING?**

Moose Mountain Road, off Hwy 66, Kananaskis AB (see maps below)  
Head down AB Hwy 66 toward Elbow Falls.  
Watch for signs for Paddy’s Flats on the left (south)  
Take the next UNMARKED RIGHT TURN (north) into a small parking lot.  
If you end up at Canyon Creek (Ing’s Mine/Ice Caves), turn around, you’ve gone too far.



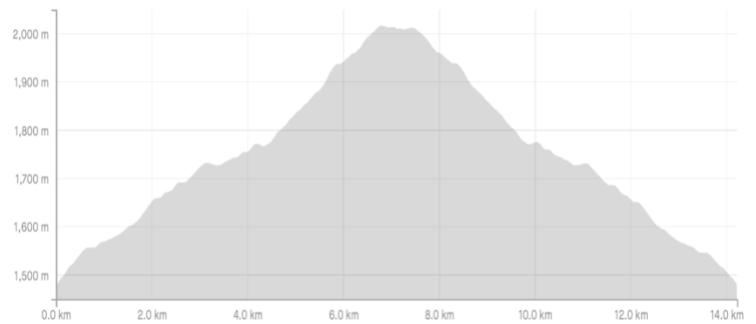
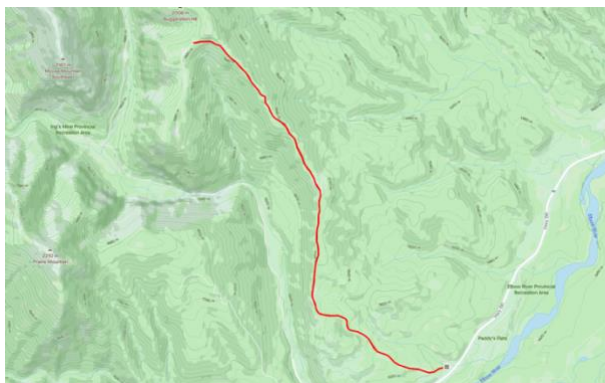
From Bragg Creek



Close-up showing location of parking lot

## ROUTE DESCRIPTION

- Start/Finish at lower MoMoRo winter gate
- Turn-around at upper MoMoRo parking lot
- Lap distance: 7.1km from lower gate to upper parking lot  
14.2km round trip
- Elevation: 550m gain/loss
- Distance and elevation are approximates based on multiple trips up and down...don't get mad at me if your GPS reads it differently than mine.
- I'll put in some markers along the route, but they may get yanked over the week, so don't rely on them being there! But it's pretty hard to get lost...just follow the road.
- Dirt/gravel road the whole way. It's not technical. But some parts are steep.
- It might snow (um...2021!) I don't know, but it's the mountains in April. Be prepared!
- Below are the STRAVA route map and elevation profile (but of course you might be doing it over and over and over....)



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Version: 3

Date: Mar 19 2022.

## HOW DO I COUNT MY LAPS?

One & Done You are awesome.

Start whenever you like between April 23-30, 2021, just finish before midnight on the 30<sup>th</sup>.

Run/hike/crawl, just get up to the top and back at whatever speed you want.

This is a great opportunity for KIDS!!!

It's also a sweet chance to grab the Fastest Lap Award (and maybe a STRAVA crown?)

12 hours You must start between April 23-30, 2021.

You must finish by 11:59:59 April 30, 2021. Important point here...make sure you are starting with enough time to get to 12 hours before that cut-off!

Once you start, you have 12:00:00 (continuous) to complete as many laps as you can/want. So you can crush it to the very max time, or call it a day before the 12 hours have run out (i.e. 3 complete laps in 7 hours)

Count up the number of COMPLETED laps at cut-off. For example, if you finished lap 5 at 12:05:36, then you count 4 COMPLETED laps in 12 hours.

If you hit 12 hours and are mid lap (like above example)...why not switch it up and jump into the 24 hour category...and you might as well just keep going for a few more hours because you're having so much fun.

24 hours You must start between April 23-30, 2021.

You must finish by 11:59:59 April 30, 2021. Important point here...make sure you are starting with enough time to get to 24 hours before that cut-off!

Once you start, you have 24:00:00 (continuous) to complete as many laps as you can/want. So you can crush it to the very max time, or call it a day before the 24 hours have run out (i.e. 8 complete laps in 16 hours)

Count up the number of COMPLETED laps at cut-off. For example, if you finished lap 12 at 24:03:21, then you count 11 COMPLETED laps.

If you hit 12 hours and are done...no worries, just record how many laps you COMPLETED within the 12 hour cut-off and celebrate a great day!

**\*New for 2022 You MUST have completed at least one of your laps AFTER 12 hours (otherwise you are really in the 12-hr category).**

## SOME FUN DISTANCES YOU COULD CHOOSE TO COMPLETE

One & Done – Mighty Moose!! You are AWESOME!!

3 laps - Mega Moose!! You completed a marathon!

7 laps - Moose Master!! You completed a 100km!

11 laps - Moose Maniac!! You completed 100miles (ish!)

Who's going for more...

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## HOW MUCH DOES THIS COST?

Nothing! Like we said, this is a free event!

But we'll mention again that we suggest you consider a donation to the Calgary Food Bank.

Please head to the CFB-MoMoRoGO fundraising page at:

<https://www.canadahelps.org/en/dn/m/71137>

## IS ANYONE SPONSORING MOMOROGO!?!?

A very special thank you to the following companies for providing awards/products.



Altra Running (@altrarunning)

- Award for most laps overall, Female and Male
- Winner's choice, pair of Altra shoes
- Altra RED Team members excluded



XOSKIN (@xoskinusa)

- Award for most laps in 12 hours, Female and Male
- Winner's choice of free short sleeve shirt



SFuels (@sfuels.sf)

- SFuels will be providing some great endurance nutrition products as prizes.
- Note: you are responsible for all your hydration/nutrition needs on course!

## DID SOMEONE SAY AWARDS?

Yes, yes indeed. We have a great collection of awards provided by Altra, XOSKIN and SFuels, as well as by some local crochet experts (i.e. my kids!)

- 1) Most Laps Overall – Female and Male. Pair of shoes from @altrarunning
- 2) Fastest Lap
- 3) Best Moose Costume
- 4) Mini-Moose Kids Awards – all kids < 10 yo who complete a lap will receive a cool prize!

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## HOW DO I SCORE ONE OF THOSE AWARDS?

To be eligible for awards, you must record GPS files and submit some info to our team via email: [momorogo.ab@gmail.com](mailto:momorogo.ab@gmail.com)

Please include

- a) Your name and email address
- b) Your category (12 hour, 24 hour, Fastest Lap, Best Costume, Mini-Moose)
- c) Your GPS files (for 12/24/FL)
- d) Your pictures (Best Costume and just for fun!!) **Please let us know if you do not want us to use pictures of you on Social Media posts.**

## NUTRITION AND HYDRATION

This is a week-long, unofficial challenge, so as much as I might want to, there is no way I can be out there on the mountain for the whole week providing food and drinks for you (But I will be out there a lot for fun!!). YOU ARE RESPONSIBLE for your own nutrition and hydration. If you are going overnight, or in the cold weather, you might want to have some warm stuff available in a thermos etc.

## SOME SAFETY POINTS AND DISCLAIMER

This is an unofficial event.

It is **completely unsupported**.

You are responsible to bring EVERYTHING you need.

You are responsible for your own safety, including personal COVID pandemic precautions.

MoMoRo is mountain terrain. The weather can be variable and change very quickly. Over the week we are expecting the weather may alternate from fresh snow to t-shirt & shorts conditions (just like 2021!!!). Bring everything you need for cold and warm weather!!! (nights get cold and dark!) I highly suggest a few pairs of fresh socks +/- a few pairs of shoes and extra batteries for your night time running.

Not surprisingly, moose do sometimes wander on Moose Mountain. So do **bears and cougars** and other fuzzy animals.

Be prepared.

As an unofficial (un)event, we are not responsible for you or any of your activity while having fun on MoMoRo...**it's all you**.

## STEWARDSHIP

We are guests on this land.

Be respectful and thankful.

Leave nothing but footprints, take nothing but memories.

## SOCIAL MEDIA

We can't wait to see what you have accomplished!!

Please post pictures/messages etc throughout the (un)event on your social media, and don't forget to tag us with @momorogo.ab and #momorogo

We want to respect your privacy. Please let us know if you do not want us to re-post!

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## FAQs (STAY TUNED FOR UPDATES)

1) Where do I register?

You don't.

Just do your run/hike/crawl any time between April 23-30 2022 and email us your GPS files and fabulous pictures and you are in!! (momorogo.ab@gmail.com)

2) How much does it cost?

Nothing.

But please do donate to the Calgary Food Bank (<https://www.canadahelps.org/en/dn/m/71137>)

3) Can I complete in more than 1 category?

Sure, if you are ultra-bonkers. But it has to be on separate occasions!! For example, that means you could go for the Fastest Lap on, say, April 24 and then head back on April 26<sup>th</sup> to compete in the 12 hour category. Anyone want to go for all 3 categories (Fastest Lap, 12 hour, 24 hour)?? If we get takers, we might have to develop a new prize category!

4) What happens if multiple people have completed the same highest number of laps in a category (i.e. 3 people finished 7 complete laps in 12 hours)?

In this case, the winner will be determined by the shortest time taken to complete the highest number of laps (i.e. shortest time to finish the 7 laps). We contemplated using the total distance completed at the end of the time category, but because GPS distance tracking can be slightly variable based on device, we chose to use time, which hopefully is less variable.

5) Is there water on the route? Are there aid stations?

Nope. There is no water source on the mountain road. Unless you want to melt the most recent snow that has fallen. You will need to bring all of your hydration and nutrition needs.

Sorry, there are no aid stations. I wish I could be out there 24hours a day for the full week, but I can't (but I will be there at least some of every day, sometimes day, sometimes night). As an unofficial (un)event, you are responsible for everything you need while on the mountain.