



Tracy Sharman-Acorn with Steven Acorn and 2 others

13 hrs

Just wanted to give a shout out to this awesome group of people. This was my first time relaying at the CDR, but I have been up a few times before with my family. This is a picture of our family this year. My husband, brother in laws and sister in laws, as well as any of our children old enough raced this year. They inspire me to be more and do more with my life and I am so proud of them all. Great job Acorn family! PS. We all raced in different teams! Best day ever!





Hiroshige Watanabe

12 hrs · Edmonton



My pictures at finish line 😊





LeEarl Rugland

20 hrs



Just poor planning on my part not to finish the CDR. Cardio, leg strength, nutrition and hydration were spot on and 125K with the elevation was doable. Feel 100% and ready to do it again this weekend. Would have loved to make the boat. Beautiful area for a race. There's always next year 😊





Ian Klassen

Yesterday at 12:28am · Edited

Thanks Canadian Death Race for an incredible time this past weekend! This was my first Death Race -solo- and I had an amazing experience! I met some awesome people out there on the course - both racers and volunteers! The best prize was seeing my wife and son when I crossed the finish line early Sunday morning! They were an awesome crew! Love you guys! Thanks Grande Cache and The Canadian Death Race! Oh, and yes there are hills to train on in Saskatchewan! Haha.





Gwyn Negley Chobot

August 5 at 11:06am

My husband, Tom Chobot, during stage 1, and at the finish. 20:11. Not bad for a 59 year old man. So proud of him. See you next year Grande Cache! The country, the town, and the race were awesome!





Jane Gannon



August 5 at 10:56pm

I have looked at countless photos of this past weekend's race, posted by participants, volunteers, and professionals, and I was struck by this observation: there isn't a 'typical' body type that makes a death racer, but there is a devious sparkle in every racer's eyes (even the kids) that says "I'm going to kill this, or die trying". I LOVE the intensity! Congrats to everyone who ran! Go death racers!!!



Shelly Crowley Clelland

August 5 at 4:29pm · Edited

Another great year at CDR 2014! Meet new people and saw some familiar faces from years passed. This event is amazing and I'm always sad when another year comes to a close. Thanks to all the volunteers who are always so encouraging and to all the athletes who leave their blood, sweat and tears on the trails and are always encouraging each other and willing to sacrifice their times to help racers in need. This race is special and I'm already looking forward to next year. This is a pic of our mascot "Boner" (courtesy of Ted Herbert) who guards our Death Race campsites each year. Until next year...GO DEATH RACER!!!!





Katie-Marie Buswell

August 5 · Edited 

What an unbelievable weekend! 6 years ago I never thought I could ever do anything like The Canadian Death Race. I am so glad I made a promise to myself to run in it before I was 30. Checked that one off the bucket list! I owe many, many people thanks for getting me here. From Family, Friends, JBF, Kevin, and my own sheer determination and strong will. Everyone is so very supportive and I truly appreciate everyone's well wishes and congrats. So glad I was able to experience the after party as well!! Too Much fun!! I'm really happy that I was able to have all the support of JBF friends while there- just fantastic!. Glad I ended up on such a strong team, great job everyone! It was something I will never forget. — with John Bouwman and 15 others.




Shane Mascarin

August 5 at 11:07pm · Wainwright

I would like to thank all the volunteers, race officials, GC residents, fellow CDR racers and of course my crew made up of my wife and girls. I have really enjoyed my adventures in GC during my last 4 yrs of coming to CDR (first 2 relay finishes and the last 2 solo finishes). The 2014 version was a fantastic experience as my CDR family has grown over the yrs and largely thru this FB page. Every leg I got to run with friends and make new friends. The ultra community is fantastic. I ran with relay and fellow soloist all with the same goal..to conquer the CDR not each other. It's a special race and this year was extra special for me. I had a great race while accomplishing everything I wanted to and left GC with a large smile. Thanks to everyone involved!

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 Michael Stephensen, Scott Woodward, Wade Chute and 50 others like this.



Melissa Nikkel-Downing

August 5 at 1:52pm

Thanks everyone for an amazing weekend! While I didn't complete my first solo attempt, I was able to run the kids race the next day with my son - we're so proud of him, it was his 4th birthday and he was the final finisher! I couldn't believe how many people were still watching as we came in...when he realized the cheers and high fives were for him, his face lit up and he ran hard to the finish! He enjoyed every mud puddle and is incredibly proud of his finisher's medal!! So many encouraging spectators and volunteers along the way, special thanks the ladies who sang Happy Birthday before we climbed Toboggan Hill. Hope to be back another year!





Jay Kinsella

August 5 at 4:33pm



I want to give a huge thanks to the course designers, volunteers and most importantly from what I witnessed on leg 2 the medical teams. I was unprepared for the distance between aid stations, but found a few creeks that kept me hydrated and a river that was white with silt...yummy.

All in all the course lived up to it's name as one of the hardest ultra races in Canada.

I will be returning next year to try for a even better time now that I have seen the course from start to finish.



Jason Wynne

August 3 

Thanks everyone for the texts and DM's asking how [Nadine](#) and I did! What a day at The Canadian Death Race. We finished the 125km grueling course while alternating legs. Nadine stepped up to take on the 2 toughest legs, summiting 3 times over 65km! We had amazing support every step of the way from the kids, [Mackenzie](#) and [Olivia](#)! When I met Nadine 3 years ago I struggled with a 5km run on one of our first dates...haha... look at what she's done to me now. Thanks Nadine, it is truly amazing what we have accomplished. Speaking of thank you's...there are a ton of people that are part of this too. Some of them are past teammates, others running friends and groups, all of them inspirational and part of this crazy past time I have come to love.

[Sheldon](#), I'm not the only one to ever thank you for being an inspiration, but thanks for being a friend and mentor and always being the voice of reason and levity. [Melissa](#), [Andrew Worthington](#), and [Jon Cool](#) who I had the pleasure to team with the first time we finished this race. [Lynne Chisholm](#), and all your RWA members, thanks for being mamma bear, but also for pushing our training over the top. A nicer bunch of people you will never meet. And to Srgt. Barb on leg 5 last night...her military background kept me going when I didn't feel like it.

See you next year, this time with a solo attempt.... — with [Brenda Shaughnessy](#) and 12 others.



Florent Bouguin ▶ Race Hq

August 3 

I would like to take time to congratulate all the volunteers and the organization for this version 14 of the [Canadian Death Race](#).

This event was at the level that I expected, that means outstanding. I learnt a lot and I took a lot of pleasure on your beautiful trail.

Special thanks to the volunteer team based in aid station leg4/leg5. I was in big troubles on the edge of the unconscious and you proposed your help for my eventual rescue. I was able to finish the race and became a Death Racer.

You have a wonderful race keep going.

Florent from Reunion island now based in Quebec city



Cindy Cortez

August 5 at 12:43pm



As a first time death racer runner I gotta say it was the best experience ever! I ran leg 2 and unfortunately didn't make my time because I fainted 2 kms away from the finish line - this is a special shout out to that soloist runner that found me unconscious on the trail - I don't remember much but I know she was a registered nurse and got me help risking her chance to finish the leg before her cut off time - I believe she was running with her mother also! She got me help and on the doom buggy with that cute and funny medic that brought me down the hill and to the hospital! 😊 Also wanted to thank all the sweepers and volunteers that were up there helping me also - truly amazing hearts! And not only when I fainted and fell but through out that tough leg all the racers that passed u or saw u taking a break made sure u were ok with water, salt or electro light pills, or food and not to mention to motivating and encouraging to continue! I will be back next year and defeat leg 2!! I'm proud to say my team was amazing and we all still ran our legs. We will receive our coin next year! Thank you CDR!!! 🙌 until next year!!!

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👍 Michael Stephensen, Kyle Runs, Pamela Brown and 106 others like this.



Heather Lam

August 5 at 12:37pm · Edmonton · Edited

I don't know if this will find the soloist that helped me but karma dictates that I recognize you for sharing your salt tabs on leg 2. I hope you had a great race and thanks for enabling me to make my legs work again. That always helps. This was our 3rd year relaying at CDR and it continues to be a magnet for amazing runners, amazing people. Thank you Grande Cache.

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 Pamela Brown, Robin Peseau Shedd, Hannah O'Dowd and 32 others like this.



Kelly Brouwer

August 5 at 1:37pm



Got this shot of a soloist behind me (and later he was far in front of me) at Mt. Hamel summit! What a sight to behold 😊



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Dave Pilgrim

August 4 at 12:06pm



I couldn't find a FB page for the community of Grande Cache where I could post, but let me say a huge thank you (!!!!!) to the lovely and friendly people of the community, and the unbelievable local volunteers and organizers. Your infinite patience for allowing a horde of 'bat-shyte ultrarunners' to occupy your beautiful town for a few days is greatly appreciated. I have heard nothing but the highest praise from other runners and support crews. We all realize that it is a small community, relatively isolated, and that accommodating this influx for a short period of time can strain the resources (and patience) of those of you who live there the other 362 days a year. Thank you.

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 Michael Stephensen, Scott Woodward, Adam Labrecque and 141 others like this.



Andrew Jeynes

August 5 at 12:02am · Edmonton



i was posted on the summit of Hamell , had to share this cool pic of a runner coming to time in.



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Sherri Donohue

August 5 at 1:19am · Stony Plain

This is the first time my team and I were in the Death Race and it was an AMAZING experience with a boatload of memories. Thank you to everyone involved in organizing, volunteering and hosting the Death Race.

The only question I have is how the hell did I miss the Crack of Doom in Leg 5??!! I have no recollection of going through it, around it, or seeing it (yes it was dark, but still). That does it! Must come back next year and run Leg 5 again!!

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Donny Stone

August 3 at 5:11pm

Hello Death Racers!!!

After a great weekend I want to congratulate all the runners on your accomplishments this weekend. I think it's pretty safe to say we left it all out on the course. I ran solo and remember talking with a relay runner who said he was "just running leg 3". Please relay runners, drop the "just". It makes it seem like less of a feat. But it isn't. Being a death racer isn't about finishing solo, or on a team. It is having the courage to show up race weekend ready to toe the line. Whether you finished or the course finished you we are all death racers!!! Congratulations everyone.

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Michael Stephensen, Scott Woodward, Kyle Runs and 216 others like this.



Alex Moises

August 4 at 2:34pm · Edmonton

I don't have a photo, but my favorite personal moment was when I descended down to the Smokey river, gave Charon my coin then proceeded to jump into the river and climb onto the side of the boat...dripping wet from the shorts down and the jet boat driver looks at me with a quizzical look but shrugs his shoulder and says, " that'll work". He let me know I could have walked onto the boat from the front....LOL Then I hit that steep climb in dripping wet shoes...what fun.

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John Vezina

August 4 at 1:41pm

The kids race was awesome! I really enjoyed watching the kids come in! Their intensity and seriousness, and sometimes their showmanship and comedy will be a memory I will cherish for a long time to come. Well done to all of you young Death Racers!

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Gerri Deisel D

August 4 at 1:01am

Thank you death race team! 4th yr here and finally finished!! Volunteers were great! The soaked wash clothes on hamel were AWESOME!!

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