

RUN FOR HER 2026 PARTICIPANT INFO

PREP BEFORE EVENT DAY

Arrange carpooling

We are **strongly** encouraging participants to carpool or arrange for drop-off / pick-up at the event site ([635401 2 Line, The Blue Mountains, ON N0H 2E0](#)). We are expecting up to 200 people this year, and on-site parking is limited.

Terrain expectations

For those unfamiliar with the area, please be advised that Run for Her takes place on a combination of gravel roads and in the forest (meaning roots, rocks, uneven terrain, hills + areas close to caves or cliffs). Please ensure that dogs are on leash and minors are closely supervised.

Download your route

All Run for Her routes will be marked; however, we highly recommend that all participants download the free Strava app. Specific routes for each distance (5km, 10km, 21km, 31km) can be downloaded directly from the Run for Her group in Strava or using the QR codes on page 6-9 of this package.

Familiarize yourself with Bruce Trail etiquette

Read the Bruce Trail Users Code at brucetrail.org/explore-the-trail/

Plan your event day nutrition

Please pack a filled (refillable) water receptacle, as there is no running water at the event site. Jugs will be available on-site for refills, while supplies last. There will also be a snack table at the main station (Uncrustables, granola bars, fruit, candy, chips, pickles), with a smaller collection of snacks at Station 4 for participants going 21km or longer.

Plan to honor a loved one

Run for Her has a tribute table on which photos of loved ones who have died from ovarian cancer can be displayed, if that speaks to you. We also have several teams running or walking in honor of those who have died from, or are currently living with, ovarian cancer - many come decked out in matching team shirts or costumes to celebrate them.

Share your 'why'

Share your Run for Her participant link, and your reasons for participating, with your own network to amplify our collective efforts. Feel free to tag @alicia_runforher (IG) or Run for Her 31km Trail Challenge (Facebook).



RUN FOR HER 2026 PARTICIPANT INFO

EVENT DAY (SEPT 12, 2026)

Driving to the start site

Input the exact address of Station 1 ([635401 2 Line, The Blue Mountains, ON N0H 2E0](#)) into Google Maps to find the best route. Please be advised that 2 Line is narrow and unpaved, so we suggest coming in through 4 Line / Side Rd 6 as an alternative.

Parking

In accordance with Fire Dept recommendations, event site parking will be restricted to one side of the road only (on Side Rd 6, starting from 2 Line to 3 Line). Pylons will be used to block off sufficient space for emergency vehicle access. Volunteer parking attendants will be on site to help direct traffic.

Check-in / bib pick-up

Each participant will need to check in at the registration desk on event day, open from 6:30am. Participants will be provided with a personalized race bib and an Ovarian Cancer Canada buff. Pick-up is organized alphabetically (A-J, K-Z) by first name.

On-site registration

On-site registration will only be available if we do not reach 200 participants prior to event day.

On-site donations

We will have cash boxes and QR codes for online donations available on-site at Stations 1 and 4. Please note that tax receipts will only be generated for online donations for \$20 or more.

Opening ceremonies

Opening ceremonies will start at 7:20 am sharp, next to Station 1. Please plan to arrive prior to 7:20, to reduce disruptions. A group photo will be captured at the end of the program.

Start time

All participants will start at 7:30 am sharp, after a group countdown. Please note that the first 5km is the same for all participants, regardless of total distance.

Course markings

All routes will be marked with yellow flagging tape (tied around trees) and/or marking flags (in ground), in addition to arrows and Run for Her signs at key points.



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On-course stations

Volunteers will be at defined spots along the trail, to cheer for participants and provide directions if needed. First aid kits and radios are available at every station, with limited water and food also at Station 4. A full medical team will be available at Station 1.

Same-day distance changes

You are free to change your distance on event day (either increasing or decreasing it); however, please find Alicia and let her know if you decide to do this. This is very important for participant tracking and ensuring that all participants are safely accounted for!

Course sweeps

We will have separate course sweeps for the first 10km (will walk behind the final 5/10 km participants) and the final 21km (will walk behind the final 21/31km participants). The 21/31km sweeps will not start until the final participant has reached Station 4 and is on their way back up to Station 1. All sweeps will carry radios.

Check-out

Each participant must check-out with Britt or Alicia when you have finished your desired distance. This helps us account for all participants, and also reminds us to give you your well-earned finishing medal!

How to identify event volunteers

Run for Her crew members will be identifiable by their pink Run for Her shirts and hats. Impact Crew volunteers and parking attendants will be wearing yellow hi-res safety belts.

Media presence

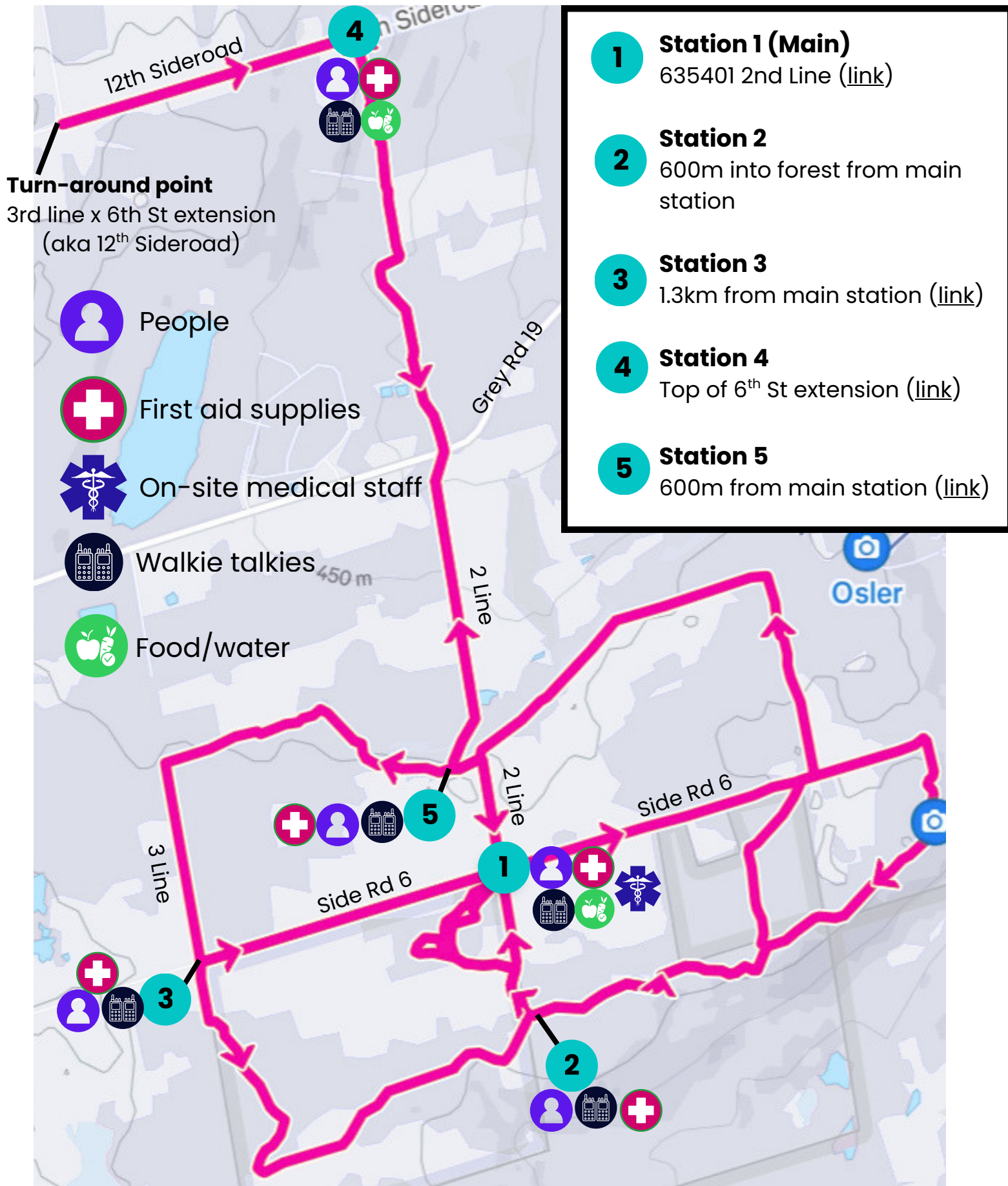
Please be advised that a team member from H Visual Media will be capturing video and drone shots on event day. Dave West (representing mycollingwood.ca) will also be on-site from 7-8am to capture photos.

Photo sharing

Please feel free to share any personal photos captured on event day and tag @alicia_runforher (IG) or Run for Her 31km Trail Challenge (Facebook).



Run for Her 2026 – Key Spots

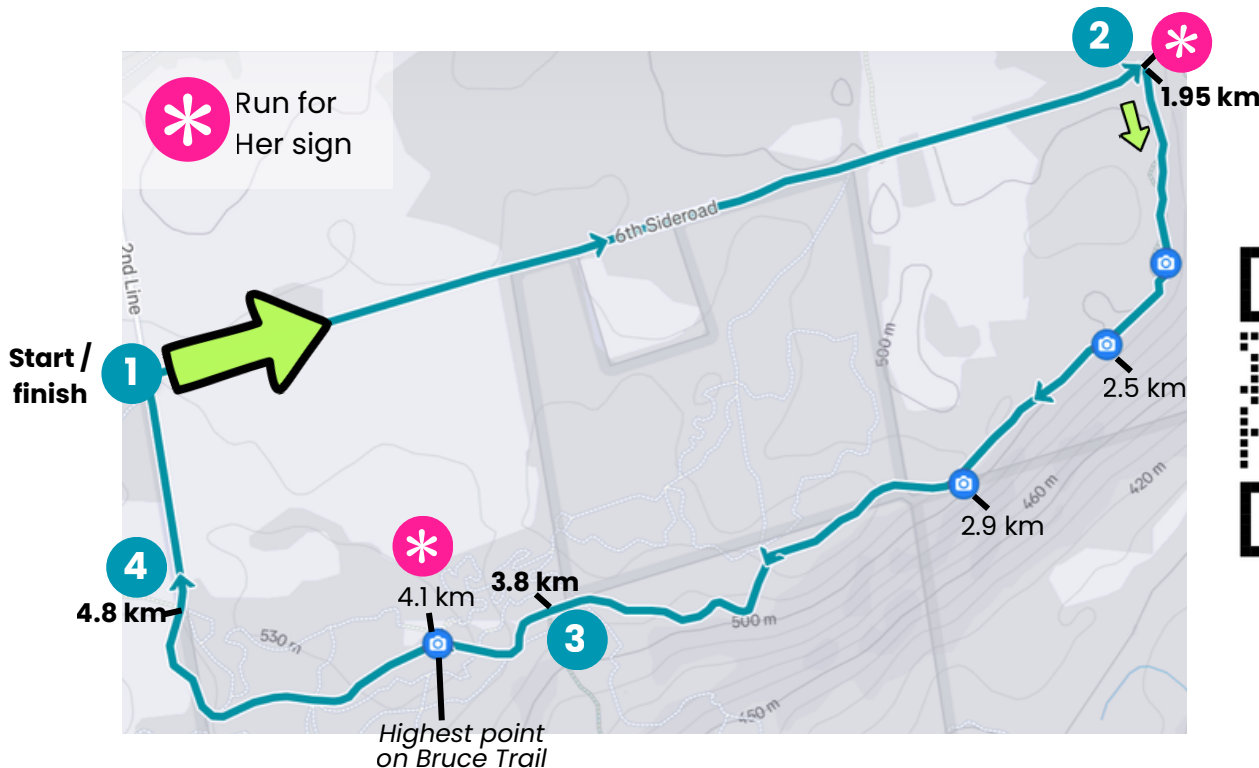


Station 1 – 635401 2nd Line ([link](#))



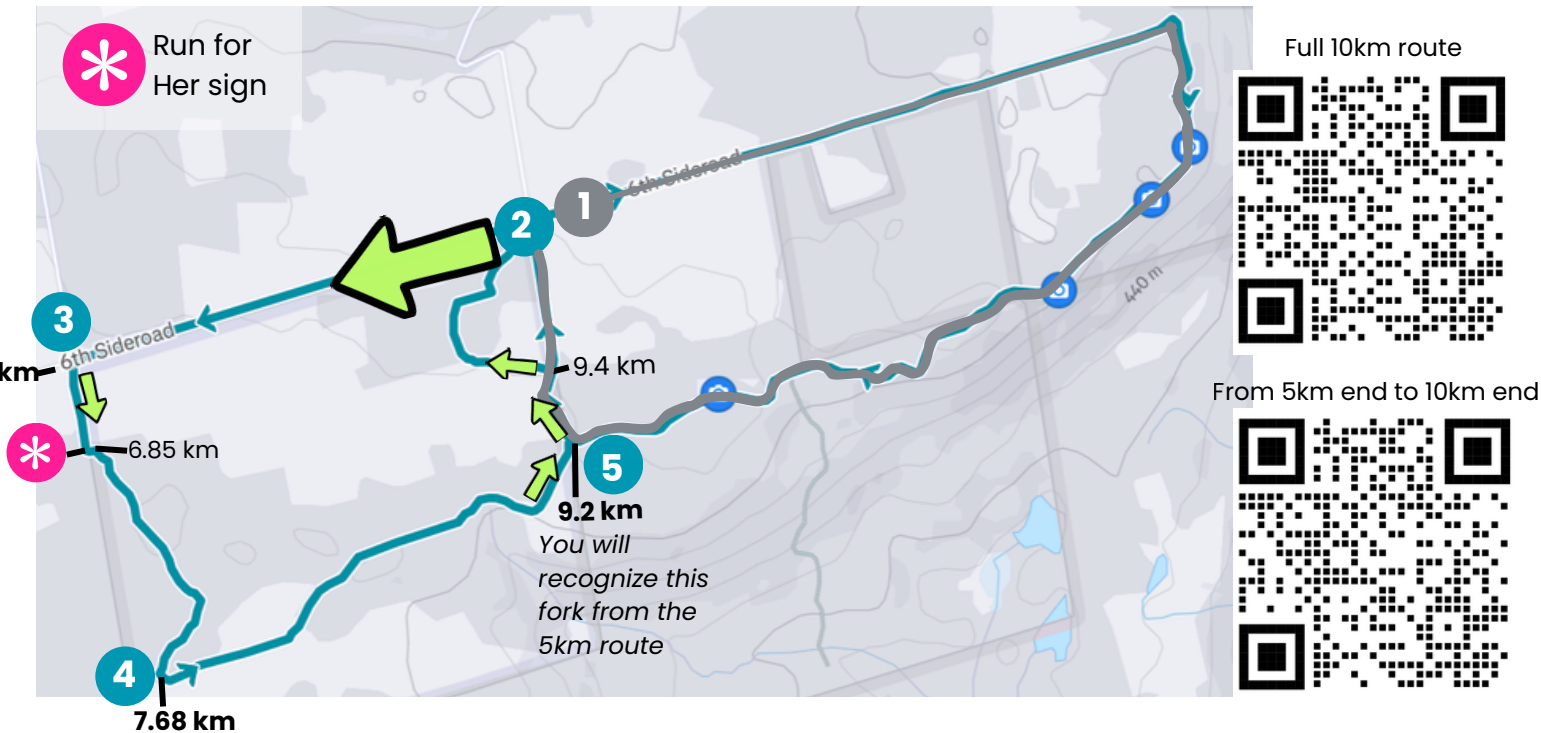
- A** – Bib pick-up by first name (A-J) // finishing medals
- B** – Bib pick-up by first name (K-Z) // check-out for all participants
- C** – On-site donations + tribute photos
- D** – VIP tent for Top Fundraising team
- E + F** – Snacks + water
- G** – Prize table
- H** – Impact Crew check-in / check-out
- I** – Coffee available at Bea Bar
- J** – On-site medical team

Run for Her 5 km



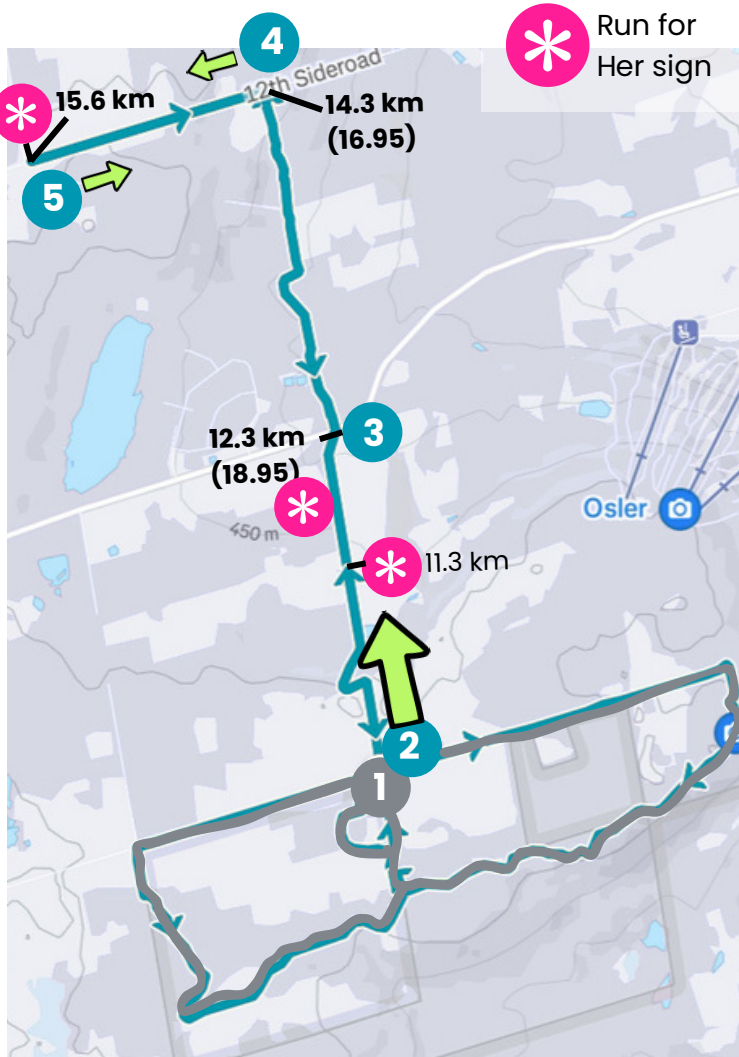
- 1 From start** – keep straight until get to sign at 1.95 km. *Tip:* gravel road turns to dirt path at 1.45 km; keep straight as pass trail fork at 1.38 km (to right) and 1.45 km (to left).
- 2 At 1.95 km** – turn right into the forest and follow main Bruce Trail (white blazes) until get to 3.8 km; follow 5km route arrow at trail fork at 3.3 km. *Tip:* take advantage of photo ops at 2.5 km and 2.9 km.
- 3 At 3.8 km** – keep straight to switch to John Haigh side trail (blue blazes) and follow until get to 4.8 km. *Tip:* follow 5km route arrows at trail forks at 3.95, 4.35 and 4.55 km.
- 4 At 4.8 km** – keep straight until get to end of route at 5.2 km.

Run for Her 10 km



- 1 From start** – follow instructions for 5km route, ending at 5.2 km at central aid station.
- 2 At 5.2 km** – turn left from central aid station and follow gravel road until get to 6.6 km.
- 3 At 6.6 km** – turn left onto trail and keep straight until you see a Run for Her sign at 6.85 km. Turn left and follow trail until 7.68 km. *Tip:* follow 10km route arrows at trail forks at 7.09 km and 7.16 km.
- 4 At 7.68 km** – turn left and follow trail until 9.2 km. *Tip:* keep straight + follow 10 km route arrows at trail forks at 8.3 km, 8.4 km and 8.7 km.
- 5 At 9.2 km** – turn left, follow trail for ~200m and then turn left at 10km route arrow at 9.4km. Follow trail until end of route at 10.2km. *Tip:* follow 10km route arrow at trail fork at 9.7 km.

Run for Her 21 km



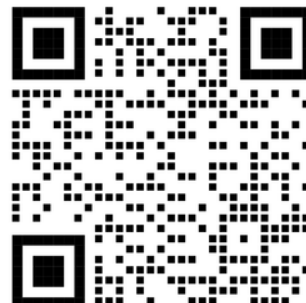
- 1 From start** – follow instructions for 5km & 10km routes, ending at 10.2 km at central aid station.
- 2 At 10.2 km** – follow 2nd Line gravel road for 2.1 km (downhill!) until get to Grey Road 19. Watch for Run for Her sign at 11.3 km.
- 3 At 12.3 km** – go straight across Grey Road 19 and enter trail. Follow for 2 km until get to 12th sideroad.

- 4 At 14.3 km** – turn left and follow gravel road until get to Run for Her sign at 3rd line (about 15.6 km).
- 5 At 15.6 km** – grab candy, turn around and follow same route in opposite direction. End at central aid station at 21 km.

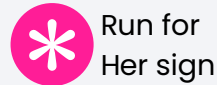
Full 21km route



From 10km end to 21km end

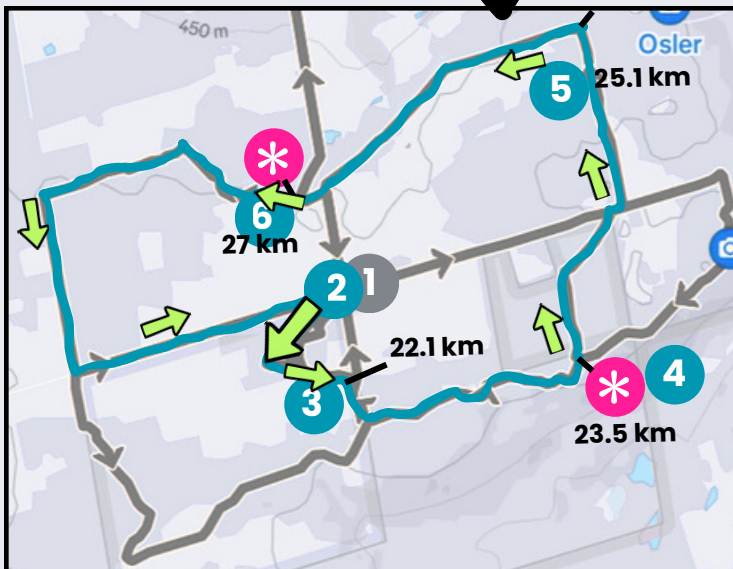


Run for Her 31 km

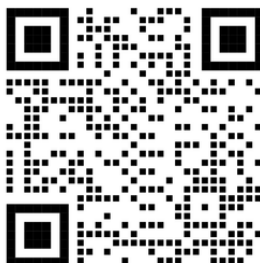


Run for
Her sign

- 1 From start** – follow instructions for 5km, 10km & 21km routes.
- 2 At 21 km** – turn left onto 6th sideroad and enter the trail at 31 km route arrow. Follow trail for just over 1 km until reach 22.1 km.
- 3 At 22.1 km** – turn right and follow 31 km route arrows for about 1.4 km until reach RFH sign at Russ McConnell side trail fork at 23.5 km.
- 4 At 23.5 km** – follow 31 km route arrows through trail, across 6th sideroad and towards Osler for about 1.6 km.
- 5 At 25.1 km** – re-enter trail and follow 31 km route arrows through trail and on short stretch of road until sign at ~27km.
- 6 At 27 km** – enter final trail section and follow 31 km route arrows along trail and road until reach finish.



Full 31km route



Final 10km

