



Participant Guide

Updated Sep 21, 2025

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A Message from the Race Director

We are excited to welcome you to the **inaugural Prescott-Russell Recreational Trail Challenge!**

Last year, we tested the waters with a small group at our **Prescott-Russell Trail Relay**—and it sparked something bigger. (If you're curious, you can check out the story of how it all started [here](#).) This year, we're thrilled to officially open the event to a wider group of runners and teams, and we can't wait to bring the trail to life with all of you.

This event is all about celebrating the incredible trail system that winds through our community. Whether you're tackling 25 km, 50 km, 50 miles solo, or teaming up for the relay, we're here to support you every step of the way.

A huge part of making this day happen is our **volunteers**—the folks at aid stations, check-ins, and along the course—who are giving their time to make sure you have everything you need out there. We couldn't do it without them, and we know you'll show them lots of love on race day.

Thank you for all the time, training, and energy you've put in to prepare. Our goal is to create a fun, welcoming, and challenging event, whether you're aiming for a personal best or just looking for an adventure with friends.

This guide is full of information to help you have a smooth and successful day. If you still have questions after reading through, please don't hesitate to reach out.

In the meantime, we're working hard behind the scenes to make this first official year a success—and we're so glad you're part of it.

Let's make this first year one to remember. See you out there!

Michelle Leduc, Race Director



Notes and Definitions

RACE HEADQUARTERS: [Alphonse Carriere Centre 3154, chemin Gendron, Hammond, ON](#)

TRAIL: [Prescott-Russell Recreational Trail](#)

CREW: Any individual who provides material/emotional support to a runner in the event.

PACER: Any individual who accompanies a runner for any distance greater than 100 yards at one time.

This guide provides essential details, rules, and guidelines for the event. It is *your responsibility* as a participant to read and understand all information to ensure a safe and successful race experience.

Important: This document is subject to change. Please check back regularly in the lead-up to race day, as updates may be made based on weather, trail conditions, or other logistical considerations. **We will also post important updates on our social media channels—please monitor them closely as race day approaches.**

By participating in this event, you agree to follow all race rules and guidelines outlined here and any updates provided by race officials.

There are no stupid questions. Some details in this document may not always translate perfectly from paper to real life, so if something is unclear, please ask. Your questions are important. For questions or clarifications, please contact:

Michelle@russellrunclub.ca

Guide Updates

September 5, 2005

- Changed mandatory carrying water to “strongly recommended:
- Re-wrote & formatted Runner, Pacer & Crew guidelines for clarity
- Added washrooms to aid station list
- Corrected Drop Bag locations on 50 km
- Corrected Start location on 50 miler Aid station list from Vankleek Hill to St. Eugene

September 8, 2025

- Corrected 50 Mile Crew Access /Relay Table. 5 km between Caledonia & Alfred. Not 15 km.

September 20, 2025

- Corrections to written course description. East corrected to West in 25km and 50 km
- Course cut-off added
- 50 km and 50 mile finish through subdivision updated.
- Links to Google maps added.
- Added Relay legs to 50 mile crew table
- Misc corrections for clarity
- Added Aid Station numbers

September 21, 2025

- Merged Safety and Trail etiquette sections for clarity
- Moved Cut-off and Shuttle to own sections for clarity
- Moved Medical Risks to Safety & Etiquette
- Expanded Cutoff Sections

Safety & Race Etiquette

Safety is a priority with our events. Please review the following guidelines to ensure the safety of our participants, crew, volunteers and general public:

Hydration & Aid

It is strongly recommended that the participants carry a water container (hand-held, hydration pack, water bottle, etc.) for the entire event.

- There are manned and unmanned aid stations along the course, but there may be **long stretches with no water**.
- **No cups** available at unmanned aid stations.
- See Aid Section for more detail.
- Nature is your bathroom; carry your own toilet paper or wipes. Pack out used wipes
- Port-a-Potties available at Pavilions along the route. They are marked on the course map and tables.

Trail Use & Conduct

- This course is wide. It is customary to yield to other runners - this means if someone needs to pass you or they are coming towards you, yield to them.
- Passing runners please notify other runners or users by stating “on your left” or “trail left”
- **Littering is strictly prohibited and results in immediate disqualification.** Trash bins will be available at manned aid stations.
- **Dogs are not permitted** on the course (or at aid stations for crews)

Course & Traffic

The course crosses some paved roads in towns and some country roads. The crossings are not traffic-controlled. Follow pedestrian laws when crossing any road and running on city streets. Take advantage of any pauses due to traffic to refuel, rehydrate, or enjoy Mother Nature.

Most trail/ultras do not have mile markers. We recommend tracking your distance and familiarizing yourself with the basic course map to know when aid will be available.

Stay alert and know your course map. Getting lost can happen, especially if you are tired.

Weather

We are in Eastern Ontario in the fall, plan for anything. Check the forecast, then check again.

The race goes on—rain, shine, or wind.

- If conditions are dangerous, take cover (car, ditch, etc.).

- If an aid station halts the race for safety, you **MUST** stop.
- **Lightning:** Crouch low and minimize body contact with the ground.

Medical Risk

Each runner is responsible for their actions. You must be physically and mentally prepared for the stresses of this race. We will utilize the local EMS services in case of a medical emergency. While the course is easily accessible by road, the remoteness of some areas and the distance between towns could result in a substantial amount of time before EMS could arrive to assist. Please keep an eye out for a fellow runner in distress.

Each runner must recognize the potential physical and mental stresses of participating in this race. These include, but are not limited to, extreme temperatures of heat and cold, hypothermia, dehydration, heat stroke, renal failures, seizures, hypoglycemia, disorientation and total mental and physical exhaustion. Each participant must continuously monitor himself/herself and understand their limitations. Remember that you, the runner, are ultimately responsible for your well-being during this race.

Any medical expenses incurred are the sole responsibility of the individual runner. Any runner with medical conditions that may arise (such as a bee-sting allergic reaction) should include that information on the back of his/her race bib number.

Emergencies

In case of emergency: call 911.

- Be aware of the closest road/cross-street.
- Notify race staff ASAP.
- Save this number:
 - *Michelle (RD): 613-223-4889*
 - *Yves Carriere (Back up RD) 613-406-2201*
 - *Sean Hanna 613-304-3504 (only if you can't reach the above)*

Nearest Hospitals

Hawkesbury District Memorial Hospital

1111 Ghislain St. Hawkesbury

613-632-1111

[MAP](#)

Glengarry Memorial Hospital

20260 Cty Road 43, Alexandria

613-525-2222

[MAP](#)

Hopital Montfort

713 Montreal Road, Ottawa

613-746-4621

[MAP](#)

Ottawa Hospital

501 Smyth Road, Ottawa

613-722-7000

[MAP](#)

Ottawa Hospital Civic Campus

1053 Carling Ave

613-722-7000

[MAP](#)

Course Overview

The race is on the [Prescott-Russell Recreational Trail](#), a wide, railroad trail with beautiful countryside views. The trail is approximately 6 to 8 feet wide, and its surface is primarily crushed stone, with some asphalt sections through towns such as Bourget, Vankleek Hill and St. Eugene. Some areas are wide open to the elements, while other regions may have coverage. Runners will be travelling through farmland, small towns, and open fields.

The trail is open to the public, including bicyclists.

A few road crossings on the course have heavy traffic, namely, Highway 34 in Vankleek Hill.

Drop Bags (50 km & 50 Mile only)

Some manned aid stations will serve as drop bag locations for runners and pacers. Please keep all drop bags to a reasonable size. You are limited to one drop bag per manned aid station per person. It is imperative that the outside of each drop bag **MUST** be marked with the following four pieces of information:

- Aid station name (see grids below)
- Your name
- Race bib number
- Race distance

Drop bags must be left at the **Race Headquarters** in the designated drop bag areas on Friday during packet pickup (5 - 8 p.m.) or Saturday morning during allotted times. Please see the Schedule of Events for details on your specific distance.

We will do our best to return drop bags periodically throughout the day for all races, but please be aware, especially if you are a “front of the packer,” you may need to wait to get your bags, or retrieve them yourself. Drop bags will also be brought to the Finish Line as aid stations are shut down and/or all runners are through the aid station for their specified distance. All drop bags will return at Race Headquarters no later than 8 PM Saturday.

Awards

The top three male and female in each race will receive a personalized award. Awards for the top Relay team only if more than one team.

Lodging & Nearby Attractions

There are various lodging options for those out of town. We are approximately 30 minutes from Ottawa.

Hammond Hill (<https://hammondhill.ca/>) have tiny homes available to rent.

Dandy Lion Restaurant (<https://hammondgolf.restaurant/>)

Cafe sur la Rive, Plantagenet (<https://cafesurlarive.com/>)

Mike Dean Grocery Store, Bourget (<https://mikedeans.com/>)

Aid Stations & Volunteers

Most race staff members and volunteers have experience in events such as ultrarunning and volunteering at ultra events etc. Many have spent days preparing for this event, and some will be at their respective Aid Stations for 3 to 6 hours. They have given up their Saturday to help you. Please show every one of them the respect they deserve and thank them at every aid station, as it would be impossible to stage this event without them.

The distance between manned aid stations (crew access points and drop bag locations) ranges from 4 to 8 km. Carrying water and fuel with you on the course is strongly recommended. Unmanned aid stations will have water only (no cups will be provided) and no crew access.

Manned aid stations will have standard ultra food, crew access, and drop bag service. The food may include fruit, pretzels, potatoes, chips, candy, Ramen, Electrolytes, energy gels or chews, water, soda, and an item unique to each aid station. Any special supplies, food, etc., that you may need during the race should be brought with you and packed in your drop bag or left with your crew. We will not be providing aid for specific dietary needs.

Start Line & Shuttle

A shuttle will be available for those without crew who need a ride to the start line. This will be an additional \$25.00 per participant. The type of vehicle will depend on the number of people in the shuttle (e.g., van vs. bus). The shuttle will leave promptly at the time listed in the race schedule.

There will be water coolers at the start line to refill your water container, and a port-a-potty will also be available.

There will be a place for drop bags so you can leave layers of clothing or other items that we can take back to HEADQUARTERS for you to pick up when you finish. (Please do not leave valuables)

Cut-offs

All runners must complete their race by **8:00 PM**. There are no individual aid station cutoffs — every aid station will remain open until the final runner has passed through. Volunteers will track all runners checking in and out to ensure everyone is accounted for and supported.

If it becomes clear that you will not be able to finish by the 8:00 PM cutoff, race staff will work with you to arrange transportation back to Race Headquarters.

Runners Guidelines

All runners and pacers must adhere to the following rules as well as the Prescott-Russell Recreational Trail guidelines. **Violation of any rule may result in immediate disqualification and/or a ban from future events.** Race officials have full authority to enforce rules, remove runners or pacers from the course, and make final decisions at their sole discretion.

General Conduct

- Respect the trails, roads, and community. **Littering is strictly prohibited.**
- Harassment of officials, volunteers, or other participants will not be tolerated. Runners are responsible for the actions of their pacers, crew, and anyone affiliated with their group.

Equipment & Safety

- A light is mandatory for all runners and pacers after 6:00 PM.
- Motor vehicles are not allowed on the trail. Use extreme caution at all road crossings—always yield to traffic.
- Each runner and pacer must wear their official race bib visibly on the front of the body.

Aid Stations & Cutoffs

- Runners and pacers must check in at every manned aid station and ensure they are recorded by a staff member.
- Time cutoffs will be strictly enforced and are based on the official check-in time. Details are provided in the individual Race Descriptions.
- Runners may not accept outside aid (from crew, family, friends, vehicles, bicycles, etc.) except within 300 feet of a manned aid station. Supplies may not be stashed along the course.

Course Rules

- Runners must complete the full distance on foot—no cutting the course, hitching rides, or switching runners. Accepting a ride for any reason means you are out of the race and may not reenter.
- Stay on the marked course. If you leave, you must return to the exact point of departure on foot before continuing.

Dropping Out

- If you drop from the race, report immediately to the nearest aid station, provide your name and bib number. Failure to do so may result in search and rescue efforts at your expense.
- If your crew is unavailable, race staff will make every reasonable effort to get you to the start/finish area or your crew's location. In non-emergencies, a wait may be required—please be patient.

Responsibility

- **Runners are solely responsible for their own safety and well-being.**
- Race officials and volunteers are there to record progress, manage aid stations, and provide encouragement. They are not obligated to provide medical care, tape feet, or make decisions on your behalf.

Crew Guidelines

Access & Assistance

- Crew access is permitted **only at manned aid stations**.
- Crews may assist runners **only after the runner has officially checked in**.
- Crews are not allowed to provide aid on the course. (They may walk the course while waiting, but not assist runners outside aid stations.)

Vehicles & Parking

- Crews are limited to **one vehicle per runner** at each aid station (relay teams excepted).
- Park only on one side of the road where directed, and never block traffic, the trail, aid station access, or other vehicles.
- If asked to move by race officials or law enforcement, crews must comply immediately.
- Vehicles parked improperly may be towed at the owner's expense, and the associated runner may be disqualified.

Conduct

- Smoking is prohibited near aid stations or at Race Headquarters.
- Crews are responsible for navigating to aid stations—race officials are not required to provide directions.
- Crews must follow the instructions of race officials at all times. **Runners are fully accountable for the actions of their crew.**

Pacer Guidelines

Eligibility & Bibs

- Pacers are permitted only in the **50 Mile and 50K races** (not in the 25K). See race descriptions for details.
- Each pacer must be over 18, or have signed permission from a parent/guardian.
- Pacers must wear the official **Pacer Bib** at all times. One bib is provided per runner (pickup required; \$5 fee covers aid/post-race meal costs).
- The bib may be transferred between multiple pacers for the same runner, but only **one pacer may be on course with a runner at any time**.
- If a pacer drops out, the bib must be returned to the runner to hand off properly.

Conduct & Rules

- Pacers must follow **all the same race rules as their runner** but will not receive awards or recognition.
- Pacers must remain on foot (no bicycles or other mechanical assistance).
- “Muling” is strictly forbidden—pacers may not carry supplies for their runner.
- Pacers must stay with their runner at all times (except in an emergency) and may not continue on course without them.
- Pacers may not provide physical assistance, except in a medical emergency. If such aid occurs, the runner will be recorded as a DNF.

Aid Stations

- Pacers may only join, switch, or leave runners at manned aid stations (or designated crew access points, with RD approval for special circumstances).
- Pacers must check in alongside their runner at each aid station.
- Pacers must enter and leave aid stations **with their runner**—they may not go in early or leave late to speed up the process.
- Pacers may assist their runner at the station (refilling bottles, gathering supplies) and may use aid themselves. Drop bags are allowed at manned aid stations.

Safety & Preparedness

- A light is mandatory for all pacers on course after 6:00 PM.
- Pacers are expected to be experienced, well-conditioned runners, equipped with proper clothing, lights, and supplies for trail/ultra conditions.
- Race officials cannot provide transportation for pacers to or from course locations.

Schedule of Events

Friday, September 26, 2025

5:00 to 8:00 PM Race kit pickup, Drop bag & late registration at Race Headquarters

Saturday, September 27, 2025

4:00 to 9:30 AM Race kit pickup, Drop bag & late registration at Race Headquarters

Time	Description	Location
4:30 AM	Race Headquarters Open Race Kit Pickup & Drop Bag drop off	Race Headquarters Alphonse Carriere Centre 3154, chemin Gendron, Hammond, ON
5:15 AM	50 Mile shuttle leaves for the start in St. Eugene	Race Headquarters
6:00 AM	Race Kit Pickup at St. Eugene Pavilion (for those getting direct transport to start)	50 Miler Start St. Eugene Pavilion, St. Eugene, ON
6:15 AM	50 Mile Shuttle vehicle arrives	50 Miler Start
6:30 AM	Race Briefing	
7:00 AM	50-mile SOLO & Relay start	
7:15 AM	50 km shuttle leaves for Vankleek Hill (from Hammond)	Race Headquarters
8:00 AM	Race kit pickup @ Vankleek Hill (for those getting direct transport to start)	50 km Start Vankleek Hill pavilion, Vankleek Hill, ON
8:15 AM	50 km Shuttle arrives	50 km Start
8:30 AM	Race Briefing	
9:00 AM	50 km race start	
9:30 AM	25 km race briefing	Race Headquarters
10:00 AM	25 km race start	Race Headquarters
12:00 PM to 8:00 PM	Post-race activities Awards & Meals	Race Headquarters

Individual Race Information

25 km

Course Description

The course is an out-and-back route with a short spur at the end to reach the target mileage.

The race begins at the ALPHONSE CARRIERE PARK at DES TULIPES STREET. TURN RIGHT on to DES ORCHILDES STREET and CROSS DES VOILETTES STREET onto a small foot path leading to the PRESCOTT-RUSSELL TRAIL. TURN LEFT and continue EAST past the HAMMOND HILL pavilion through BOURGET (6 km) to the turnaround just before COBBS LAKE (12 km). TURN AROUND at the pylon and do not cross CTY RD 2 and move WEST back through BOURGET (18 km) and past the HAMMOND pavilion (22 km). Run past the foot path towards another TURNAROUND PYLON just before DROUIN ROAD and return EAST. The course turns LEFT on to the foot path leading to a subdivision. The route continues down DES ORCHILDES STREET, then LEFT onto DES TULIPES STREET, finishing at Race Headquarters at ALPHONSE CARRIERE PARK.

The route can be found here:

<https://www.mapmyrun.com/routes/view/6534031261>

Or Google Maps:

<https://www.google.com/maps/d/viewer?mid=1rjK-U5ju3pNvvUxt9D01WHG0BaZ3C-4&ll=45.42584287159294%2C-75.23695117488155&z=14>

Aid Stations

Aid Stations	Manned?	Washroom?	Distance (km)	Distance to next station (km)
START Alphonse Carrier Park	NA	Yes	0	1
Hammond Pavilion	NO	Yes	1	5
Bourget Pavilion	YES	Yes	6	6
Cobbs Lake (Turnaround)	YES	No	12	5
Bourget pavilion (2nd pass)	YES	Yes	17	6
Hammond pavilion (2nd pass)	YES	Yes	22	3.6
FINISH Alphonse Carriere Park	NA	Yes	25.6	NA

50 km

Course Description

The 50 km is a point-to-point run.

The race starts at the VANKLEEK HILL pavilion and goes WEST. At the 8 km point course goes on to CONCESSION 1 for a few hundred meters before rejoining the trail. The route continues West through CALDONIA SPRINGS (12 km), ALFRED (20 km), PLANTAGENET STATION (27 km), BOURGET (45 km). The course continues past the HAMMOND pavilion turns RIGHT on to a FOOT PATH leading to a subdivision. The course turns RIGHT on to DES VIOLETTEE and then LEFT on to DES TULIPES finishing at Race Head Quarters at ALPHONSE CARRIERE PARK.

The route is found here:

<https://www.mapmyrun.com/routes/view/6534027550>

Or Google

Maps: <https://www.google.com/maps/d/viewer?mid=1rjK-U5ju3pNvvUxt9D01WHG0BaZ3C-4&ll=45.42584287159294%2C-75.23695117488155&z=14>

Aid Stations and Drop Bags

Aid Stations	Manned?	Washroom	Distance (km)	Distance to next station (km)	Drop Bags?
START @ AS3 Vankleek Hill Pavilion	NA	Yes	0	6	NO
Pearl Road	NO	No	4	4	NO
AS4 Caledonia Springs	YES	No	12	5	Yes
AS5 Alfred Pavilion	YES	Yes	17	6	NO
Boundary Road	NO	No	23	4	NO
AS6 Plantagenet Pavilion	YES	Yes	27	5	YES
Cty Rd 16	NO	No	33	6	NO
AS7 Cobbs Lake	YES	No	39	6	NO
AS8 Bourget pavilion	YES	Yes	45	5	Yes
AS9 Hammond pavilion	YES	Yes	50	1	NO
Finish Race Headquarter	NA	Yes	51.35	NA	NO

Pacers

Pacers are allowed to join runners at the Alfred Pavilion at 17 km

Crew Access/Directions

Aid Stations	Distance (km)	Directions <i>(please review as directions may change due to construction and traffic)</i>
AS3 Vankleek Hill Pavilion	0	From Race Headquarters https://maps.app.goo.gl/SX5k9gttLrfdJ8Zs9 Travel time approximately 45 minutes
AS4 Caledonia Springs	12	From Vankleek Hill https://maps.app.goo.gl/BWtd5ZPZzq3eGaCj9 Head north on HWY 34, then turn LEFT onto BORRIS RD, then LEFT onto PEARL ROAD. Turn RIGHT onto CTY RD 20, which merges RIGHT onto CALEDONIA SPRING RD. Travel time 10 to 15 minutes
AS5 Alfred pavilion	17	From Caledonia Springs https://maps.app.goo.gl/p24VkVq1LoNradCV9 Continue NORTH on CALEDONIA SPRING RD. Turn LEFT onto RITCHANCE RD. Turn LEFT onto PEAT MOSS RD. Travel time is approximately 10 minutes
AS6 Plantagenet Station	27	From Alfred Pavilion https://maps.app.goo.gl/zZuwzgZrpquQy7LWA Return NORTH on PEAT MOSS ROAD, then turn LEFT onto RITCHANCE RD. Turn LEFT onto OLD HIGHWAY 17. TURN LEFT onto CTY RD 9. Turn RIGHT onto STATION ST. Travel time approximately 15 minutes
AS7 Cobbs Lake	39	From Plantagenet Station https://maps.app.goo.gl/xCw6ZY09c3bNNXMA8 Turn RIGHT onto CTY RD 9. Turn RIGHT onto CTY RD 2. Travel time 10 to 15 minutes
AS8 Bourget pavilion	45	From Cobbs Lake Parking https://maps.app.goo.gl/tRqVY693xWu8LCkeA Turn Left onto CTY RD 2 then turn RIGHT onto CHAMPLAIN ST. Turn LEFT onto LEVI ST. Travel time is approximately 5 - 10 minutes
Finish @ Race Headquarters	51	From Bourget pavilion https://maps.app.goo.gl/XKrMSZaggbnoRvFj9 Continue WEST on LEVI ST then turn LEFT onto MARCIL RD. Turn RIGHT onto CTY RD 2. Turn RIGHT onto GENDRON RD. Turn RIGHT onto DES TULIPES ST. Travel time approximately 10 minutes

50-mile Solo & Relay

Course Description

The 50-miler is a point-to-point run with a short out-and-back spur at the beginning and end.

The race starts at the ST. EUGENE pavilion and goes EAST for 4.0 km to GRANDE MONTEE ROAD. You will compete a short out and back to make sure we get the required distance, make sure you go around the cone. Then turns around to run WEST. You will pass the ST. EUGENE pavilion again at 8 km. The course crosses HIGHWAY 34 north of VANKLEEK HILL at 22 km.

CAUTION: CROSSING ROAD as it has high volume traffic. At the 30 km point course goes on to CONCESSION 1 for a few hundred meters before rejoining the trail. The route continues WEST through CALDONIA SPRINGS (35 km), PLANTAGENET STATION (50 km), BOURGET (67 km) and HAMMOND pavilion (72 km). The course continues past the HAMMOND pavilion moving WEST crossing DROUIN ROAD. Then turnarounds just before CANAAN ROAD (76 km) returning EAST. The course turns LEFT on to a foot path leading to a subdivision. The course turns RIGHT on to DES VIOLETTES and then LEFT on to DES TULIPES finishing at Race Head Quarters at ALPHONSE CARRIERE PARK.

The route is found here:

<https://www.mapmyrun.com/routes/view/6534022456>

Or Google Maps (select 50 mile layer):

<https://www.google.com/maps/d/edit?mid=1rjK-U5ju3pNvvUxt9D01WHG0BaZ3C-4&usp=sharing>

Pacers

Pacers will be allowed at the 35 km mark at CALEDONIA SPRINGS. They can meet the runners at any point past this at the Manned Aid Station with crewed access.

Aid Stations and Drop Bags

Aid Stations	Manned?	Distance (km)	Distance to next station (km)	Drop Bags
Start @ St. Eugene pavilion	NA	0	8	NA
AS1 St. Eugene Pavilion (2nd pass)	YES	8	8	NO
AS2 County Rd 12	YES NO CREW (Relay only)	16	7	NO
AS3 Vankleek Hill Pavilion	YES	23	4	YES
Pearl Road	NO	27	8	NO
AS4 Caledonia Springs	YES	35	5	YES
AS5 Alfred Pavilion	YES	40	6	NO
Boundary Road	NO	46	4	NO
AS6 Plantagenet Station	YES	50	6	YES
Cty Rd 16	NO	56	6	NO
AS7 Cobbs Lake	YES	62	5	NO
AS8 Bourget	YES	67	6	YES
AS9 Hammond pavilion	YES	73	3	NO
Canaan Rd Turnaround	NO	76	4	NO
Finish	NA	80.5	NA	NO

Crew Access & Relay Exchanges /Directions

Relay Leg No	Aid Stations	Distance (km)	Distance to Next AS (km)	Directions <i>(please review as directions may change due to construction and traffic)</i>
1	Start at St. Eugene pavilion	0	8	From Race Headquarters https://maps.app.goo.gl/wR8qPQVoWQTrfYrd9 Travel time is approximately 60 minutes
2	AS1 St. Eugene Pavilion (2nd pass)	8	8	NA
3	AS2 County Road 12 (RELAY ONLY)	16	7	From St. Eugene Pavilion https://maps.app.goo.gl/KgPqph4q1KWgK4no6 Turn RIGHT onto CTY RD 10, then turn RIGHT onto CTY RD 12. Travel time is approximately 10 minutes
4	AS3 Vankleek Hill Pavilion	23	12	From CTY RD 12 https://maps.app.goo.gl/UKAgj5pPuL8R7TYX6 Continue NORTH on CTY RD 12 and turn LEFT onto STARDALE RD. Continue onto PLEASANT CORNERS RD. Turn LEFT onto CTY RD 34. Travel time is approximately 10 minutes
5	AS4 Caledonia Springs	35	5	From Vankleek Hill https://maps.app.goo.gl/BWtd5ZPZzq3eGacj9 Head north on HWY 34, then turn LEFT onto BORRIS RD, then LEFT onto PEARL ROAD. Turn RIGHT onto CTY RD 20, which merges RIGHT onto CALEDONIA SPRING RD. Travel time 10 to 15 minutes
6	AS5 Alfred pavilion	40	10	From Caledonia Springs https://maps.app.goo.gl/p24VkvVq1LoNradCV9 Continue NORTH on CALEDONIA SPRING RD. Turn LEFT onto RITCHANCE RD. Turn LEFT onto PEAT MOSS RD. Travel time is approximately 10 minutes
7	AS6 Plantagenet Station	50	12	From Alfred Pavilion https://maps.app.goo.gl/zZuwzgZrpquQy7LWA Return NORTH on PEAT MOSS ROAD, then turn LEFT onto RITCHANCE RD. Turn LEFT onto OLD HIGHWAY 17. TURN LEFT onto CTY RD 9. Turn RIGHT onto

Relay Leg No	Aid Stations	Distance (km)	Distance to Next AS (km)	Directions <i>(please review as directions may change due to construction and traffic)</i>
				STATION ST. Travel time is approximately 15 minutes
8	AS7 Cobbs Lake	62	5	From Plantagenet Station https://maps.app.goo.gl/xCw6ZY09c3bNNXMA8 Turn RIGHT onto CTY RD 9. Turn RIGHT onto CTY RD 2. Travel time 10 to 15 minutes
9	AS8 Bourget pavilion	67	6	From Cobbs Lake Parking https://maps.app.goo.gl/tRqVY693xWu8LCkeA Turn Left onto CTY RD 2 then turn RIGHT onto CHAMPLAIN ST. Turn LEFT onto LEVI ST. Travel time is approximately 5 - 10 minutes
10	AS9 Hammond pavilion	73	7.6	From Bourget pavilion https://maps.app.goo.gl/4HDK9MMSFbC896LQ6 Continue WEST on LEVI ST then turn LEFT onto MARCIL RD. Turn RIGHT onto CTY RD 2. Travel time approximately 10 minutes
NA	Finish @ Race Headquarters	80.6	NA	From Hammond Pavilion https://maps.app.goo.gl/iZM5BuwFhvWbtDK58 Turn LEFT onto GENDRON RD. Turn RIGHT onto DES TULIPES ST. Travel time approximately 5 minutes