



# Participant Guide

Updated May 8, 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 during 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 HEADQUARTER:** [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.

For questions or clarifications, please contact:

[Michelle@russellrunclub.ca](mailto:Michelle@russellrunclub.ca)

# Important Safety Rules

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

**ALL participants MUST carry a water container** (hand-held, hydration pack, water bottle, etc.) for the entire event.

- You **cannot start** without water.
- There are manned and unmanned aid stations along the course, but there are **long stretches with no water**.  
**No cups** at unmanned aid stations.

**Wear your bib on the front of your outermost layer, visible at all times.**

**If you drop from the race, you MUST:**

- Notify race staff or an Aid Station Captain.
- Place your bib in the **DNF Bib Box** at the nearest station.
- Not doing so may result in search/rescue fees.

**If you have a Pacers at any point (50 km and 50-mile only) they must wear a pacer bib and sign a waiver.**

- Pacers are allowed at checkpoints outlined in each of the course descriptions.
- Foot travel only (no bikes, rollerblades).
- One pacer at a time, switch only at manned aid stations.
- \$5 for the pacer bib (one-time fee, reusable).
- You may pickup up your pacer's bib during packet pick up.
  - If you do not see your pacer until it's time for them to pace, you can put the pacer bib in your drop bag for that station OR your pacer may pick up the bib from Race Headquarters
- There will be pacer waivers available at the aid station, so if there are any changes or your pacers won't be at Race Headquarters they may fill out a waiver at the station they are starting at.

**Timing:**

- You **MUST** check in and out at each manned aid station.

**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*

**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.

## Nearest Hospitals

### **Hawkesbury District Memorial Hospital**

1111 Ghislain St. Hawkebury  
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](#)

# Race Etiquette & Trail Use

## Mile Marker

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.

## Aid Stations

We offer manned and unmanned aid.

- Unmanned aid is water only, with no cups.
- Manned aid is full aid—water, electrolytes, fluid, soda, fruit candy, chips, potatoes/salt cookies, sandwiches, and soup. This is an ultra/trail race, so most participants consume solid food.

## Littering

Trash bins will be available at manned aid stations.  
Immediate DQ if caught.

## Bathrooms

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.

## Yielding

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”

## Getting Lost

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

## Open Course

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 in traffic to refuel, rehydrate, or enjoy Mother Nature.



## Dogs

NOT allowed for this event.

## 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 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.

## Weather

When we are in eastern Ontario in the fall, plan for anything. Check the forecast, then check again.

## 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.

## 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 first overall male and female in each race will receive a personalized award.

## Lodging & Nearby Attractions

There are various lodging options for those out of town. We are approximately 30 minutes from Ottawa. Please consider supporting those that helped make this event happen.

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

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

## Aid Stations

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 well over 8 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 required. 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, peanuts, 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.

## Runner Guidelines

Runners must fully adhere to the following guidelines/rules and the Prescott-Russell Recreational Trail guidelines. Violations of any of the following regulations (but not limited to) will be grounds for disqualification from either race. Race officials reserve the right to pull any runner/pacer in this race and ban them from competing in any future owned events, for any reason whatsoever, solely at our discretion. Decisions of race officials are final.

Aid station cutoff times may apply for each event – refer to the individual Race Description for specifics.

Please respect the trails and city streets. Littering is strictly prohibited and will result in disqualification and a potential ban from future events.

A light is mandatory for all runners and pacers after 6:00 PM.

Runners must travel the entire distance on foot. No act that may be considered cheating (example – hitching a ride, cutting the course, switching runners, etc.) will be tolerated. Runners accepting a ride for any reason are deemed out of the race and may not reenter.

Each runner and pacer's official race bib must be prominently worn and readily visible on the front of the body.

Runners and pacers must check in at each manned aid station. Please make sure if you are a runner/pacer, you receive verbal confirmation from the staff member recording runners' check-ins that you have been successfully tracked. Time cutoffs will be enforced based on the time of checking into aid stations. All cut-off times will be strictly enforced. Runners must check into the aid station before the cut-off time. After the cutoff time, runners crossing the finish line will not be listed as official finishers.

Runners cannot accept aid from crew, family, friends, moving vehicle, bicycle, etc. beyond 300 feet of any manned aid station. There are no exceptions. Runners may not stash supplies along the course.

All runners and their crew/pacers will abide by the directions of the race officials. Harassment of any official or volunteer (by the runner, their crew, pacer or anyone affiliated with their group) will not be tolerated. The runner will be subject to immediate disqualification from their respective race. Everyone within a runner's group should be familiar with the race rules and procedures to avoid any issues (s) that may result in a runner being disqualified. Runners are responsible for the actions of their pacer(s), crew and anyone else within their respective group.

Runners, you and you alone, are responsible for yourself and your well-being during your chosen event. Race officials and volunteers are under no obligation to assist you with anything involving physical contact, such as taping your feet, massaging your legs, etc. In addition, they are not obligated to provide medical advice and can't make any medical decisions for you. They are there to track/verify your progress, provide your drop-bags (if applicable) and provide fuel/hydration and encouragement only.

Motor vehicle traffic on the Prescott-Russell Recreation Trail is prohibited. However, the trail crosses numerous roads. Most of these crossings are gravel roads with very little traffic, but be sure to use extreme caution when crossing each road. Look both ways, and remember, the car will win every time. Stay alert at all times! These are country roads and the locals may not know there is a race in progress. Crews are not allowed at any of these crossings.

Dogs are not allowed with runners on the course.

Runners must follow the course trail at all times. Any runner departing from the official trail must return to the point of departure on foot before continuing.

Runners must not drop out of the race by abandoning the course between aid stations and going home. If you must drop, please report to a volunteer at the closest aid station. Report your name, race #, time and location you dropped and turn in your race number (bib.) Failure to do so may result in search/rescue costs for you.

If you have to drop out of the race at a point where your crew is unavailable, we will make every reasonable effort to get you to the start/finish area or to the nearest manned aid station your crew is at. In non-emergency situations, you may have to wait several hours before a ride is available. Please be patient.

## Crew Guidelines

Crew access at manned aid stations only.

Crews must wait to assist their runners until after the official check-in.

All crew dogs must be leashed and controlled by their respective owners at all times.

Crews are not allowed on the race course.

Where parking is limited, crews must park on one side of the road - if asked to move by a race official or local law enforcement, crews must comply with requests immediately.

Smoking is not permitted near the aid stations or at Race Headquarters.

The crew is solely responsible for locating manned aid stations as needed. Race officials are not responsible for giving directions.

Crews will be limited to one vehicle per runner at an aid station.

Crews must not park in a way that blocks traffic, access to the trail or aid, or other parked cars. Vehicles will be towed at the owner's expense, and their runner may be disqualified.

Crews must abide by the instructions of the race officials. Runners are fully responsible for their crew's actions.

## Pacer Guidelines

Pacers must wear an official pacer's bib and follow the same guidelines as the runner; however, they do not receive awards/recognition for participation in the race.

Pacers are allowed in the 50-mile and 50 K. (Please see your specific distance section for details.) Pacers are NOT allowed in 25 km race.

Pacers will be required to follow the same rules as the runner.

Pacers must be over 18 or have the signed permission from a parent/legal guardian.

Each pacer must identify themselves when passing through the aid stations.

Pacers can join their runner at any manned aid station as identified in the distance description section. Please contact the Race Director if the pacer requirement needs to be adjusted (i.e. jump in sooner for older runners)

Pacers **MUST** be on foot...NO bicycle pacers allowed.

Though ultrarunners may utilize multiple pacers along the course, only one (1) may accompany a registered runner at any given time, must be wearing the designated Pacer's Bib, and can only be picked up or switched at manned aid stations/designated crew access points.

The pacer may not provide physical or mechanical aid to assist the runner on the trail (except in medical emergencies; in this case, the runner will receive a DNF). Safety always comes first.

Each pacer must wear the official pacer bib. One pacer bib is provided per entrant (must obtain at packet pickup for a \$5 fee). The official pacer bib can be transferred between pacers if duties for one runner are to be shared.

If a pacer cannot continue the run, the official pacer bib must be given to the runner to identify subsequent pacers properly. (The race officials must know exactly who is on the trail and where.) We cannot provide transportation for pacers to or from any points on the course.

Changes of pacers may be made at manned aid stations only.

The pacer may not continue without an official participant and must stay with their runner at all times, except in an emergency.

Pacers must enter and leave each aid station with their runners. They may assist with re-filling water bottles or replenishing supplies while in the station but may not come into the aid station ahead of their runners or depart after their runners to speed up the re-fueling process. Pacers are welcome to utilize any aid necessary at the aid stations and to have a drop bag at each manned aid station. (Please refer to the Drop Bag section for guidelines.)

“Muling” is forbidden. Pacers may not carry water, food, flashlights, shoes, clothing or other supplies for anyone other than themselves.

A light is required for all runners and pacers out after 6 p.m.

Pacers should be experienced runners in excellent physical shape and conditioned adequately to run. Pacers should have appropriate clothing and supplies, be used to running with flashlights, and be familiar with trail/ultrarunning.

# Schedule of Events (CUT-OFF TIMES TO BE FIGURED OUT)

Friday, September 26, 2025

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

Saturday, September 27, 2025

Time	Description	Location
4:30 AM	Race Headquarters Open Race Kit Pickup & Drop Bag drop off	Race Headquarters <a href="#">Alphonse Carriere Centre 3154, chemin Gendron, Hammond, ON</a>
5:15 AM	Shuttle vehicle leaves for the start in St. Eugene	Race Headquarters
6:00 AM	Race Kit Pickup at St. Eugene Pavilion	50 Miler Start <a href="#">St. Eugene Pavilion, St. Eugene, ON</a>
6:15 AM	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	Race Headquarters
8:00 AM	Race kit pickup @ Vankleek Hill	50 km Start <a href="#">Vankleek Hill Pavillion, Vankleek Hill, ON</a>
8:15 AM	Shuttle vehicle 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

# 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 continues east past the HAMMOND HILL PAVILLION 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 east back through BOURGET (18 k) and past the HAMMOND PAVILLION (22 km). Run past the foot past towards another TURNAROUND PYLON just before DROUIN ROAD and return EAST. The course turns LEFT on to a foot path leading to a subdivision. The route continues down DES ORCHIDEES 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>

## Pacers & Crew

No crew or pacers for this distance

## Aid Stations

Aid Stations	Manned?	Distance (km)	Distance to next station (km)
START Alphonse Carrire Park	NA	0	1
Hammond Pavilion	NO	1	5
Bourget Pavilion	YES	6	5
Cobbs Lake	YES	11	5
Bourget	YES	16	6
Hammond Hill	YES	22	3
FINISH	NA	25	NA



Alphonse Carriere Park			
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## 50 km

### Course Description

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

The race starts at the VANKLEEK HILL PAVILLION and goes East. At the 8 km point course goes on to CONCESSION 1 for a few hundred metre 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 PAVILLION turns RIGHT on to a foot path leading to a subdivision. The route continues down DES ORCHIDEES STREET then LEFT onto DES TULIPES STREET finishing at Race Head Quarters at ALPHONSE CARRIERE PARK.

The route is found here:

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

### Aid Stations and Drop Bags

Aid Stations	Manned?	Distance (km)	Distance to next station (km)	Drop Bags?
START Vankleek Hill Pavilion	NA	0	6	NO
Deguire Side Rd.	NO	6	4	NO
Caledonia Springs	YES	12	5	NO
Alfred Pavilion	YES	17	6	NO
Boundary Road	NO	23	4	NO
Plantagenet Station	YES	27	5	<b>YES</b>
Cty Rd 16	NO	33	6	NO
Cobbs Lake	YES	39	6	NO
Bourget	YES	45	5	NO
Hammond Pavillion	NO	50	1	NO
Finish Race Headquarter	NA	51	NA	NO

## Pacers

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

## 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)

## Crew Access/Directions

Aid Stations	Distance (km)	Directions
<a href="#">Vankleek Hill Pavilion</a>	0	From Race Headquarters <a href="https://maps.app.goo.gl/SX5k9gttLrfdJ8Zs9">https://maps.app.goo.gl/SX5k9gttLrfdJ8Zs9</a> Travel time approximately 45 minutes
<a href="#">Caledonia Springs</a>	12	From Vankleek Hill <a href="https://maps.app.goo.gl/BWtd5ZPZzq3eGaCj9">https://maps.app.goo.gl/BWtd5ZPZzq3eGaCj9</a> 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
<a href="#">Alfred Pavillion</a>	17	From Caledonia Springs <a href="https://maps.app.goo.gl/p24VkVq1LoNradCV9">https://maps.app.goo.gl/p24VkVq1LoNradCV9</a> Continue NORTH on CALEDONIA SPRING RD. Turn LEFT onto RITCHANCE RD. Turn LEFT onto PEAT MOSS RD. Travel time is approximately 10 minutes
<a href="#">Plantagenet Station</a>	27	From Alfred Pavilion <a href="https://maps.app.goo.gl/zZuwzgZrpquQy7LWA">https://maps.app.goo.gl/zZuwzgZrpquQy7LWA</a> 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
<a href="#">Cobbs Lake</a>	39	From Plantagenet Station <a href="https://maps.app.goo.gl/xCw6ZY09c3bNNXMA8">https://maps.app.goo.gl/xCw6ZY09c3bNNXMA8</a> Turn RIGHT onto CTY RD 9. Turn RIGHT onto CTY RD 2. Travel time 10 to 15 minutes

Aid Stations	Distance (km)	Directions
<a href="#">Bourget Pavillion</a>	45	From Cobbs Lake Parking <a href="https://maps.app.goo.gl/tRqVY693xWu8LCkeA">https://maps.app.goo.gl/tRqVY693xWu8LCkeA</a> Turn Left onto CTY RD 2 then turn RIGHT onto CHAMPLAIN ST. Turn LEFT onto LEVI ST. Travel time is approximately 5 - 10 minutes
<a href="#">Finish</a> @ Race Headquarters	51	From Bourget Pavillion <a href="https://maps.app.goo.gl/XKrMSZaggbnoRvFj9">https://maps.app.goo.gl/XKrMSZaggbnoRvFj9</a> 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 PAVILLION and goes EAST for 3.5 km to GRANDE MONTEE ROAD. You will compete a short out and back to make sure we get the certified distance, make sure you go around the cone. Then turns around to run WEST. You will pass the ST. EUGENE PAVILLION again at 7 km. The course crosses HIGHWAY 34 north of VANKLEEK HILL at 22 km. CAUTION: CROSSING ROAD as it is has high volume traffic. At the 30 km point course goes on to CONCESSION 1 for a few hundred metre before rejoining the trail. The route continues West through CALDONIA SPRINGS (35 km), PLANTAGENET STATION (50 km), BOURGET (67 km) and HAMMOND PAVILLION (72km). The course continues past the HAMMOND PAVILLION west to the 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 route continues down DES ORCHIDEES STREET then LEFT onto DES TULIPES STREET finishing at Race Head Quarters at ALPHONSE CARRIERE PARK

The route is found here:

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

## Aid Stations and Drop Bags

Aid Stations	Manned?	Distance (km)	Distance to next station (km)	Drop Bags
Start @ Vankleek Hill Pavilion	NA	0	8	NA
St. Eugene Pavilion (2nd pass)	YES	8	7	NO
County Rd 12	YES NO CREW (Relay only)	15	7	NO
Vankleek Hill Pavilion	YES	22	5	YES
Pearl Road	NO	27	8	NO
Caledonia Springs	YES	35	7	YES
Alfred Pavilions	YES	40	6	NO
Boundary Road	NO	46	4	NO
Plantagenet Station	YES	50	6	YES
Cty Rd 6	NO	56	6	NO
Cobbs Lake	YES	62	5	NO
Bourget	YES	67	5	YES
Hammond Pavillion	YES	72	4	NO
Canaan	NO	76	4	NO
Finish	NA	80		NO

## 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.

## Start Line & Shuttle

At the start line there will be water coolers so you can refill your water container.

There would 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 finished. (Please do not leave valuables)

## Crew Access & Relay Exchanges /Directions

Aid Stations	Distance (km)	Distance to Next Exchange Point (km)	Directions
Start at <a href="#">St. Eugene Pavillion</a>	0	8	From Race Headquarters <a href="https://maps.app.goo.gl/wR8gPQVoWQTrfYrd9">https://maps.app.goo.gl/wR8gPQVoWQTrfYrd9</a> Travel time is approximately 60 minutes
St. Eugene Pavilion (2nd pass)	8	7	NA
County Road 12 (RELAY ONLY)	15	7	From St. Eugene Pavilion <a href="https://maps.app.goo.gl/KgPqph4q1KWgK4no6">https://maps.app.goo.gl/KgPqph4q1KWgK4no6</a> Turn RIGHT onto CTY RD 10, then turn RIGHT onto CTY RD 12. Travel time is approximately 10 minutes
<a href="#">Vankleek Hill Pavilion</a>	22	13	From CTY RD 12 <a href="https://maps.app.goo.gl/UKAgj5pPuL8R7TYX6">https://maps.app.goo.gl/UKAgj5pPuL8R7TYX6</a> 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
<a href="#">Caledonia Springs</a>	35	15	From Vankleek Hill <a href="https://maps.app.goo.gl/BWtd5ZPZzq3eGaCj9">https://maps.app.goo.gl/BWtd5ZPZzq3eGaCj9</a> 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
<a href="#">Alfred Pavillion</a>	40	10	From Caledonia Springs <a href="https://maps.app.goo.gl/p24Vkvq1LoNradCV9">https://maps.app.goo.gl/p24Vkvq1LoNradCV9</a> Continue NORTH on CALEDONIA SPRING RD. Turn LEFT onto RITCHANCE RD. Turn LEFT onto PEAT MOSS RD. Travel time is approximately 10 minutes
<a href="#">Plantagenet Station</a>	50	12	From Alfred Pavilion <a href="https://maps.app.goo.gl/zZuwzgZrpquQy7LWA">https://maps.app.goo.gl/zZuwzgZrpquQy7LWA</a> 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 is

Aid Stations	Distance (km)	Distance to Next Exchange Point (km)	Directions
			approximately 15 minutes
<a href="#">Cobbs Lake</a>	62	5	From Plantagenet Station <a href="https://maps.app.goo.gl/xCw6ZY09c3bNNXMA8">https://maps.app.goo.gl/xCw6ZY09c3bNNXMA8</a> Turn RIGHT onto CTY RD 9. Turn RIGHT onto CTY RD 2. Travel time 10 to 15 minutes
<a href="#">Bourget Pavillion</a>	67	5	From Cobbs Lake Parking <a href="https://maps.app.goo.gl/tRqVY693xWu8LCkeA">https://maps.app.goo.gl/tRqVY693xWu8LCkeA</a> Turn Left onto CTY RD 2 then turn RIGHT onto CHAMPLAIN ST. Turn LEFT onto LEVI ST. Travel time is approximately 5 - 10 minutes
<a href="#">Hammond Pavillion</a>	72	8	From Bourget Pavillion <a href="https://maps.app.goo.gl/4HDK9MMSFbC896LQ6">https://maps.app.goo.gl/4HDK9MMSFbC896LQ6</a> Continue WEST on LEVI ST then turn LEFT onto MARCIL RD. Turn RIGHT onto CTY RD 2. Travel time approximately 10 minutes
Finish @ Race Headquarters	80	NA	From Hammond Pavilion <a href="https://maps.app.goo.gl/iZM5BuwFhyWbtDK58">https://maps.app.goo.gl/iZM5BuwFhyWbtDK58</a> Turn LEFT onto GENDRON RD. Turn RIGHT onto DES TULIPES ST. Travel time approximately 5 minutes