



# Participant Guide

Updated Mar 14, 2026

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## **A Message from the Race Director**

So here we are: tthe 2nd Annual Prescott-Russell Trail Relay.

Over the past year we've taken everything we learned from Year One. We kept the parts that worked well and improved the parts that didn't. One of the biggest changes this year is the course itself. Instead of a point-to-point route, the event will now be an out-and-back course. This makes coordination much easier for runners, crews, and volunteers, while also creating more opportunities to see fellow runners along the trail. Expect plenty of passing high-fives, encouragement, and shared miles with others tackling the challenge.

This event continues to be about celebrating the incredible trail system that winds through our community. Whether you're running 25 km, 50 km, 50 miles, 100 km solo, or teaming up for the relay, the goal is simple: get out on the trail, challenge yourself, and enjoy the experience.

Of course, none of this happens without our volunteers. From check-in to aid stations and course support, they are the quiet force that keeps the day running smoothly. Please take a moment to acknowledge them out on the course. A quick "thank you" or a smile can go a long way.

Thank you for the time, training, and energy you've invested to get here. Our goal is to create a fun, welcoming, and challenging event whether you're chasing a personal best, testing your limits, or simply looking for a great day on the trail with friends.

This guide includes the information you'll need for race day. If you still have questions after reading through it, don't hesitate to reach out.

In the meantime, we're hard at work behind the scenes getting everything ready. We're excited to see the trail come alive again—and we're glad you're part of it.

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:

[leducrunning@gmail.com](mailto:leducrunning@gmail.com)

## **Guide Updates**

## Schedule of Events

### Friday, September 25, 2026

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

### Saturday, September 26, 2026

4:00 to 9:45 AM Race kit pickup, Drop bag & late registration at Race Headquarters

Time	Description
4:00 AM	Race Headquarters Open Race Kit Pickup & Drop Bag drop off
5:00 AM	100 km & 50 miler EARLY START option*
6:00 AM	50 mile and 100 km START*
7:00 AM	50 km START*
9:00 AM	25 km START*
10:00 AM	12 km START*
12:00 PM (approx)**	12 and 25 km Awards
1:00 PM (approx)**	50 km awards
2:00 PM (approx)**	50 mile awards
4:00 PM (approx)**	100 km award
11:00 AM to 8:00 PM	Post-race activities Awards & Meals

\* Pre-race briefing 15 minutes before race start.

\*\* Subject to change. When top 3 runners in each event and category finish

## 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 Vankleek Hill. 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.

## 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.

If you need to leave early and are eligible for an award, please contact race staff. We will make the best attempts to deliver any unclaimed awards to the participants not present at the awards ceremonies.

## 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.  
[Microtel Inn & Suites Casselman](#)

Dandy Lion Restaurant <https://hammondgolf.restaurant/>  
Cafe sur la Rive, Plantagenet (<https://cafesurlarive.com/>)

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

## 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.).

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- 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](#)

## **Drop Bags (50km, 50 Mile & 100 km 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.. Please see the Schedule of Events for details on your specific distance.

Drop Bags will be accepted at the following Aid Stations:

- AS3: Plantagenet Station
- AS4: Alfred Station
- AS5: Caledonia Springs
- AS6: Vankleek Hill

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.

We will make the best attempt to return any drop bag. However, postage or courier charges will be at the expense of the participants. Contents of any unclaimed drop bags will be disposed of or donated after three (3) weeks of the events.

## **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.

## **Early Start Options**

Early start options will be provided for the 100 km and 50 miler event only. Please contact the Race Director for this option.

## **Cut-offs**

All runners must complete their race by 8:00 PM. **The individual aid station cutoffs are listed in the course description below.** Time cutoffs will be strictly enforced and are based on the official check-in time. Details are provided in the individual Race Descriptions.

If a 100 km runner does not reach AS5: Caledonia Springs by the cutoff time - they will have the option to drop to the 50 mile option. However they will not be eligible for any awards.

If you do not reach the aid station before the cutoff, the race staff will work with you to arrange transportation back to Race Headquarters.

## Runner 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 before 7:00 AM and 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

- Runners and pacers must check in at every manned aid station and ensure they are recorded by a staff member.
- 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 (Solo & Relay Teams)

### 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.**

### Aid Station Access

Please refer to the [Relay Team Leg Description and Aid Station Access](#) for the directions to each manned aid station.

## Pacer Guidelines

### Eligibility & Bibs

- Pacers are permitted only in the **100 km and 50 Mile** event. 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.
- 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.

## Individual Race Information

NOTE: Distances are approximate and based on mapping tools. Actual distances may be slightly longer than advertised. We'd rather give you a little extra than come up short. In the ultramarathon world, everything is measured in "-ish."

### 12 km

#### *Course Description*

The course is an out and back route from Race Headquarters to the turnaround at the Bourget Pavillion.

The race begins at the ALPHOSE CARRIERE PARK. From the START follow the footpath through the park to get onto DES TULIPES STREET (turn LEFT). Then 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 pavilion to the BOURGET pavilion (6 km). TURN AROUND at the pylon/sign and move WEST back through towards the HAMMOND pavilion (11 km). Turn RIGHT at the arrows back on to the footpath to the subdivision. The route continues down DES ORCHIDEES STREET, then LEFT onto DES TULIPES STREET. Turn RIGHT onto the footpath through the park, finishing at Race Headquarters at ALPHONSE CARRIERE PARK.

The route can be found here:

<https://www.mapmyrun.com/routes/view/6666731037>

Or Google Maps (select 12 km layer):

<https://www.google.com/maps/d/edit?mid=1HXrTf7ieQct7LQ4BmiU2N-s9hZj1Bjk&usp=sharing>

#### *Aid Stations*

Aid Stations	Manned?	Washroom?	Distance (km)	Distance to next station (km)
START Alphonse Carrier Park	NA	Yes	0	6
AS1:Bourget Pavilion (TURNAROUND)	Yes	Yes	6.	6
FINISH Alphonse Carriere Park	NA	Yes	12	NA

## 25 km

### *Course Description*

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

The race begins at the ALPHOSE CARRIERE PARK. From the START follow the footpath through the park to get onto DES TULIPES STREET (turn LEFT). Then TURN RIGHT on to DES ORCHILDES STREET and CROSS DES VOILETTES STREET onto a small foot path leading to the PRESCOTT-RUSSELL TRAIL. Turn RIGHT and continue WEST to towards the TURNAROUND sign/pylon at DROUIN ROAD (1.6 km). Turnaround and continue EAST past HAMMOND HILL pavilion through BOURGET (8 km) to the turnaround just before COBBS LAKE (13.7 km). TURN AROUND at the pylon. Do not cross CTY RD 2. Move WEST back through BOURGET (19.3 k) and past the HAMMOND pavilion. TURN RIGHT onto the footpath. TURN LEFT onto DES VIOLETTES STREET Turn RIGHT onto the footpath through the park, finishing at Race Headquarters at ALPHONSE CARRIERE PARK.

The route can be found here:

<https://www.mapmyrun.com/routes/view/6667466033>

Or Google Maps (select 25 km layer):

<https://www.google.com/maps/d/edit?mid=1HXrTf7ieQct7LQ4BmiU2N-s9hZj1Bjk&usp=sharing>

### *Aid Stations & Cutoffs*

Aid Stations	Manned ?	Washroom ?	Distance (km)	Distance to next station (km)	Cut off*
START Alphonse Carrier Park	NA	Yes	0	8.0	NA
AS1: Bourget Pavilion	YES	Yes	8.0	5.6	NA
AS2: Cobbs Lake (Turnaround)	YES	No	13.6	5.6	5:00 PM
AS1: Bourget pavilion (2nd pass)	YES	Yes	19.2	6.0	6:00 PM
FINISH Alphonse Carriere Park	NA	Yes	25.6	NA	8:00 PM

\* based on Aid Station closing time.

## 50 km

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

The race begins at the ALPHOSE CARRIERE PARK. From the START follow the footpath through the park to get onto DES TULIPES STREET (turn LEFT). Then TURN RIGHT on to DES ORCHILDES STREET and CROSS DES VOILETTES STREET onto a small foot path leading to the PRESCOTT-RUSSELL TRAIL. Turn RIGHT and continue WEST to towards the TURNAROUND sign/pylon at DROUIN ROAD (1.6 km). TURNAROUND and continue EAST towards the TURNAROUND at PLANTAGENET STATION (25.6 km). TURNAROUND and continue WEST towards the HAMMOND pavillion. Run past the pavillion Turn RIGHT at the arrows back on to the footpath to the subdivision. The route continues down DES ORCHIDEES STREET, then LEFT onto DES TULIPES STREET. Turn RIGHT onto the footpath through the park, finishing at Race Headquarters at ALPHONSE CARRIERE PARK.

The route is found here: <https://www.mapmyrun.com/routes/view/6666732552>

Or Google Maps (select 50 km layer):

<https://www.google.com/maps/d/edit?mid=1HXrTf7ieQct7LQ4BmiU2N-s9hZj1Bjk&usp=sharing>

## Aid Stations

Aid Stations	Manned ?	Washroom ?	Distance (km)	Distance to next station (km)	Cut-off*
START Alphonse Carrier Park	NA	Yes	0	8	–
AS1: Bourget Pavilion	YES	Yes	8	5.6	–
AS2: Cobbs Lake	YES	No	13.6	6.4	–
Cty Rd 2	NO	NO	20	5.6	–
AS3: Plantagenet Station (TURNAROUND)	YES	YES	25.6	5.6	5:00 PM
Cty Rd. 2 (2nd pass)	NO	NO	31.2	6.4	–
AS2 Cobbs Lake (2nd pass)	YES	NO	37.6	5.6	6:00 PM
AS1: Bourget (2nd pass)	YES	Yes	43.2	6.	7:00 PM
FINISH Alphonse Carriere Park	NA	Yes	50	NA	8:00 PM

\* based on Aid Station closing time.

## 50-mile

### *Course Description*

The 50-miler is an out and back run to Caledonia Springs with a short out-and-back spur at the beginning.

The race begins at the ALPHOSE CARRIERE PARK. From the START follow the footpath through the park to get onto DES TULIPES STREET (turn LEFT). Then TURN RIGHT on to DES ORCHILDES STREET and CROSS DES VOILETTES STREET onto a small foot path leading to the PRESCOTT-RUSSELL TRAIL. Turn RIGHT and continue WEST to towards the TURNAROUND sign/pylon at DROUIN ROAD (1.6 km). TURNAROUND and continue EAST towards the CALEDONIA SPRINGS Parking Lot. Run past the aid station to the TURNAROUND sign. TURNAROUND and continue WEST towards the HAMMOND pavillion. Run past the pavillion Turn RIGHT at the arrows back on to the footpath to the subdivision. The route continues down DES ORCHIDEES STREET, then LEFT onto DES TULIPES STREET. Turn RIGHT onto the footpath through the park, finishing at Race Headquarters at ALPHONSE CARRIERE PARK.

The route is found here:

<https://www.mapmyrun.com/routes/view/6667468180>

Or Google Maps (select 50 mile layer):

<https://www.google.com/maps/d/edit?mid=1HXrTf7ieQct7LQ4BmiU2N-s9hZj1Bjk&usp=sharing>

### *Pacers*

Pacers will be allowed at the 50 km mark at AS4: Alfred Pavilion (2nd pass). They can meet the runners at any point past this at any Manned Aid Station with crewed access.

### *Aid Stations & Cutoffs*

Aid Stations	Manned?	Washroom?	Distance (km)	Distance to next station (km)	Cut-off*
START Alphonse Carrier Park	NA	Yes	0	8	–
AS1: Bourget Pavilion	YES	Yes	8	5.6	–
AS2: Cobbs Lake	YES	No	13.6	6.4	–
Cty Rd 2	NO	NO	20	5.6	–
AS3: Plantagenet Station Pavilion	YES	YES	25.6	7.3	–

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Aid Stations	Manned?	Washroom?	Distance (km)	Distance to next station (km)	Cut-off*
AS4: Alfred Pavilion	YES	YES	32.9	3.1	–
Peat Moss Rd	NO	NO	36	4.3	–
AS5: Caledonia Springs (TURNAROUND)	YES	NO	40.3	6.3	2:30 PM
Peat Moss Rd (2nd pass)	NO	NO	46.6	3.1	–
AS4: Alfred Pavilion (2nd Pass)	YES	YES	49.7	7.3	3:30 PM
AS4: Plantagenet Station Pavilion (2nd Pass)	YES	YES	57	5.6	5:00 PM
Cty Rd. 2 (2nd pass)	NO	NO	62.6	6.4	–
AS2 Cobbs Lake (2nd pass)	YES	NO	69	5.6	6:00 PM
AS1: Bourget (2nd pass)	YES	Yes	74.6	6.	7:00 PM
FINISH Alphonse Carriere Park	NA	Yes	80.5	NA	8:00 PM

## 100 km SOLO & RELAY

### *Course Description*

The 100 km-miler is an out and back run to Vankleek Hill.

The race begins at the ALPHOSE CARRIERE PARK. From the START follow the footpath through the park to get onto DES TULIPES STREET (turn LEFT). Then 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 towards the VANKLEEK HILL pavilion. (NOTE: There is a short section just past the CALEDONIA SPRINGS parking lot where the trail merges on the road for 200 m. Follow the signs.) TURNAROUND at the VANKLEEK HILL Pavillion and continue WEST towards the HAMMOND pavillion. Run past the pavilion and turn RIGHT at the arrows back on to the footpath to the subdivision. The route continues down DES ORCHIDEES STREET, then LEFT onto DES TULIPES STREET. Turn RIGHT onto the footpath through the park, finishing at Race Headquarters at ALPHONSE CARRIERE PARK.

The route is found here:

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<https://www.mapmyrun.com/routes/view/6666733331>

Or Google Maps (select 100 km layer):

<https://www.google.com/maps/d/edit?mid=1HXrTf7ieQct7LQ4BmiU2N-s9hZj1Bjk&usp=sharing>

### *Pacers*

Pacers will be allowed at the 50 km mark at AS6: Vankleek Hill. They can meet the runners at any point past this at any Manned Aid Station with crewed access.

### *Relay Teams*

Relay teams must have a minimum of 2 runners and a maximum of 12 runners. Only one designated runner may be on course at a time whose distance counts toward the team's total. Teams are free to rotate runners along the route as they choose. Additional teammates may accompany the active runner for support or company, but only the designated runner's distance will count toward the team result. Please ensure exchanges are done safely and respectfully for other trail users.

### Aid Stations and Cutoffs

Aid Stations	Manned?	Washroom?	Distance (km)	Distance to next station (km)	Cut-off*
START Alphonse Carrier Park	NA	Yes	0	6	–
AS1: Bourget Pavilion	YES	Yes	6	5.6	–
AS2: Cobbs Lake	YES	No	11.6	6.4	–
Cty Rd 2	NO	NO	18	5.6	–
AS3: Plantagenet Station Pavilion	YES	YES	23.6	7.3	–
AS4: Alfred Pavilion	YES	YES	30.9	3.1	–
Peat Moss Rd	NO	NO	34	4.3	–
AS5: Caledonia Springs	YES	NO	38.3	8.1	12:00 PM
Pearl Road	NO	NO	46.4	4.1	–
AS6: Vankleek Hill Pavilion (TURNAROUND)	YES	YES	50.5	4.1	1:30 PM
Pearl Road (2nd pass)	NO	NO	54.6	8.1	–

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Aid Stations	Manned?	Washroom?	Distance (km)	Distance to next station (km)	Cut-off*
AS5: Caledonia Springs (2nd pass)	YES	NO	62.7	4.3	3:00 PM
Peat Moss Rd (2nd pass)	NO	NO	67.0	3.1	–
AS4: Alfred Pavilion (2nd Pass)	YES	Yes	70.1	7.3	3:30 PM
AS4: Plantagenet Station Pavilion (2nd Pass)	YES	YES	77.4	5.6	5:00 PM
Cty Rd. 2 (2nd pass)	NO	NO	83	6.4	–
AS2 Cobbs Lake (2nd pass)	YES	NO	89.4	5.6	6:00 PM
AS1: Bourget (2nd pass)	YES	Yes	95	6.	7:00 PM
FINISH Alphonse Carriere Park	NA	Yes	101	NA	8:00 PM

### Relay Team Leg Description and Aid Station Access

Relay Leg No	Beginning of Leg / AS	Relay Leg Length (km)	Cumulative Distance (km)	Directions (please review as directions may change due to construction and traffic)
1	<a href="#">Start @ Race Headquarter</a>	8.1	0	NA
2	<a href="#">AS1 Bourget pavilion</a>	5.6	8.1	From <b>Start Finish</b> : <a href="https://maps.app.goo.gl/jCzZdWkByd4zcATr6">https://maps.app.goo.gl/jCzZdWkByd4zcATr6</a> 11 minute drive
3	<a href="#">AS2 Cobbs Lake</a>	12	13.7	From <b>Bourget Pavillion</b> : <a href="https://maps.app.goo.gl/DqocpNwaoGua54Kq6">https://maps.app.goo.gl/DqocpNwaoGua54Kq6</a> 6 minute drive
4	<a href="#">AS3 Plantagenet Station</a>	7.3	25.7	From <b>Cobbs Lake</b> : <a href="https://maps.app.goo.gl/U6hgSMV28NkyPAQS8">https://maps.app.goo.gl/U6hgSMV28NkyPAQS8</a> 15 minute drive
5	<a href="#">AS4 Alfred pavilion</a>	7.4	33	From <b>Plantagenet Station</b> <a href="https://maps.app.goo.gl/MGkeAcm9">https://maps.app.goo.gl/MGkeAcm9</a>

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Relay Leg No	Beginning of Leg / AS	Relay Leg Length (km)	Cumulative Distance (km)	Directions <i>(please review as directions may change due to construction and traffic)</i>
				<a href="#">Hqp6mbQv5</a> 12 minute drive
6	<b>AS5</b> <a href="#">Caledonia Springs</a>	12.2	40.4	From <b>Alfred Pavilion</b> : <a href="https://maps.app.goo.gl/cegSZsw99zBhEoGXA">https://maps.app.goo.gl/cegSZsw99zBhEoGXA</a> 13 minute drive
7	<b>AS6</b> <a href="#">Vankleek Hill Pavillion</a>	12.2	52.6	From <b>Caledonia Springs</b> : <a href="https://maps.app.goo.gl/rTa7vX5R2heUz7eW6">https://maps.app.goo.gl/rTa7vX5R2heUz7eW6</a> 13 minute drive
8	<b>AS5</b> <a href="#">Caledonia Springs</a>	7.4	64.8	From <b>Vankleek Hill</b> : <a href="https://maps.app.goo.gl/ptCVqN5mAo32LYro6">https://maps.app.goo.gl/ptCVqN5mAo32LYro6</a> 13 minute drive
9	<b>AS4</b> <a href="#">Alfred pavilion</a>	7.3	72.2	From <b>Caledonia Springs</b> : <a href="https://maps.app.goo.gl/zoeKpLmxhYdMsfsBA">https://maps.app.goo.gl/zoeKpLmxhYdMsfsBA</a> 13 minute drive
10	<b>AS3</b> <a href="#">Plantagenet Station</a>	12	79.5	From <b>Alfred Pavillion</b> <a href="https://maps.app.goo.gl/r5EbfmaHtGUzp3CR7">https://maps.app.goo.gl/r5EbfmaHtGUzp3CR7</a> 12 minute drive
11	<b>AS2</b> <a href="#">Cobbs Lake</a>	5.6	91.5	From <b>Plantagenet Station</b> <a href="https://maps.app.goo.gl/fdLJLSUkMrMERpLG9">https://maps.app.goo.gl/fdLJLSUkMrMERpLG9</a> 15 minute drive
12	<b>AS1</b> <a href="#">Bourget pavilion</a>	6	97.1	From <b>Cobbs Lake</b> : <a href="https://maps.app.goo.gl/dfzZx6TnRjmu6aBbA">https://maps.app.goo.gl/dfzZx6TnRjmu6aBbA</a> 6 minutes
NA	<b>Start Finish</b>	NA	103.1	From <b>Bourget Pavillion</b> : <a href="https://maps.app.goo.gl/cmmeTxrMXWnjwncWA">https://maps.app.goo.gl/cmmeTxrMXWnjwncWA</a> 11 minute drive

NOTE: Distances are approximate and based on mapping tools.