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# Long Sault Trail Race and Ultra

**Race Director: Jennifer Traviss-Sheehan**

SATURDAY OCTOBER 18TH, 2025

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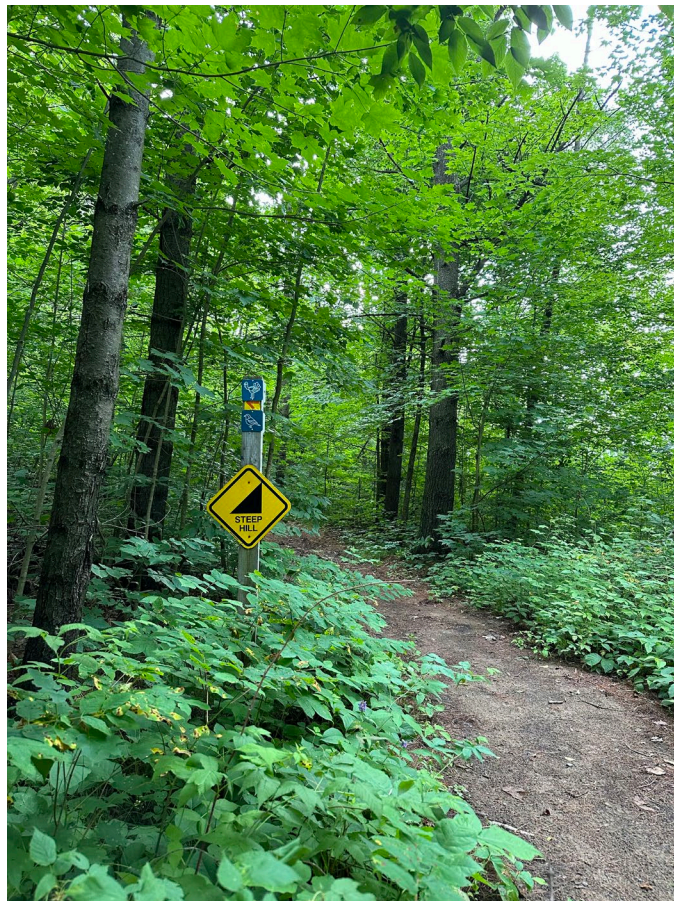
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## Long Sault Conservation Area

Long Sault Trail Race and Ultra takes place on Long Sault Conservation Area trails that loop around a beautiful, scenic forest setting, north of Bowmanville.

Owned and managed by Central Lake Ontario Conservation Authority (CLOCA), it is nestled in the heart of the Oak Ridges Moraine. With 400 hectares of land, 18 kilometres of trails, Long Sault is the largest Conservation Area owned and managed by CLOCA.

This race contains a mixture of single and double track, some great hill climbs, technical-rooty sections, and stunning views. If it is seasonably wet the trail will have its fair share of mud and fallen leaves could slow down even the most experienced runner making it difficult to navigate the rooty sections of trail. This is a well rounded trail with something for everyone, a trail runners trail!



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## Venue

Long Sault Trail Race and Ultra will be held at Long Sault Conservation Area, 9293 Woodley Road, Clarington, Ontario. It is recommended to carpool if possible due to limited parking. Do not park on the roadside or laneway to avoid being towed. There are three parking lots available, one at the trail head and the other two south of it on the east side. There are no vehicles permitted on the trail. Participants should arrive no earlier than an hour before their event, with an exception for the 6HR participants. A tarp will be placed near the Aid Station-Start/Finish line for Ultra Runners to leave their drop bags. Race start times have been staggered to accomodate limited parking. There is no indoor space at this location, and toilet facilites consist of an outhouse and port-o-potty. **PAY AND DISPLAY PARKING IS AVAILABLE-\$7/CAR and should be purchased the day of the event.** Proof of purchase must be shown at the Registraion Table.

Google Map directions below- Long Sault Conservation Area, 9293 Woodley Road,  
Clarington, Ontario L1C 3K6

[https://www.google.com/maps/place/Long+Sault+Conservation+Area/  
@44.0496591,-78.7444052,727m/data=!3m1!1e3!4m6!3m5!  
1s0x89d5094a6cd1c01f:0xd5c70973c8d7fd1d!8m2!3d44.0496553!4d-78.7418303!16s/g/  
1tgzcb61?entry=tту&g\\_ep=EgoyMDI1MDcyMy4wIKXMDS0ASAFQAw==](https://www.google.com/maps/place/Long+Sault+Conservation+Area/@44.0496591,-78.7444052,727m/data=!3m1!1e3!4m6!3m5!1s0x89d5094a6cd1c01f:0xd5c70973c8d7fd1d!8m2!3d44.0496553!4d-78.7418303!16s/g/1tgzcb61?entry=tту&g_ep=EgoyMDI1MDcyMy4wIKXMDS0ASAFQAw==)

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## Bib Pick Up

Bib pick up location will be at MEC/Whitby on Friday Oct 17th from 4-6:30PM. For same day bib pick up we suggest you arrive an hour early to ensure you have time to pick up your bib, sign the waiver and prepare to **meet at the start line 15 minutes early for a pre race briefing.**

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## Race Start Times

7K @ 8AM (early start) Run/Hike

21K @ 9AM

6HR @ 9:30AM

2K Kids @ 10AM

14K @ Noon

7K @ 2PM (late start) Run

(Minors must be accompanied by a parent/guardian)

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## Cut Off Times

6HR & 7K (late start) Run- 3:30PM

All participants must be back to the finish by 3:30PM

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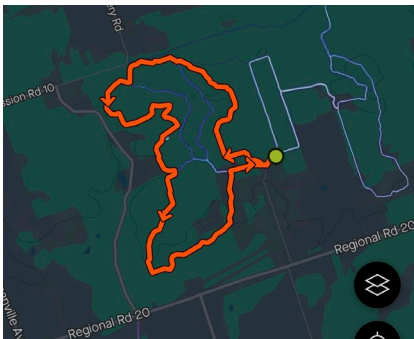
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## Route Description

Long Sault Trail Race and Ultra will begin from the grassy, open area at the trail heads. The trail will be well marked with orange flags and signs, where appropriate. Each distance will run one to three 7K trail loops of the course with the 6hr running each loop, alternating as many times as possible in that time frame. The loops will be run in the same direction each time. **The main/only Aid Station is at the Start/Finish line and this is where fuel/water/sportsdrink will be provided.** Volunteers will be at the Aid Stations to provide assistance and support when needed, be sure to thank them! It is the participants/runners, responsibility to ensure they pass through the start finish line on each loop to ensure their lap is recorded, failure to do so will result in disqualification.

**It is the runners responsibility to follow the route marked with orange flags**

7K-West Loop



7K-East Loop



2K-Kids Run



Kids Fun Run

<https://www.alltrails.com/explore/map/long-sault-kids-fun-run-6b620ae?u=m&sh=dwnsk7>

East Loop

<https://www.alltrails.com/explore/map/map-july-27-2025-c1619d2?u=m&sh=dwnsk7>

West Loop

<https://www.alltrails.com/explore/map/long-sault-west-trail-f30a31b?u=m&sh=dwnsk7>

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## Race Safety

**Respect the Trail**-Stay on the marked trail to avoid foliage sensitive areas and small animal habitats. Bring all garbage out of the trail with you or dispose of it at Aid Stations. Avoid disturbing wildlife and respect local neighbours by not being too noisy and staying off their property. **If dropping out of the race, let a volunteer know**, pickup can be arranged from an Aid Station if needed. If using headphones, one ear must be free to hear the environment, race marshals, other runners. No loud music is to be played.

**Risk**-Participation in this event is at the runners own risk. Long Sault Conservation Area has technical, rooty, rocky terrain with sections that must be followed correctly. Maintain a safe distance between runners to anticipate the trail. If there is rainfall before the race, the trail will be slippery. The trail may also be slippery due to mud and large puddles. Runners, watch for vehicle traffic when crossing the road on the west trail.

**Flags**-If off route, back track until you return to the marked route. There are sections that diverge, having two routes, it is important to pay attention to the flags on the route. Flags will be placed to the right of the trail. All distances are a continuous loop, running back through the start/finish line before leaving for the next loop for the longer distances (6hr, 21K, 14K).

**Passing**-It is important that you call out “passing on the left/right” when overtaking another runner/trail user and only do so when it is safe too. Runners must yield to others, when safe to do so. Stay well back from gorges and escarpment areas. We will be sharing the trail with the public, please use caution and be courteous to them when passing.

**First Aid/First Responders**-If you encounter an injured runner please stay with them, send the next runner to the nearest Aid Station, call EMS if needed, volunteers will call for First Aid/First Responders as well. First Aid is available on the course and at start/finish line. Due to the remoteness of the trails, First Responders can not easily access participants in need of emergency assistance in a timely manner. This could mean lengthy waits for anyone in need of medical assistance.

**Dogs are not permitted at this event**

**Alcohol is prohibited**

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## What to Bring

- Directions to race
- Proof of Registration
- Charged Cell Phone
- Appropriate clothing, sweat wicking layers, dependant on the weather
- Bug Spray for ticks
- Sunglasses
- Sunscreen
- Hat
- Water/Electrolytes/Fuel
- Required medicaion/epi pen
- Charged watch
- Change of clothing/dry footwear for post race
- Be aware of poison ivy/oak
- **THIS IS A CUP FREE EVENT! Please bring something to carry your water**

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## Post Race

Join us at the end of your race for a short awards celebration while enjoying some snacks to refuel after all your efforts. Medals will be given at the finish line and some awesome awards at this time.

Special thanks to all the runners, volunteers and all our families-the ongoing support from everyone is what makes this all happen!

**Special thanks to all the volunteers...without them there would be no race!**

Volunteers are welcome to a free race entry at the same or another event for their support.

With smiles on our faces and mud on our feet...sending love and wishing you a fabulous run,  
Your Race Director...Jennifer