
Seaton Scramble Trail Race Manual

Race Director: Jennifer Traviss-Sheehan

SATURDAY MAY 10TH, 2025



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Seaton Trail

The Seaton Scramble takes place on the Seaton Trail extending from PineRidge Highschool/ Beverly Morgan Park, Pickering, north to the Hamlet of Whitevale. The trail at the most southern part runs along the east side of West Duffins Creek. As you head north, past the Dog Park it stays on the west side of the creek. North of Foreststream after crossing the bridge the creek returns to the east of the trail. Seaton Trail is a beautiful, technical trail with a mixture of single and double track, some great hill climbs, stairs, creek crossing, and stunning views. You will find sections to be more technical with rocks and roots and in the spring some water run offs, heading towards the creek. If it is seasonably wet the trail will have its fair share of mud and some lengthy puddles. This is a well rounded trail with something for everyone, a trail runners trail!



Venue

Seaton Scramble will be held at Pine Ridge High School/Beverly Morgan Park, Pickering Ontario. There is ample parking, use of indoor space in the High School and bathroom facilities inside the school. Do not park on the roadside to avoid being towed. There is no vehicles permitted in the trail.

Google Map directions below

Pine Ridge High School- 2155 Liverpool Rd, Pickering, ON L1X 1V4

<https://www.google.com/maps/place/Pine+Ridge+Secondary+School/@43.8520726,-79.0985266,17z/data=!3m1!4b1!4m6!3m5!1s0x89d4df3abe370bd1:0xc61fa94b93ad3761!8m2!3d43.8520688!4d-79.0959517!16zL20vMDgwZGxx?entry=ttu>

Bib Pick Up

Bib pick up will begin at 7:30AM (for the 50K group) and end at 10AM in the High School Cafeteria, located with the entrance at the back of the school. There is a small amount of time for the 50K registration, we will get you through quickly and to the start line. We suggest all other participants 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.**

Race Start Times

50K Run-8am

1k Kids Race - 9am

(Kids must be accompanied by a parent/guardian)

24k Run - 9:30am

15k Run/Walk - 10am

7k Run/Walk 10:30am

(Minors participating in other distances must be accompanied but a parent/guardian)

Cut Off Times

50K Run-9hrs

All hikers/runners must be back to the finish by 5PM

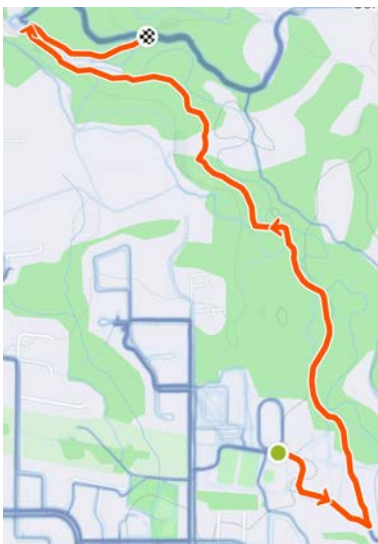


Route Description

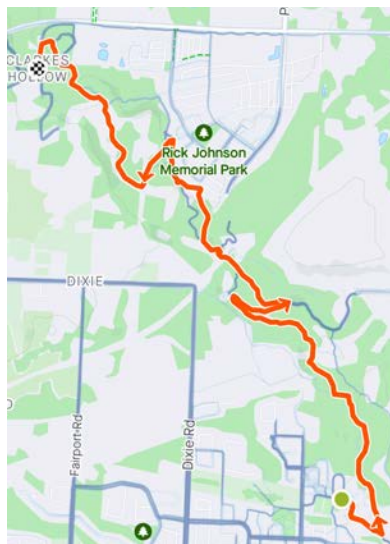
The Seaton Scramble Trail Race will begin and end at Pine Ridge High School/Beverly Morgan Park. Runners will follow an urban paved path east before entering the trail. The trail will be well marked with orange flags and signs, where appropriate. The creek crossing will be approximately 3K into your run and all Runners will cross twice (50K-4 times!), once on the way out and then again when returning. Each distance is an out and back with a halfway point, turn around at the aid station. **Aid Stations are appropriately spaced at 3.5K (near Dog Park Entrance), 7.5K (Forestream), and 12.5K (Whitevale Park).** They will be stocked with a Sports Drink-Skratch, water, chips, pretzels and candy. Volunteers will be at all Aid Stations to provide assistance and support when needed, be sure to thank them! 15K and 25K/50K routes will have Johnny-on-the-Spots available at the turn around point. It is the 50K only runners, responsibility to ensure the aid stations have recorded their bib number when passing their final returning 12.5K segment, starting at Whitevale, failure to do so will result in disqualification. 50K runners can leave a drop bag at the Start/Finish line.

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

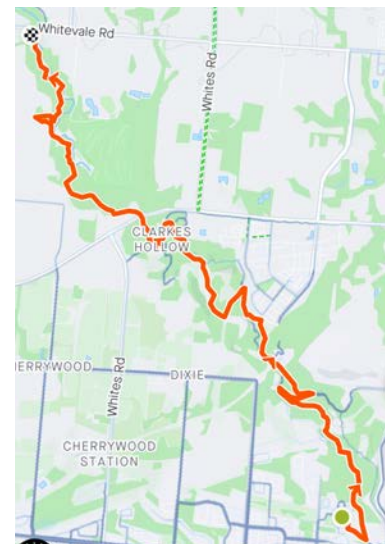
7K
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15K
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24K/50K
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Race Safety

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 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. Seaton Trail has technical, rooty, rocky terrain with sections that must be followed correctly due to bordering on escarpment and erosion. Maintain a safe distance between runners to anticipate the trail. If there is rainfall before the race, bridges and boardwalks will be slippery. The trail may also be slippery due to mud and large puddles. If the creek crossing is deemed unsafe the race will be re routed without a creek crossing. 25K/50K runners, watch for vehicle traffic when entering the trail at Forestream.

Flags-If off route, back track until you return to the marked route. There are sections that diverge, having two routes, an east and west trail, it is important to pay attention to the flags on the route. Flags will be placed to the right of the trail (east side), the side when heading out and will therefore be on the left when returning from all distances. All distances are out and back routes.

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. There is no passing in sections marked with caution tape due to trail narrowing. 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. Keep the Race Director/Jennifer’s number in your phone for race day (905) 409-9253.

Dogs are not permitted at this event-Alcohol is prohibited

What to Bring

- Directions to race
- Proof of Registration
- Charged Cell Phone
- Appropriate clothing, 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!**

Post Race

Join us at the end of your race and celebrate while enjoying some snacks to refuel after all your efforts. We will provide, bananas, clemintines, granola bars. 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 eveyone is what makes this all happen!

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

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