

August 1, 2016



Final 2016 Info Booklet

Welcome | New for 2016 | Rules | Stages | Food | Volunteers | Sponsors

Welcome ...

... to the running challenge of a lifetime.

Rarely does an event challenge you beyond your running goals and dreams.

The ENDURrun has been challenging runners beyond their running goals and dreams for thirteen years. This year will be no different.

Whether you've completed the event before, or it's your first time, this year will be a unique challenge. And this year is shaping up to be both a celebration and reunion of friends, fun, competition and food.

At a glance, this is what you're in for:

	1	2	3	4	REST DAY	5	6	7
DATE	Sunday August 7	Monday August 8	Tuesday August 9	Wednesday August 10	Thursday August 11	Friday August 12	Saturday August 13	Sunday August 14
START TIME*	8:00 a.m.	8:00 a.m.	8:00 a.m.	6:00 p.m.		8:00 a.m.	8:00 a.m.	7:30 a.m.
KMS MILES	21.1 13.11	15 9.32	30 18.65	16.1 10		25.6 15.91	10 6.22	42.2 26.23
VENUE	Community Park	Schmidt Residence	Bechtel Park	Camp Heidelberg		Chicopee Ski Club	Legion & Schmidt Residence	Community Park
CITY	Conestogo	Conestogo	Waterloo	Waterloo		Kitchener	Elmira & Conestogo	Conestogo
TERRAIN	Road	Road & Gravel	Trail	Road & Gravel		Trail	Road	Road
COURSE DESCRIPTION	Rolling	Out and Back Very Flat Time Trial	Cross Country	Hilly		Cross Country Hilly	Point to Point Very Flat Time Trial	Rolling
EST. MAX TIME LIMIT	2 Hours 45 Mins	2 Hours	4 Hours	2 Hours		4 Hours	1 Hour 15 Mins	6 Hours
<p>*Slower participants may be required to start earlier. Please refer to website for updates and official information. www.ENDURrun.com</p>								

Stay tuned to the ENDURrunners facebook group (facebook.com/groups/endurrun/) for social activities throughout the week. We look forward to hosting you once again this August.

Lloyd Schmidt
Race Director
lloyd@RunWaterloo.com
226-750-0017

New for 2016

Highlights of what's new this year:

Ultimate Group Photo

Two official Ultimate group photos will be taken: at 7:50am before Stage 1, and at 12:30pm after Stage 7. This newly-formal tradition (post-Stage 7 photos from 2003 and 2015 below) will continue annually. Don't miss them!



Golden Club

Everyone who owns a Gold Jersey (for having led the Ultimate division cumulatively after any past Stage 1-6) will be permitted to wear that jersey during Stage 1. This is the only time any participant, other than the current Male and Female Ultimate leaders, are allowed to wear yellow or gold.

Results.runwaterloo.com

An enormous amount of work has gone into making all past years of ENDURrun data available to you in an easy to use format. Enjoy exploring past participants, and 2016 runners after each stage.

RUNWATERLOO

RESULTS

Races ▾

Series ▾

ENDURrun

Name Search

Q

ENDURrun Ultimate:

All-Time ▾

Ultimate ▾









Final Results ▾

Filter:

▾

ENDURrun

INTERNATIONAL

Place	Name	Year	G	Age	Total	Stage 1	Stage 2	Stage 3	Stage 4	Stage 5	Stage 6	Stage 7
1	 Charles Bedley	2004	M	31	9:37:38	1:12:03	0:49:43	1:54:36	0:55:52	1:41:48	0:30:54	2:32:42
2	 Charles Bedley	2003	M	30	10:02:55	1:13:45	0:50:24	1:55:50	0:58:05	1:54:57	0:34:23	2:35:31
3	 Robert Brouillette	2015	M	23	10:40:20	1:17:39	0:53:41	2:01:57	0:58:16	2:03:28	0:33:21	2:51:58
4	 Rich Tremain	2003	M	32	10:50:25	1:13:44	0:48:47	1:57:29	1:12:33	2:06:30	0:34:55	2:56:27
5	 Bob Jackman	2006	M	24	10:50:42	1:21:03	0:55:22	2:08:53	1:00:43	1:58:59	0:35:30	2:50:12
6	 Bob Jackman	2008	M	26	10:52:42	1:19:43	0:55:44	2:09:57	0:58:20	1:59:04	0:34:59	2:54:55
7	 Steve Formanek	2008	M	28	10:55:57	1:22:11	0:56:42	2:04:53	1:01:05	2:01:06	0:35:36	2:54:24
8	 Brad Cunningham	2006	M	31	10:59:33	1:20:28	0:54:18	2:08:53	1:00:55	2:03:43	0:35:24	2:55:52

Course Maps

Stages 3 and 7 have changed slightly, and new maps are attached in this booklet.

No Saturday Evening BBQ

There is no Saturday potluck at Schmidt Residence this year on account of Everly Longshaw's first birthday!

New Menu Items

ENDURrun has the best and most innovative food of any running event that we know. Get ready this year for some new additions to the menu, including jambalaya and coq au vin.

Bumper Stickers

Show your ENDURrun pride with this first-edition sticker.



2016 Rules

General

1. Information in this (Final) publication remains subject to change at the discretion of the Race Director.
2. The ENDURrun Race Director's decision is final concerning any and all discrepancies.

Entry

1. Entry Fees are non-refundable, non-deferrable and non-transferrable.
2. The Entry and Waiver Form must be signed by the Entrant or Parent/Guardian. No exceptions.
3. The ENDURrun Race Director may increase or decrease the registration cap at any time, to take into consideration anticipated injury withdrawals, to admit entrants whose participation may enhance this event, or to admit entrants whose past association with this event has contributed to its success.

Race Start and Time Limits

4. All participants must check in with the Race Director prior to each Stage at the "registration and check-in" table. Runners arriving late are subject to the same start gun.
5. Time trials starts: the staggered start order is set by the Race Director and will be published to ENDURrun.com no later than 12 hours in advance.
6. Stage 7 has a strict time-of-day limit of 12:00 noon. Early starts may be required; notice will be given from the Race Director by August 11, 2016.
7. At the time limit of Stage 1-6 (or 12:00 noon on Stage 7), course support may be removed and the awards may begin, at the discretion of the Race Director.

Identification

8. The Gold Jersey (Ultimate division) must be worn by the cumulative time leader after each Stage in the following Stage. Gold or Yellow coloured shirts or jerseys are not allowed to be worn by other participants, with the exception of Stage 1. At Stage 1, any owners of Gold Jerseys (the "Golden Club") are permitted and encouraged to wear it.
9. A participant's race bib must be worn on their front during all Stages, so that it shows the number clearly.
10. If withdrawing from The ENDURrun, a race official must be notified, and race bib must be surrendered.
11. Race organizers and volunteers will be wearing distinctive gold volunteer t-shirts at all times, and all participants are encouraged to request assistance from these race officials at any time.

Relay Team Members

12. Team members must be declared no later than 24 hours prior to the start of each Stage.
13. Substitutions may be permitted on race day (before or after the start of a Stage) for placing consideration but not for prize money consideration.
14. A participant may participate on only one Relay team.
15. Ultimate participants may run at most one stage for one Relay team.

Results and Awards

16. No collusion. Participants are not allowed to make arrangements prior, during or after the event pertaining to the splitting of prize money. The integrity of The ENDURrun will be vigorously protected.
17. If there are fewer than 3 male or 3 female participants entered in the Ultimate and Sport divisions, all participants will compete in an Open category, where prizes are awarded without gender distinction.
18. For the Relay division, prize money will be distributed if there are at least five teams in the division. Categories of Relay teams, such as Female and Masters, will be noted but not awarded in 2016.

Courses

19. Course assistance from non-race officials must be cleared by the Race Director prior to race start.
20. We don't comprehensively marshal all 160 KM of The ENDURrun. We do our absolute best to provide safe and clearly marked courses for all Stages, utilizing the following resources: *Volunteer marshals, Waterloo Regional Police, Waterloo Regional REACT, Cones, Flags, Caution tape, Spray paint, Direction markers, Kilometre markers, Water stations, Course maps and descriptions*
21. The chance for unforeseen events is equal to all participants. These events would include traffic accidents, traffic congestion, unplanned and non-marshalled traffic lights, police or fire emergencies, citizens moving course markers, trains, dogs, etc. Should a participant experience one of these events, it will be deemed an unforeseen event, and no additional consideration will be given to the participant.
22. On road courses, participants must run within one or two feet of the right side of the road at all times. Cutting corners or tangents will not be allowed because the courses are measured by specifically following the right-hand side, so by cutting corners and tangents, you will not be running the entire distance. This is safe (no roads are closed to traffic) and fair (all runners are aware of these same rules).
23. Penalties for course violations could vary from time penalties (eg. one minute) to event disqualification. Reports of course violations will be reviewed by the Race Director and their decision will be final.

Stage 1 – Half Marathon



Details

Sunday August 7 | 8:00am | Conestogo Community Park | 21.1 KM

Directions

From Highway 85, from south:

- Exit on University Ave. E
- Turn right onto Northfield Drive E
- Turn right onto Sawmill Road
- Turn right onto Evening Star Lane

PARKING: At Conestogo Public School (1948 Sawmill Road)

Description

This course consists of paved roads and paved bicycle pathways. Starting and finishing at the Conestogo Community Park, this course is characterized by rolling hills and also crosses two bridges. The scenic nature trail winds through pockets of woods around the Grey Silo golf course. The 1st loop is approximately 13 KM and the 2nd loop is approximately 8 KM.

Start at Conestogo Community Park, Elgin St. W.

Left onto Evening Star Lane Right onto Sawmill Rd.

Right onto Glasgow St. S.

Left onto Country Squire Rd.

Right onto Grand River Dr.

Enter paved bicycle path around Grey Silo Golf Course

Left onto Woolwich St.

Right onto University Ave. E. Right onto Northfield Dr. E.

Right onto Elgin St. W.

Left onto Evening Star Lane (start 2nd loop)

Right onto Sawmill Rd.

Right onto Glasgow St.

Right onto Millennium Blvd.

Right onto Country Squire Rd. until **turn around**

Run back on Country Squire Rd.

Right onto Country Squire Lane

Right onto University Ave. E.

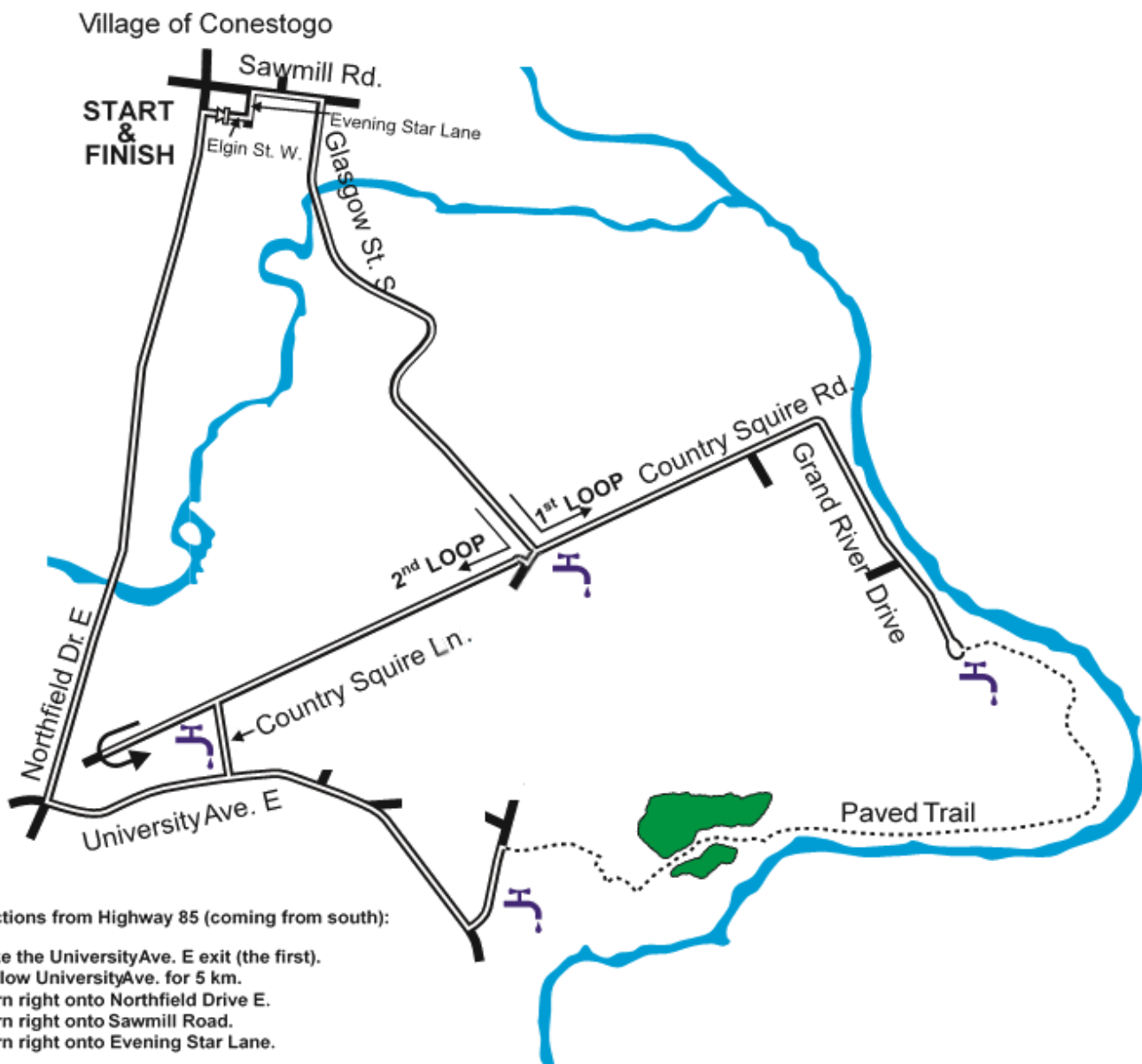
Right onto Northfield Dr. E.

Right onto Elgin St. W. to **Finish Line**

Stage 1

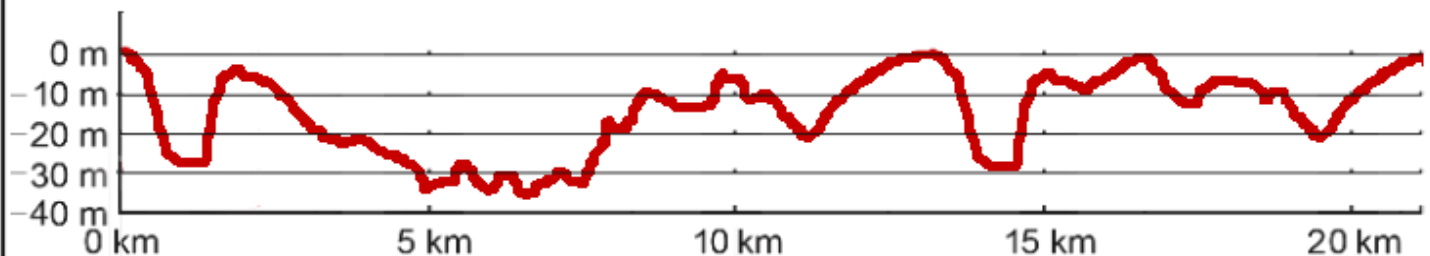
The Half Marathon (21.1 km)

Sunday 8:00 AM

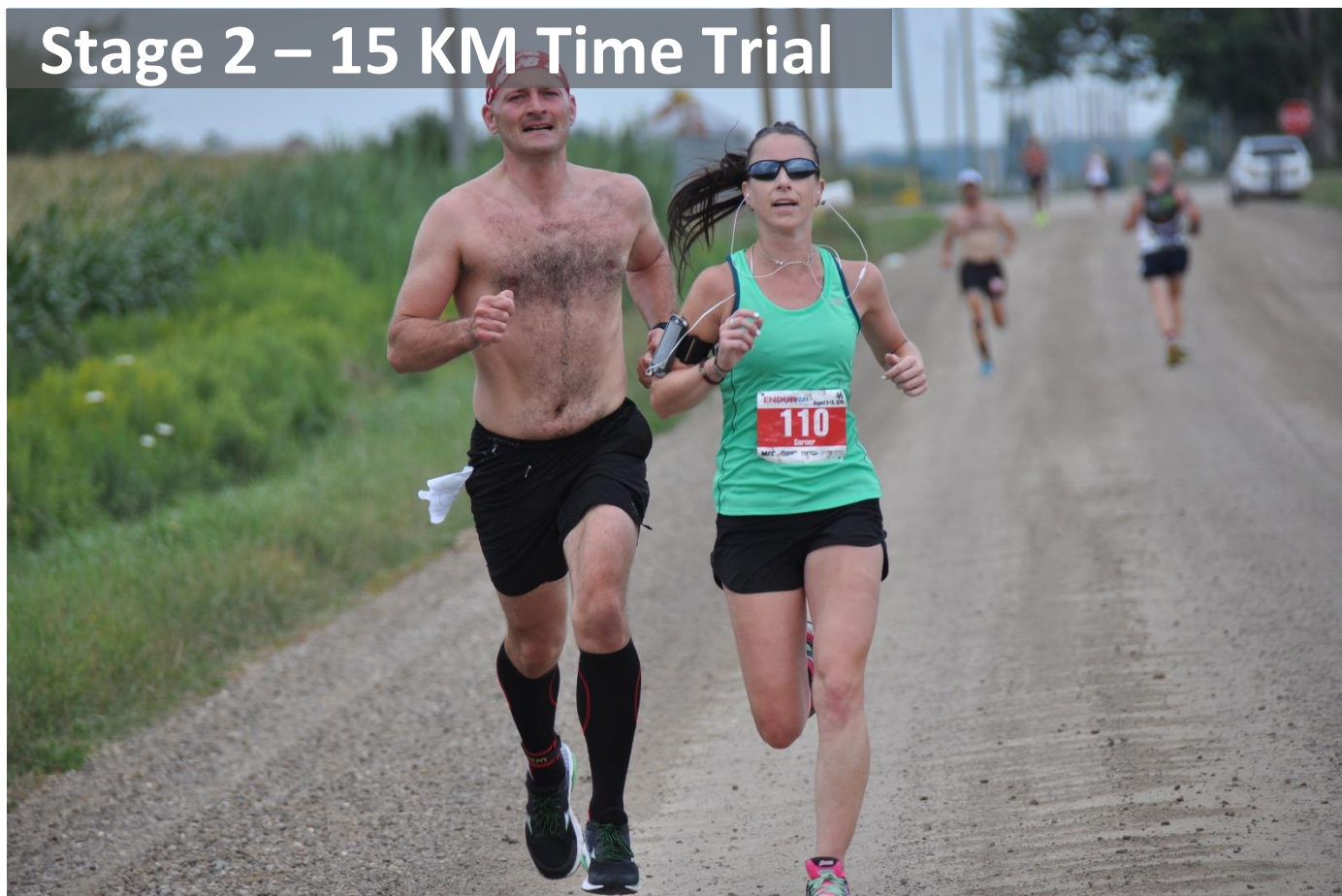


Directions from Highway 85 (coming from south):

Take the University Ave. E exit (the first).
 Follow University Ave. for 5 km.
 Turn right onto Northfield Drive E.
 Turn right onto Sawmill Road.
 Turn right onto Evening Star Lane.



Stage 2 – 15 KM Time Trial



Details

Monday August 8 | 8:00am | Schmidt House, Conestogo | 15.0 KM

Directions

From Highway 85, from south:

- At the roundabout, take the first exit onto Sawmill Rd.
- Turn right onto Weberlyn Crescent (the second entrance)
- S/F is on Sawmill Road, outside 2 Weberlyn Crescent

PARKING: On street on Weberlyn Crescent or Musselman Crescent

Description

The course is a flat out-and-back time trial, 70% of which is on paved roads, and the rest is on gravel. Runners start at separate and consistent intervals, in reverse order of current standings.

Start on Sawmill Rd.

Right onto New Jerusalem Rd.

Right onto Scotch Line Rd.

Take Scotch Line to the **turn around** point

Continue on Scotch Line Rd.

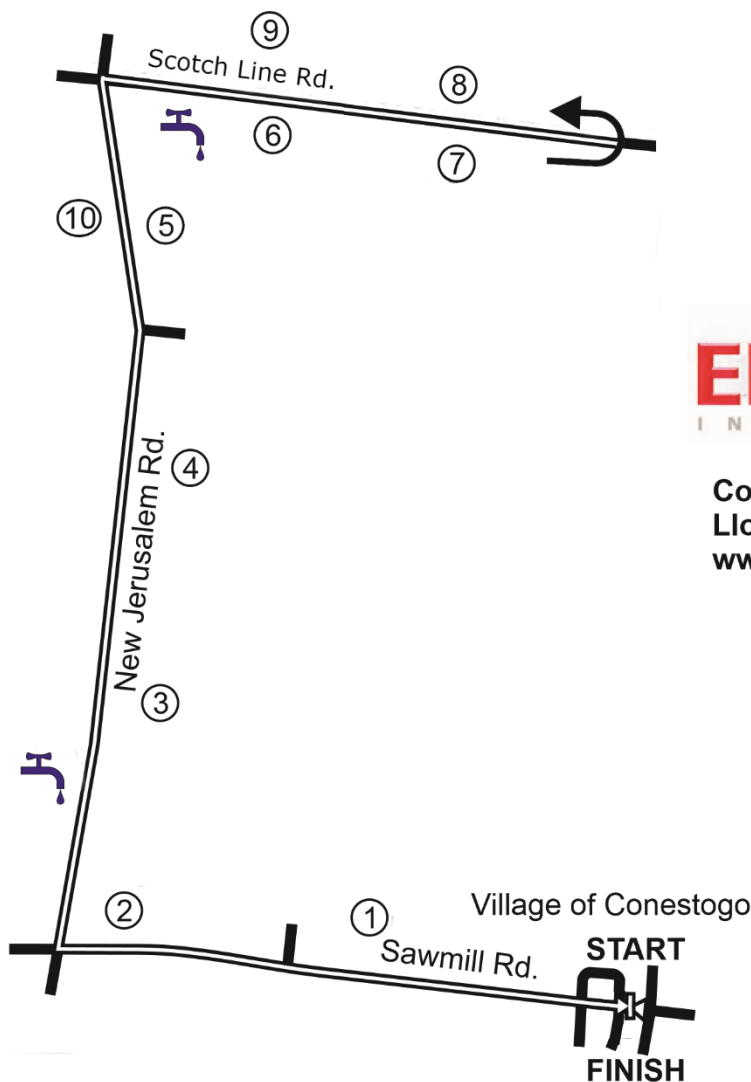
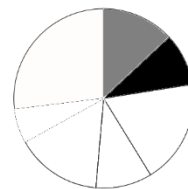
Left on New Jerusalem Rd.

Left on Sawmill Rd. to **finish line**.

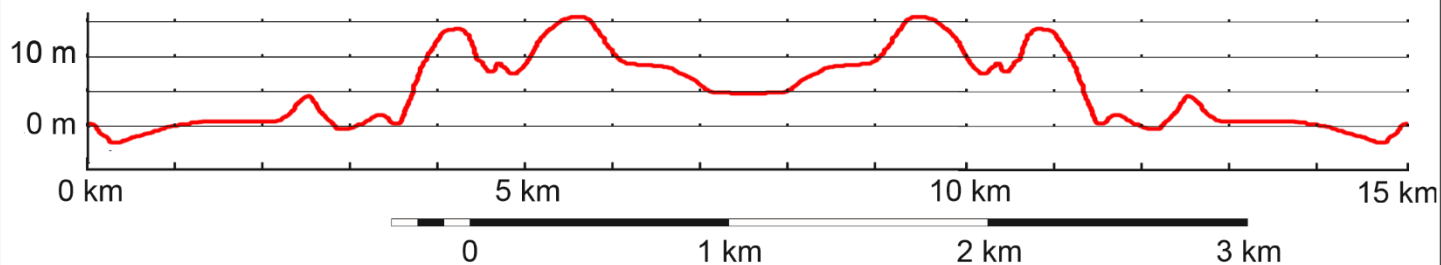
Stage 2

15 km Time Trial

Monday 8:00 AM



Conestogo
Lloyd Schmidt, Director
www.ENDURrun.com



Stage 3 – 30 KM Cross Country



Details

Tuesday August 9 | 8:00am | Bechtel Park, Waterloo | 30.0 KM

Directions

From Highway 85, from south:

- Exit on University Ave. E
- Right onto Bridge St.
- Right into Bechtel Park
- Follow park road straight at the stop sign

PARKING: Large rear lot at Bechtel Park

Description

This multi-loop, 30 KM nontechnical cross-country course is run on grass or wood chip paths, about half of which is through forest trails, as well as some pavement, gravel and open grass sections. The 5 KM loop is run six times.

Water stations are found at the 2.4 KM, 4.8 KM and 5.0 KM of each loop.

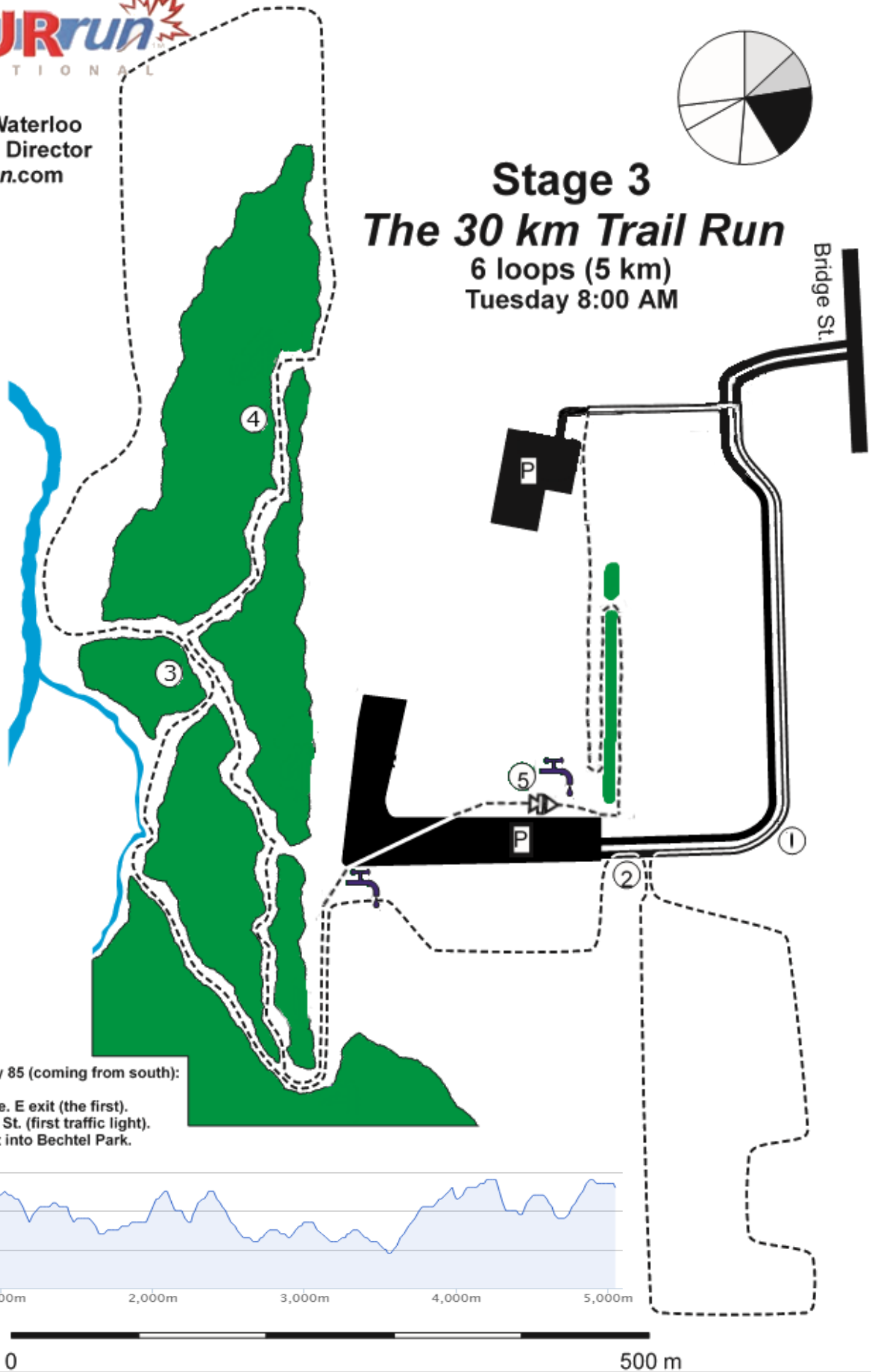
Bechtel Park, Waterloo
Lloyd Schmidt, Director
www.ENDURrun.com



Stage 3

The 30 km Trail Run

6 loops (5 km)
Tuesday 8:00 AM



Directions from Highway 85 (coming from south):

Take the University Ave. E exit (the first).
Turn right onto Bridge St. (first traffic light).
After 200 m, turn right into Bechtel Park.



Stage 4 – The Hilly Ten Miler



Details

Wednesday August 10 | 6:00pm | Camp Heidelberg | 16.1 KM

Directions

From Highway 85, from south:

- Exit onto University Ave. E.
- Right onto Weber St. N
- Left onto Columbia St. E
- Right onto Erbsville Rd
- Right onto Kressler Rd.
- Camp Heidelberg is on the right at the top of the hill

PARKING: On grass at Camp Heidelberg on left of driveway

Description

This 10 mile course is run on paved and gravel roads and is characterized as demanding and hilly.

Start at Camp Heidelberg, on Kressler Rd. (Hwy. 16)

Left onto Erbsville Rd.

Right onto Conservation Drive

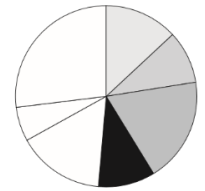
Left onto The Wilmot Line

Take Wilmot Line to Erb St. W. and **turn around**

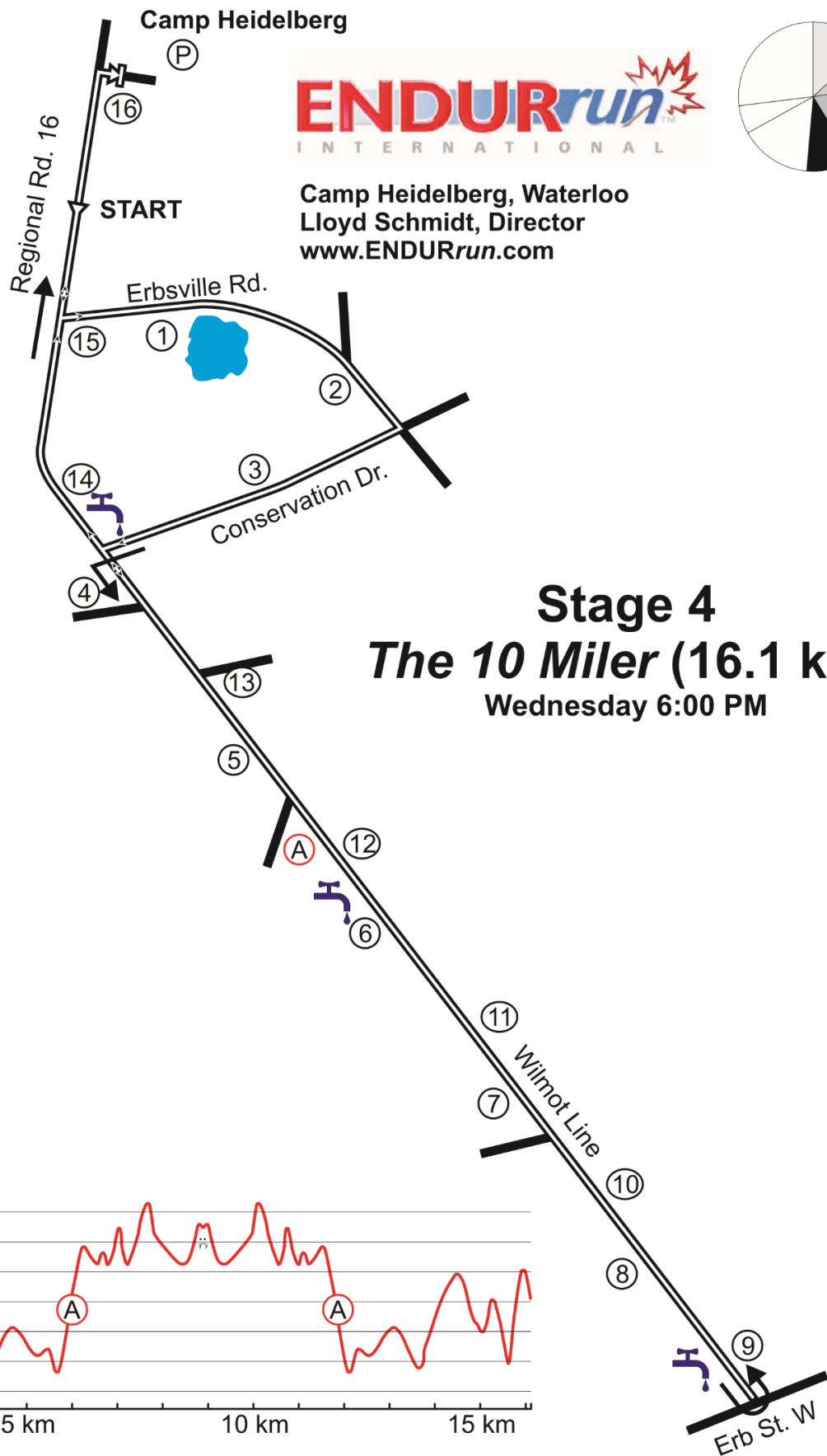
Take Wilmot Line back to Kressler Rd.

Right on Kressler Rd.

Turn right to **finish** in driveway of Camp Heidelberg.



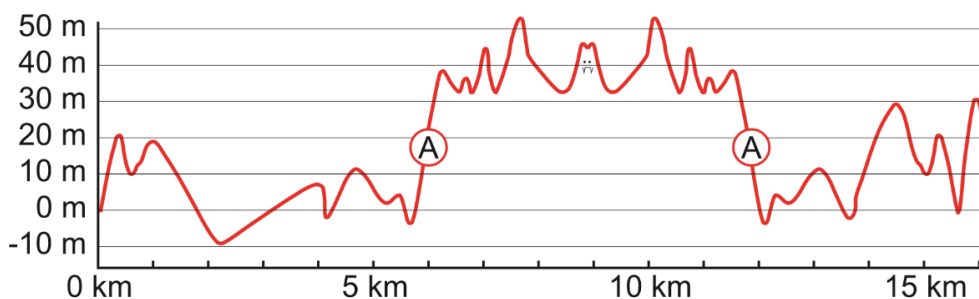
Camp Heidelberg, Waterloo
Lloyd Schmidt, Director
www.ENDURrun.com



Stage 4

The 10 Miler (16.1 km)

Wednesday 6:00 PM



Stage 5 – 16 Alpine Miles Cross Country



Details

Friday August 12 | 8:00am | Chicopee Resort, Kitchener | 25.6 KM

Directions

From Highway 8:

- Exit on Weber St.
- Follow King St. E
- Left onto Fairway Rd. N
- Right onto Sims Estate Dr.
- Right onto Morrison Rd.

PARKING: Chicopee lots on Morrison Rd.

Description

This demanding and hilly 25.6 KM cross-country course is run through the Chicopee Ski Resort and boasts incredible alpine scenery. This multi-loop course includes many extended hill climbs. The course is described as having technical sections, with usual trail features (brush, near branches, tight turns, steep grades) and specific features (stairs and boardwalks). Each loop has approximately 150-200m of climb. The 5.12 KM loop is run five times.

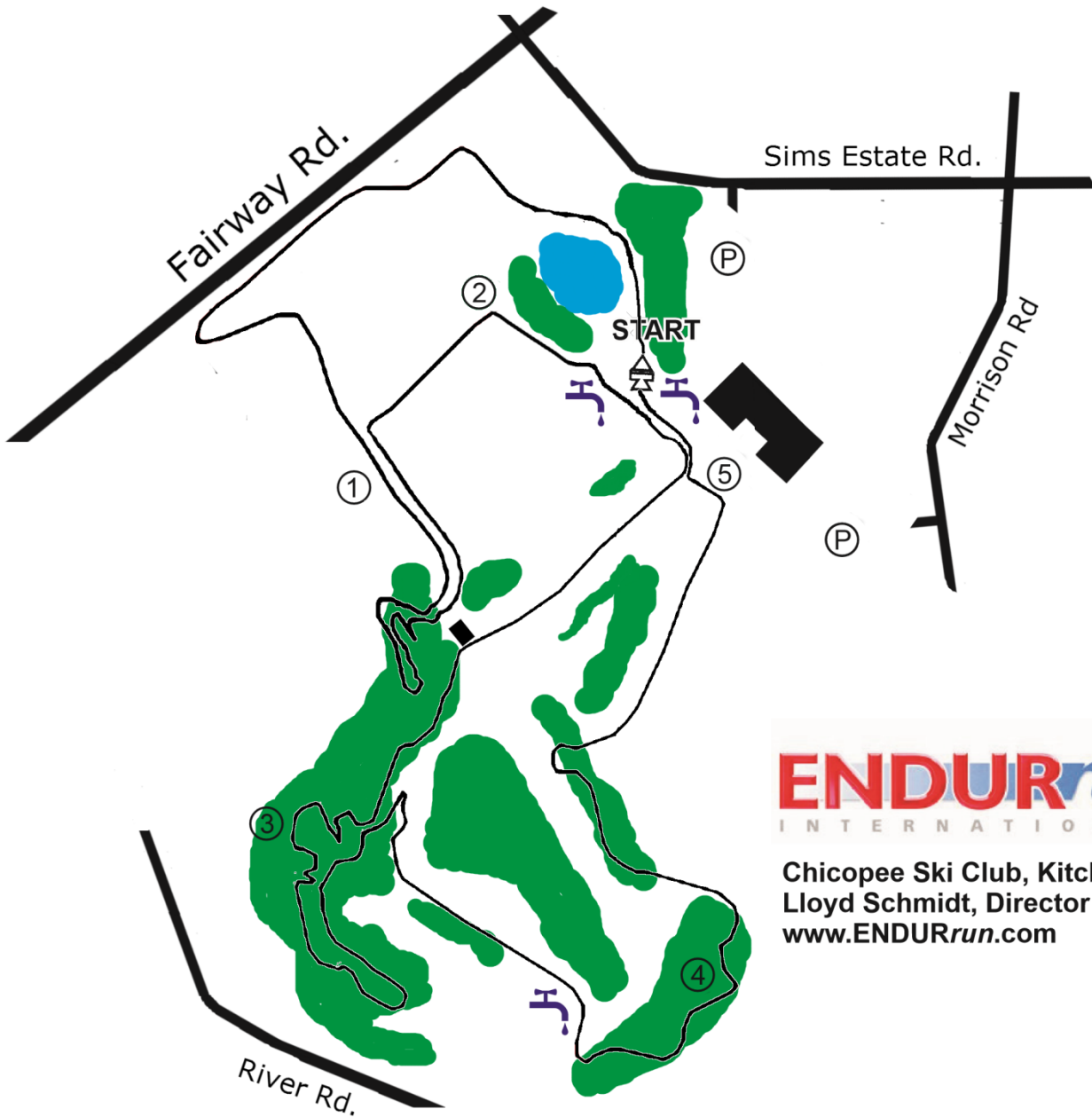
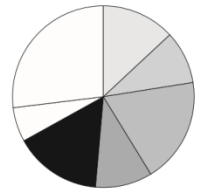
Water stations are located about the 0.0 KM, 2.1 KM, and 3.9 KM.

Stage 5

The 16-Mile Cross Country (25.6 km)

5 loops (5.12 km)

Friday 8:00 AM



ENDURrun
INTERNATIONAL

Chicopee Ski Club, Kitchener
Lloyd Schmidt, Director
www.ENDURrun.com



0

1000 m

Stage 6 – 10 KM Time Trial



Details

Saturday August 13 | 8:00am | Bristow Park, Elmira | 10.0 KM

Directions

To START - From Highway 85, from south:

- Continue through roundabout to Arthur St. S
- Right onto First St. W
- Start is at Bristow Park on the right. Parking and washrooms are available at The Legion.

To FINISH - From Highway 85, from south:

- At the roundabout, take the first exit onto Sawmill Rd.
- Turn right onto Weberlyn Crescent (the second entrance)

Shuttle services for participants are available from the Finish line to the Start Line from 6:30 to 7:30 am

PARKING: On street on Weberlyn Crescent and Musselman Crescent

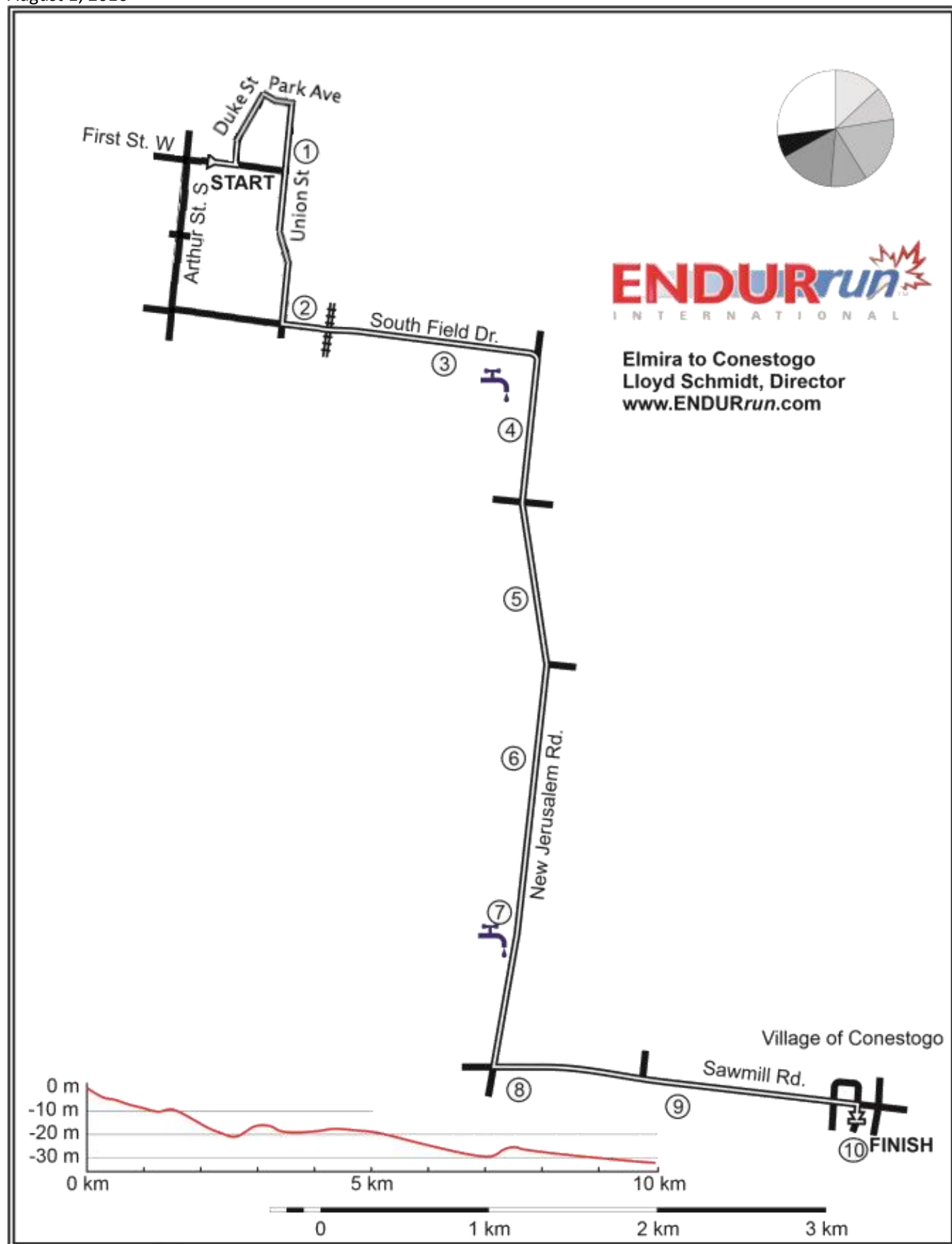
Description

This flat point-to-point course on paved roads through Woolwich Township takes you through countryside dotted with Mennonite farms. The peaceful and relaxing surroundings are among broad open field spaces where the land is still worked by horses. You're sure to encounter the local traffic of horse and buggy on this scenic run.

Start on First Street at Bristow Park in Elmira
Left onto Duke St.
Right onto Park Ave.
Right onto Union St.
Left onto South Field Dr.

Right onto New Jerusalem Rd.
Left onto Sawmill Rd. (Hwy. 17)
Right onto Weberlyn Crescent
Finish Line at the Schmidt Residence

August 1, 2016



Stage 7 – Marathon



Details

Sunday August 14 | 7:30am | Conestogo Community Park | 42.2 KM

Directions

From Highway 85, from south:

- Exit on University Ave. E
- Turn right onto Northfield Drive E
- Turn right onto Sawmill Road
- Turn right onto Evening Star Lane

PARKING: At Conestogo Public School (1948 Sawmill Road)

Description

This marathon course consists of paved roads and short sidewalk section. Starting and finishing at the Conestogo Community Park, this **2 loop** course is characterized by rolling hills.

Start at Conestogo Community Park, Elgin St. W.

Left onto Evening Star Lane

Right onto Sawmill Rd. (Hwy 17)

Right onto Snyders Flats Rd to the **turn around** point, run back to Sawmill Rd, turn right on Sawmill Rd.

Stay right onto Bloomingdale Rd (Sawmill Rd continues as Bloomingdale Rd)

Right onto Bridge St. W. (stay on sidewalk for entire Bridge St. W. section)

Right onto Woolwich St.

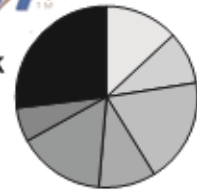
Left onto Bridle Trail.

Right onto Auburn Drive.

Right onto University Ave. E.

Right onto Northfield Dr. E.

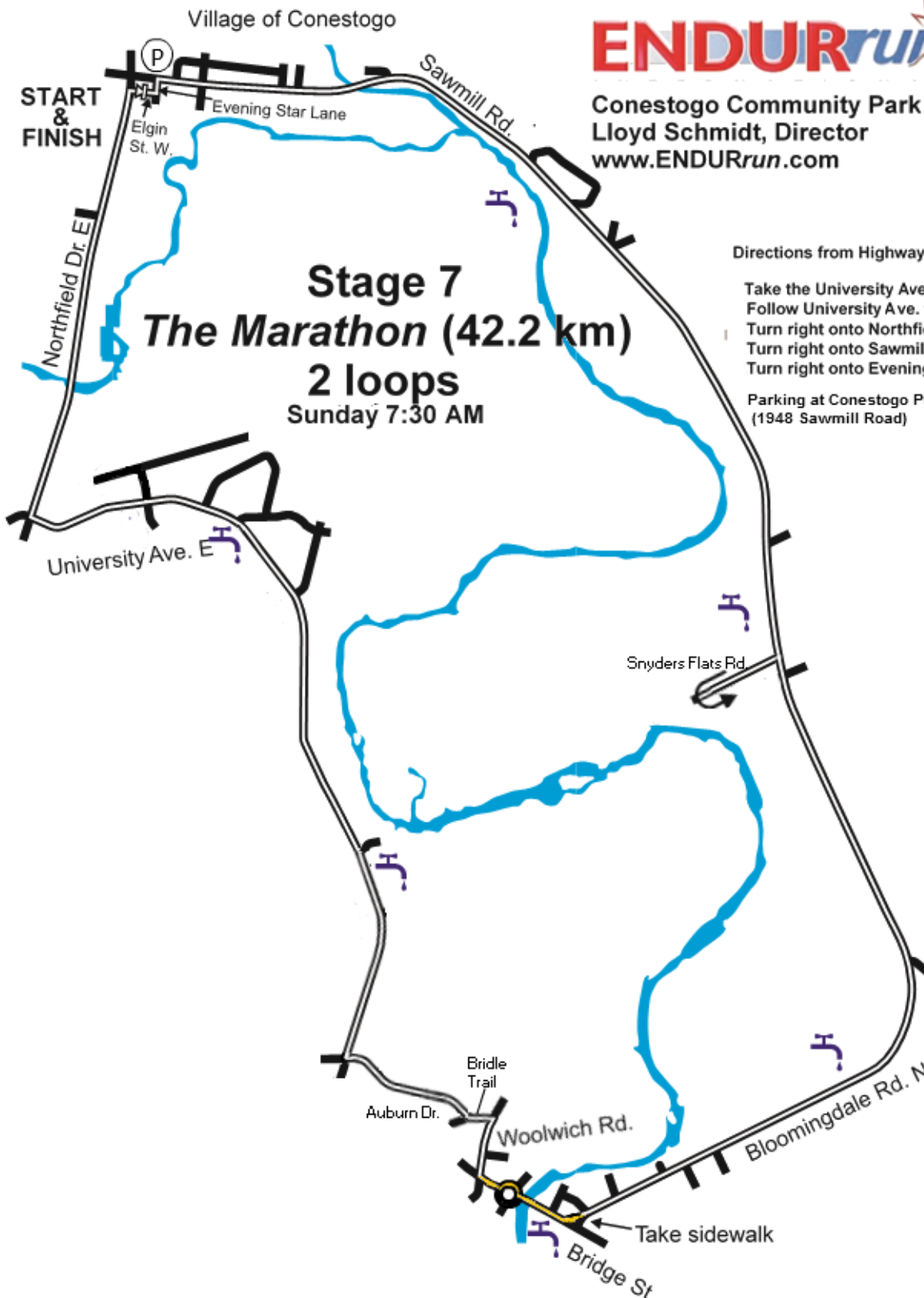
Right onto Elgin St. W. to **Finish Line**, and begin 2nd loop at the S/F Line



Directions from Highway 85 (coming from south):

Take the University Ave. E exit (the first).
Follow University Ave. for 5 km.
Turn right onto Northfield Drive E.
Turn right onto Sawmill Road.
Turn right onto Evening Star Lane.

Parking at Conestogo Public School
(1948 Sawmill Road)



Food

Our usual high standard of food will be met this year, accommodating your diet. Any questions or concerns: info@ENDURrun.com.

At stages, food is reserved for

1. All stage participants (Ultimate, Sport, Relay, Guest)
2. All volunteers who have registered and signed-in

For a donation, food may be made available to spectators (families, teams, etc.) according to this schedule:

Spectator Prices	Individual	Family	Team
Single Stage	\$5	\$10	Individual, 50% off
Week	\$20	\$40	Individual, 50% off

Payment can be made by cash or cheque at any ENDURrun stage.

Volunteers

Our volunteers are incredible. Many of them also dedicate an entire week of their summer to this event, and many of them are past or aspiring ENDURrun participants. Remember, they're up early and on the course longer than the participants, and they have to wear the same shirt all week! Please be thankful and respectful, because this event could not happen without them.



Cleanup

The fact that you are eating off of clean, reusable dishes is a *miracle* of volunteer work. After you're finished eating, all we require of you is to **"SCRAPE & SORT"** your dishes: take your dishes/waste to the station to **1) SCRAPE** your dishes with a spatula and **2) SORT** the food waste, garbage, recycling, and reusable containers. That's it! Thank you! **ULTIMATE PARTICIPANTS** will be given a plastic plate and cup at the beginning of the week, to be taken home, washed and returned with them for each Stage. This will greatly reduce the amount of dishwashing required by the volunteers. Thanks very much!

Sponsors

