



## Final 2017 Info Booklet

Welcome | Notable for 2017 | 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 doing both of these for fourteen 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. It is also 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 13	Monday August 14	Tuesday August 15	Wednesday August 16	Thursday August 17	Friday August 18	Saturday August 19	Sunday August 20
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 30 Mins	2 Hours		4 Hours 30 Mins	1 Hour 15 Mins	6 Hours

\*Slower participants may be required to start earlier.  
Please refer to website for updates and official information. [www.ENDURrun.com](http://www.ENDURrun.com)

Stay tuned to the ENDURrunners Facebook group ([facebook.com/groups/endurrun/](https://facebook.com/groups/endurrun/)) for social activities throughout the week.

ENDURrun Kickoff, kit pickup and information session is at the Schmidt Residence: 2 Weberlyn Crescent, Conestogo. Kits will be available starting at 5:00pm, and our Race Crew will make announcements and take questions starting as early as 5:30pm.

We look forward to hosting you once again this year.

Lloyd Schmidt  
Race Director  
[lloyd@RunWaterloo.com](mailto:lloyd@RunWaterloo.com)  
226-750-0017

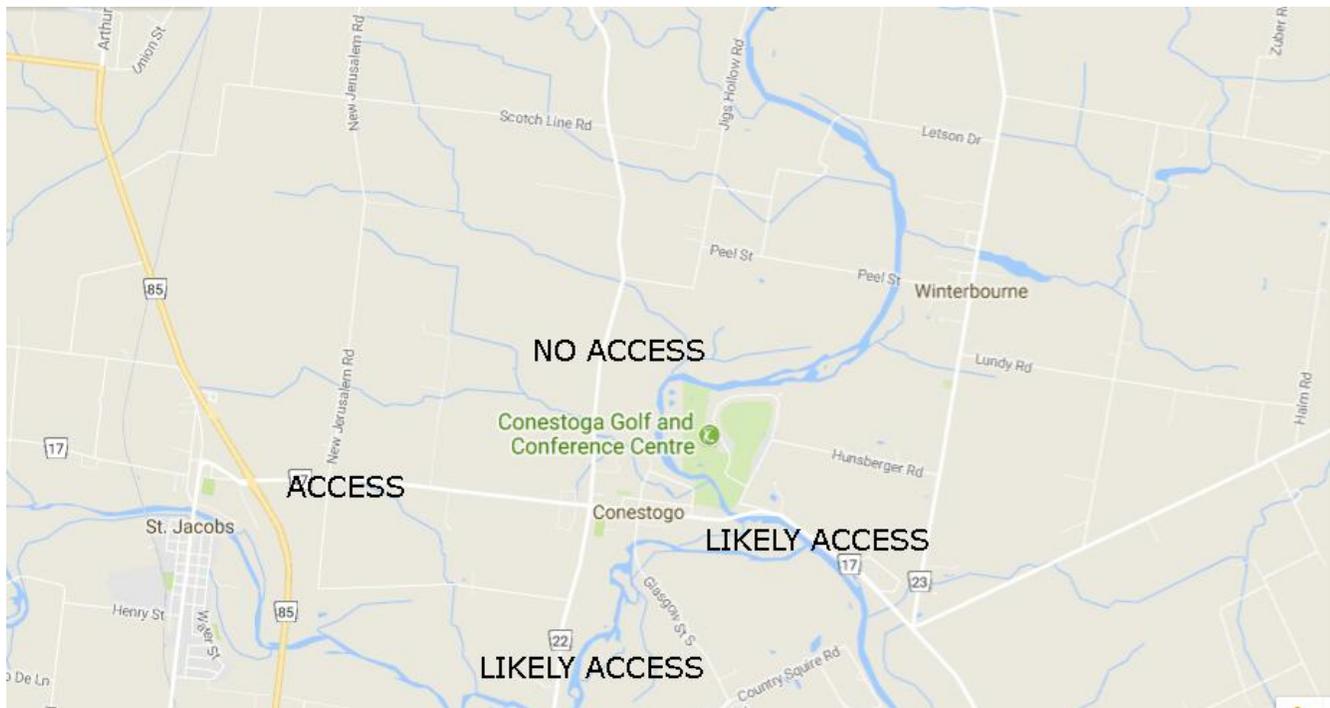
# Notable for 2017

## Construction in Conestogo

As you probably know, there has been and continues to be a lot of construction in the village of Conestogo. This will affect access to the village as well as four of the courses. Here is what you need to know:

### Access

1. Construction can change daily. Leave lots of time before arriving to Conestogo for Stages 1, 2, 6 and 7. Below are our recommendations, which cannot be guaranteed.
2. The best advice for out-of-town guests is to arrive in Conestogo via Sawmill Road from Highway 85, and park at either Conestogo Public School or on Weberlyn Crescent, and to walk over to Conestogo Park. This is the most reliable way to access both the Schmidt Residence and Conestogo Park. There is limited parking at Conestogo Park.
3. There is no access to Conestogo from Highway 22 (Northfield Drive) coming from the north. If you are arriving from this direction, use Scotch Line Road to New Jerusalem Road as a detour.
4. We expect that traffic will be allowed into the village of Conestogo from Sawmill Road from the east and from Northfield Drive from the south. In both of these cases, use your own discretion and bypass road closed signs as local traffic.



### Courses

1. For Stages 1 and 7, a few hundred metres from Evening Star Lane to Sawmill Road are dug up, but are expected to be flat and dirt on race day. It could get mucky in rain, but we are not expecting the courses to change from the 2016 versions.
2. For Stages 2 and 6, active construction on Sawmill Road west of Northfield could displace the exact start/finish locations. Our intention is to change as little as possible, and these adjustments will be made race morning. The venues themselves will not change. These will be paved, but could include sidewalk sections.

We have kept our eyes and ears on this construction, and are pleased with the current state as of August 11, 6:00pm.

# Notable for 2017

## Ultimate Group Photo

Two official Ultimate group photos will be taken: (1) at 7:50am before the start of Stage 1, and (2) at 12:30pm after the completion of Stage 7.



2016 photo with the 2003 photo inset.

## Live results at [results.runwaterloo.com](http://results.runwaterloo.com)

During Stages 1, 3, 5 and 7, live results will be posted to our results website so that you can follow along.

RUNWATERLOO RESULTS
Races ▾ Series ▾ ENDURrun

Name Search

RW  
RUN WATERLOO

ENDURrun Ultimate: All-Time ▾

Ultimate ▾ Final Results ▾ Filter:

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

Especially for the looped trail Stages, this will allow you to track your favourite athletes and battles during your weekday mornings.

# 2017 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

3. Entry Fees are non-refundable, non-deferrable and non-transferrable.
4. The Entry and Waiver Form must be signed by the Entrant or Parent/Guardian. No exceptions.
5. 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

6. All participants must check in with the Race Official prior to each Stage at the "registration and kit pick up" table. Runners arriving late are subject to the same start gun.
7. Time trials starts: the staggered start order is set by the Race Director and will be published to [ENDURrun.com](http://ENDURrun.com) no later than 12 hours in advance.
8. At the time limit of Stages 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. For Stage 7, notice for required early starts will be given from the Race Director by August 17, 2017.

## Identification

9. 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.
10. At Stage 1, any owners of Gold Jerseys (the "Golden Club") are permitted and encouraged to wear their Gold Jerseys.
11. A participant's race bib must be worn on their front during all Stages, so that the number is clearly visible. Only participants with official ENDURrun bibs will be allowed on the courses.
12. If withdrawing from The ENDURrun, a race official must be notified and race bib must be surrendered.
13. Race organizers and volunteers will be wearing distinctive neon volunteer t-shirts at all times, and all participants are encouraged to request assistance from these race officials at any time.
14. **NEW:** Dollar Pacers must sign the entry/waiver form on race day, before the event starts, and pay \$1 cash. Dollar Pacers will be given two bibs, one for their front and back, to clearly identify themselves as pacers. Pacers are allowed to cross the start/finish line, but will not receive a t-shirt, an official time or post-race food.

## Relay Team Members

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

## Results and Awards

19. 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.
20. 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.
21. 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 2017.

## Courses

22. Course assistance from non-race officials must be cleared by the Race Director prior to race start. Running pacing is allowed by and for any participant (Rule 14). **NEW:** Bicycling pacing is not allowed.
23. 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*
24. The chance for unforeseen events is equal to all participants. These events could 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.
25. 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).
26. 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 his decisions will be final.

# Stage 1 – Half Marathon



## Details

Sunday August 13 | 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 2<sup>nd</sup> 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.

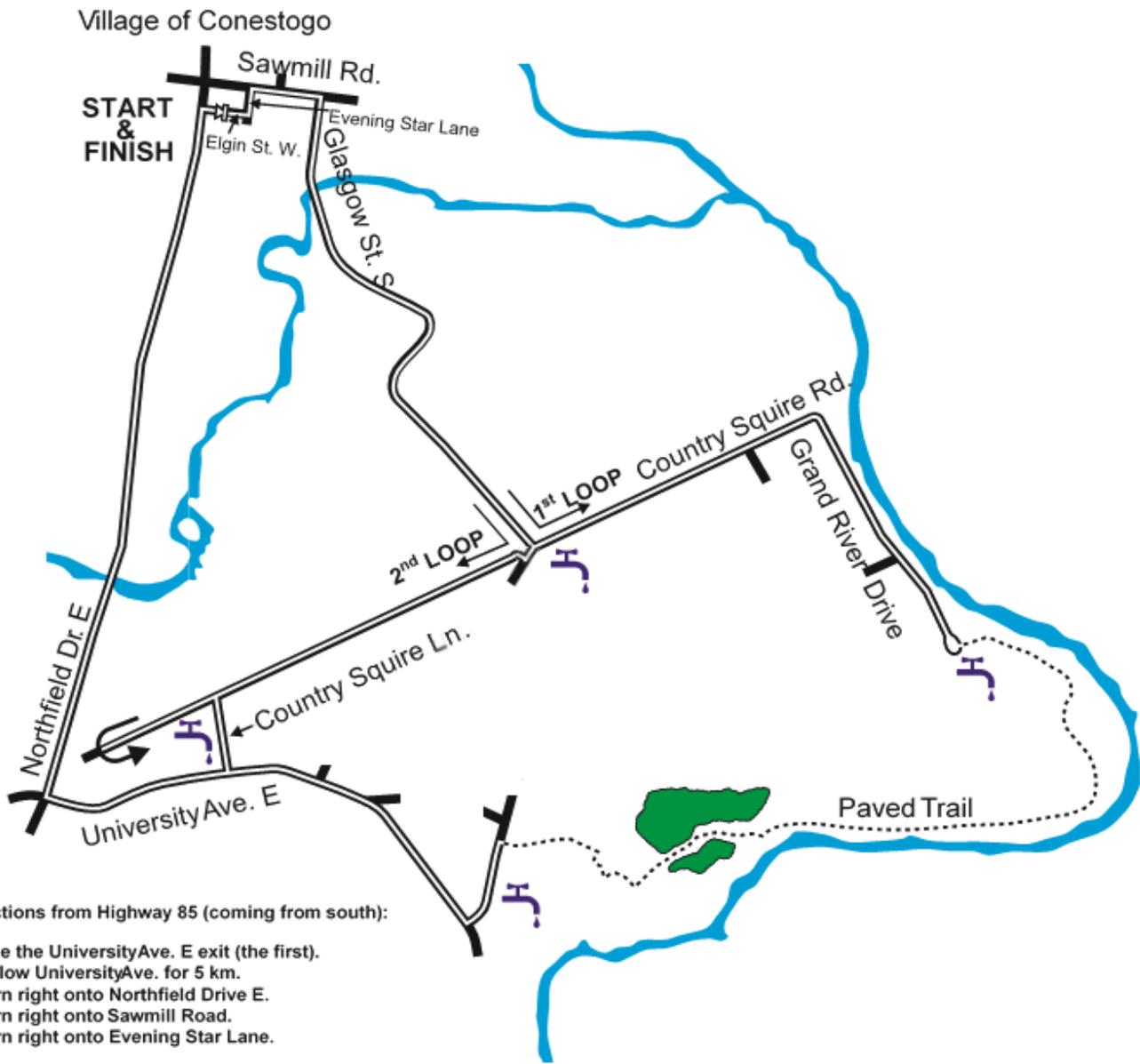
Right onto Northfield Dr. E.

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

# Stage 1

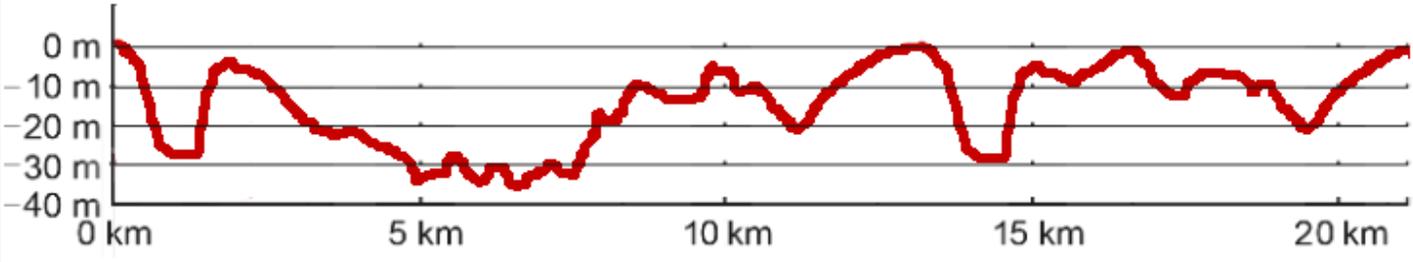
## The Half Marathon (21.1 km)

Sunday 8:00 AM

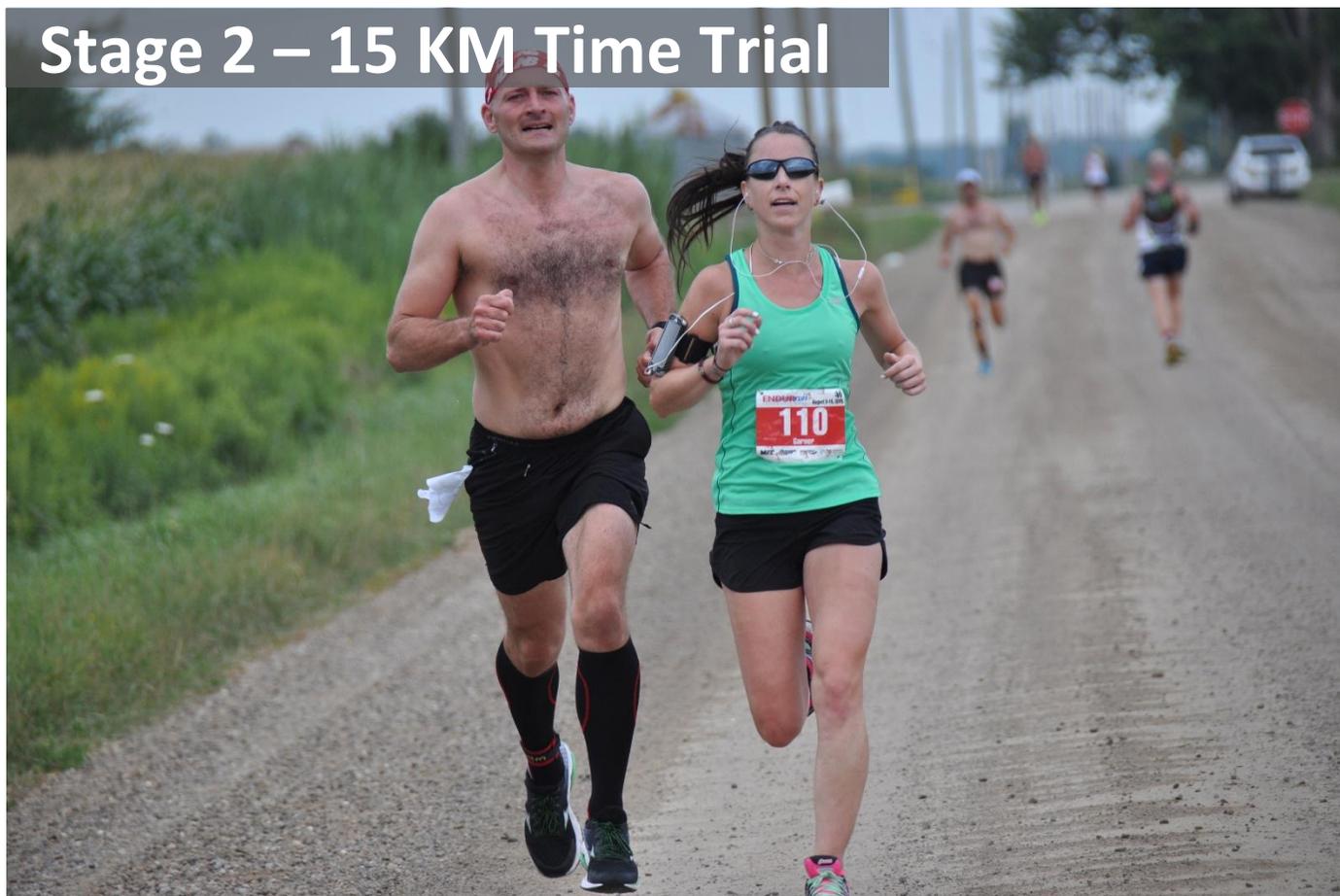


Directions from Highway 85 (coming from south):

- 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 14 | 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.

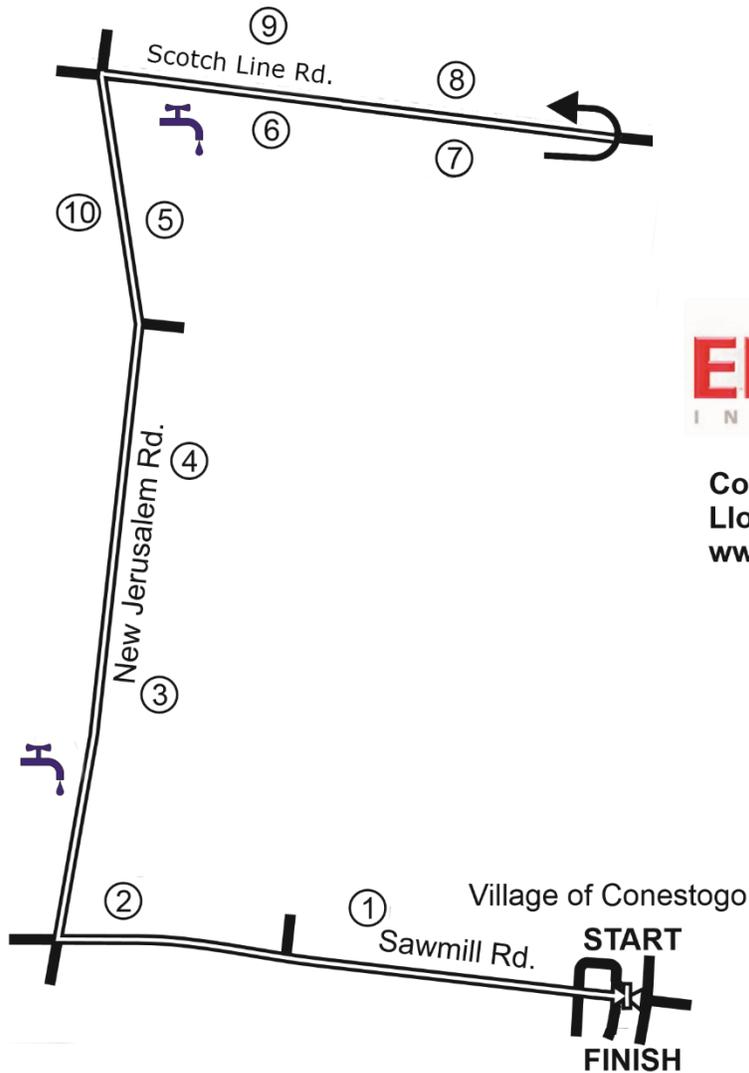
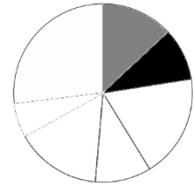
Left on New Jerusalem Rd.

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

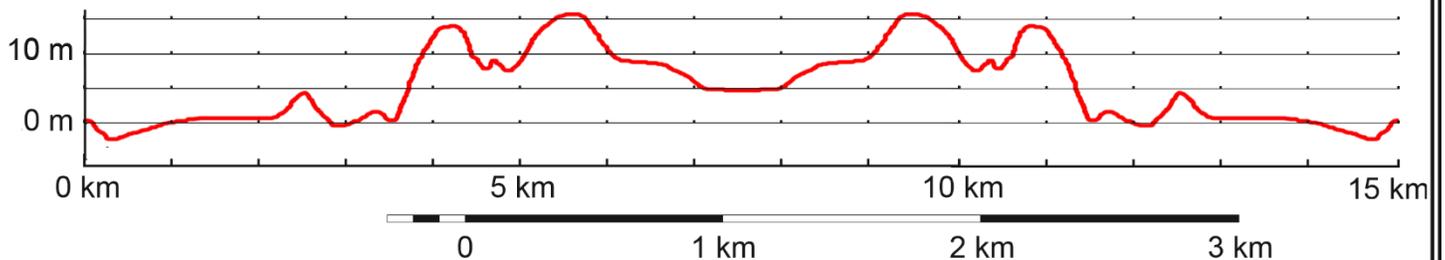
# Stage 2

## 15 km Time Trial

Monday 8:00 AM



Conestogo  
Lloyd Schmidt, Director  
[www.ENDURrun.com](http://www.ENDURrun.com)



# Stage 3 – 30 KM Cross Country



## Details

Tuesday August 15 | 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

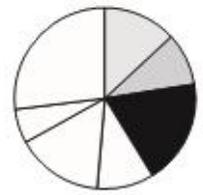
**PARKING: Large rear lot at Bechtel Park**

## 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. **Note that the first kilometre of this loop is slightly different than previous years.**

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

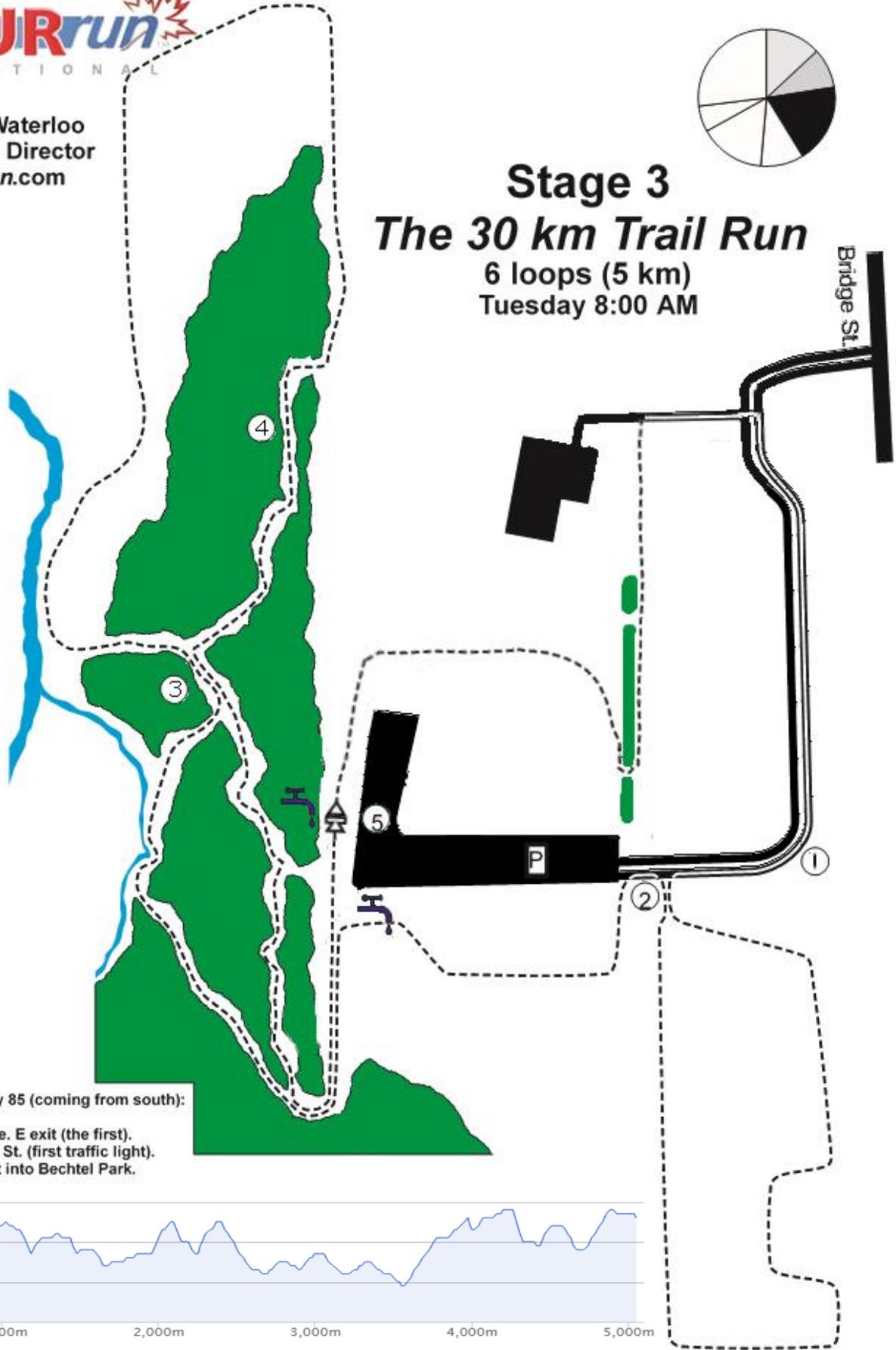
Bechtel Park, Waterloo  
Lloyd Schmidt, Director  
[www.ENDURrun.com](http://www.ENDURrun.com)



### 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.



0

500 m

# Stage 4 – The Hilly Ten Miler



## Details

Wednesday August 16 | 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

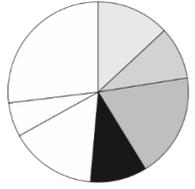
Left onto The Wilmot Line

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

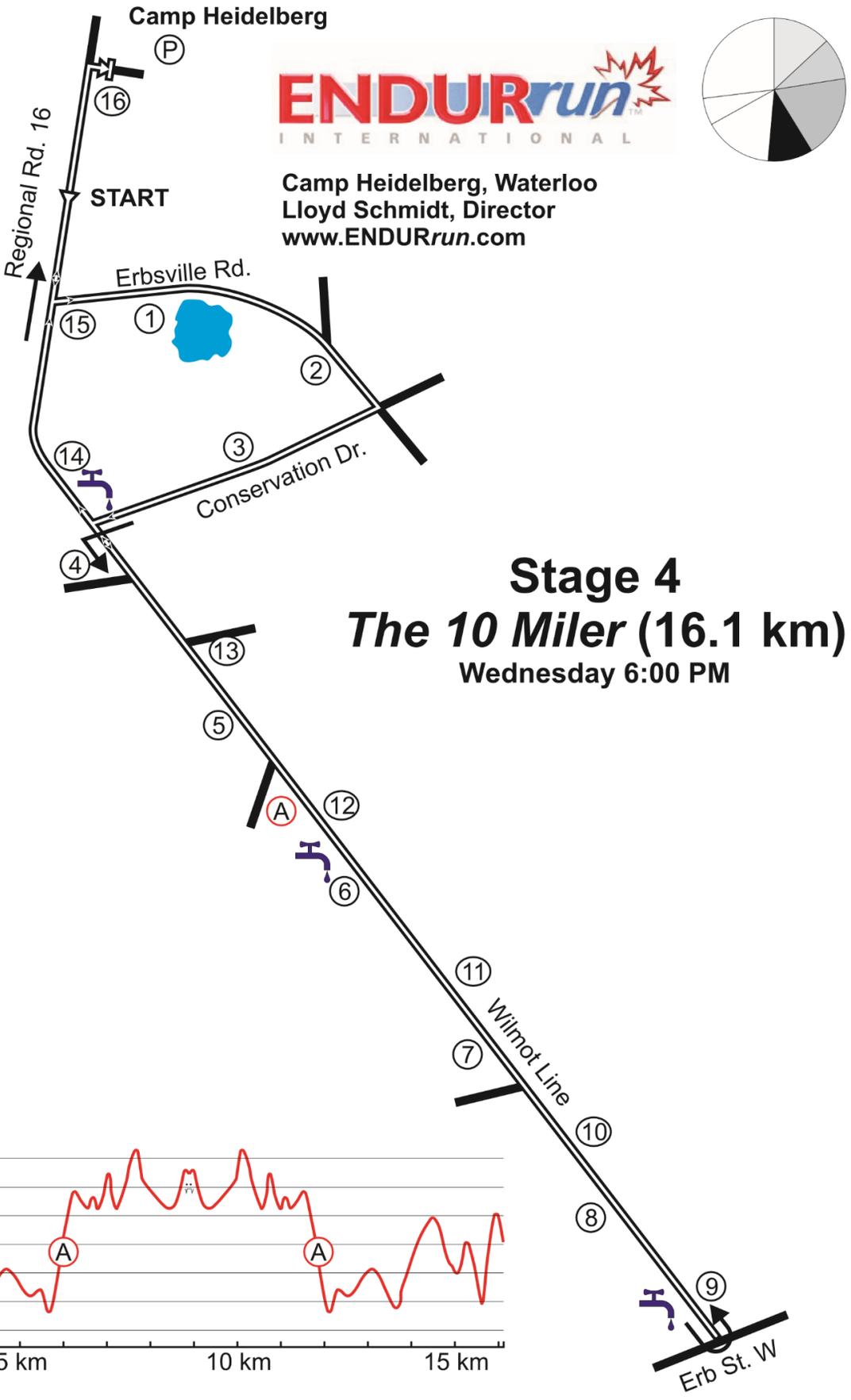
Take Wilmot Line back to Kressler Rd.

Right on Kressler Rd.

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



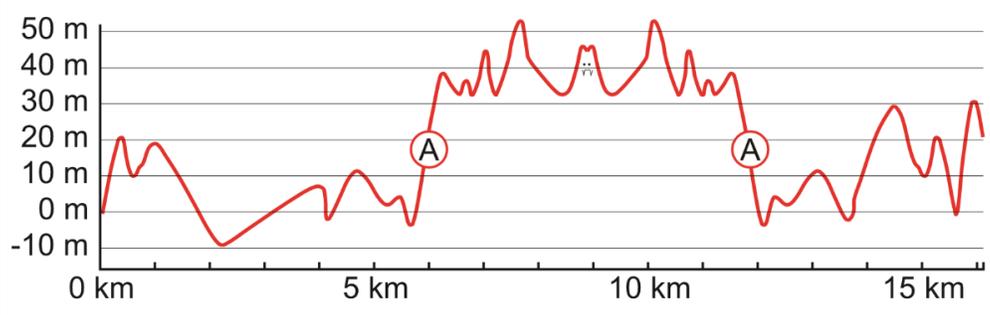
Camp Heidelberg, Waterloo  
Lloyd Schmidt, Director  
[www.ENDURrun.com](http://www.ENDURrun.com)



# Stage 4

## The 10 Miler (16.1 km)

Wednesday 6:00 PM



# Stage 5 – 16 Alpine Miles Cross Country



## Details

Friday August 18 | 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

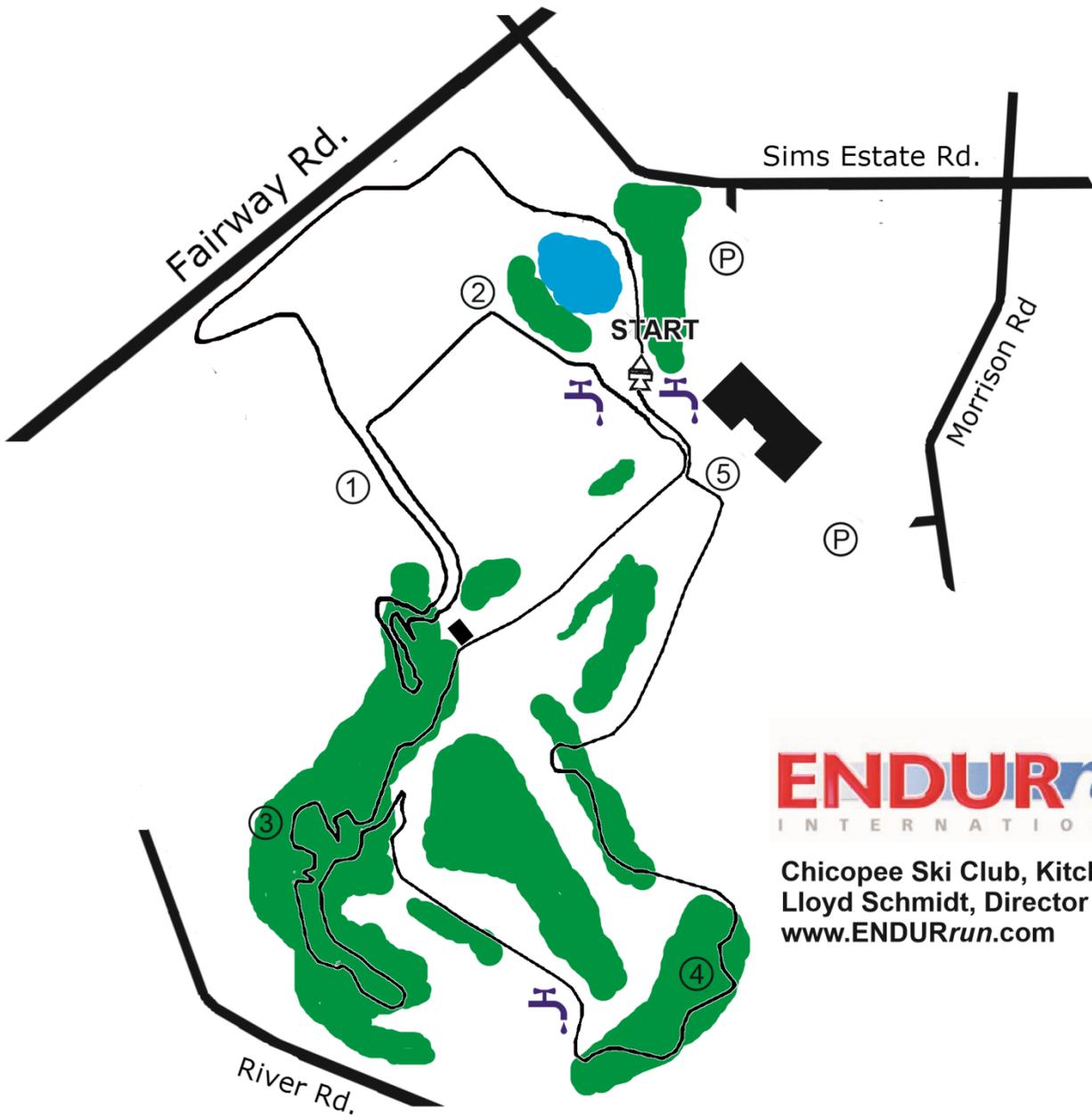
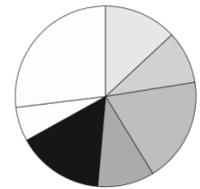
This demanding and hilly 25.6 KM cross-country course is run through the Chicopee Ski Resort and boasts incredible alpine scenery. This multi-loop course includes many extended hill climbs. The course is described as having technical sections, with usual trail features (brush, near branches, tight turns, 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)

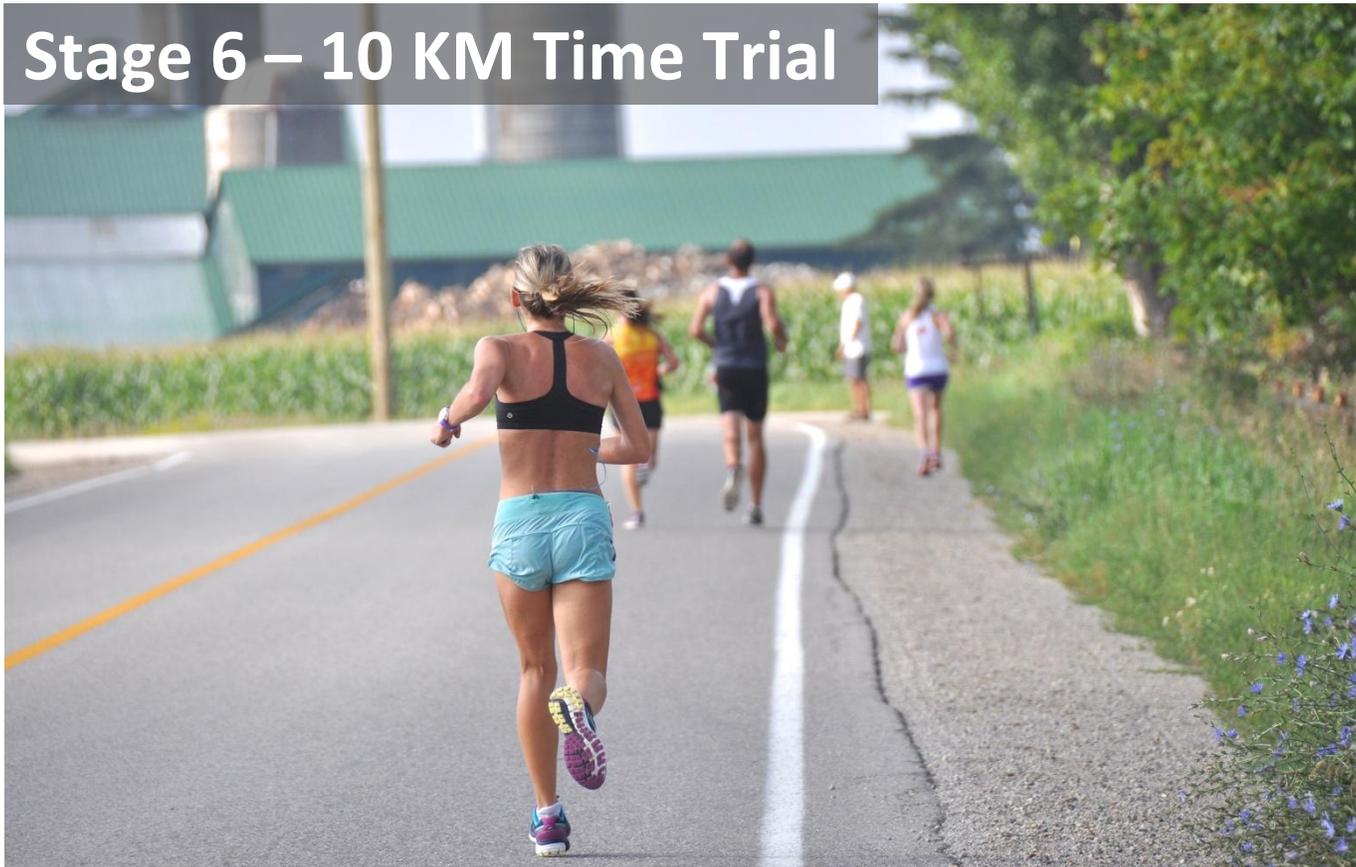
5 loops (5.12 km)  
Friday 8:00 AM



Chicopee Ski Club, Kitchener  
Lloyd Schmidt, Director  
[www.ENDURrun.com](http://www.ENDURrun.com)



# Stage 6 – 10 KM Time Trial



## Details

Saturday August 19 | 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

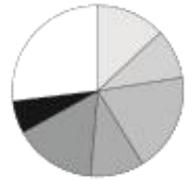
**PARKING: On street on Weberlyn Crescent and Musselman Crescent**

## Description

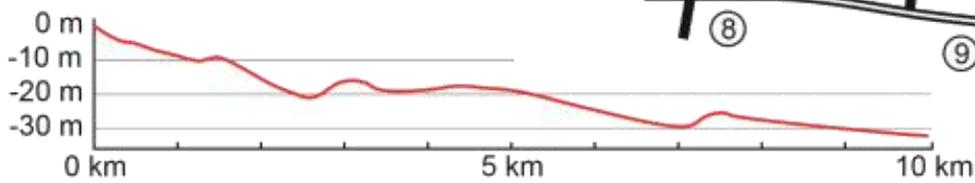
This flat point-to-point course on paved roads through Woolwich Township takes you through countryside dotted with Mennonite farms. The peaceful and relaxing surroundings are among broad open field spaces where the land is still worked by horses. You're sure to encounter the local traffic of horse and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



Elmira to Conestogo  
Lloyd Schmidt, Director  
[www.ENDURrun.com](http://www.ENDURrun.com)



# Stage 7 – Marathon



## Details

Sunday August 20 | 7:30am (Early Start 6:00am) | 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.

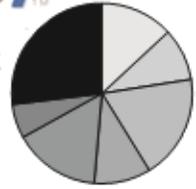
Right onto Northfield Dr. E.

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

Village of Conestogo



Conestogo Community Park  
Lloyd Schmidt, Director  
www.ENDURrun.com



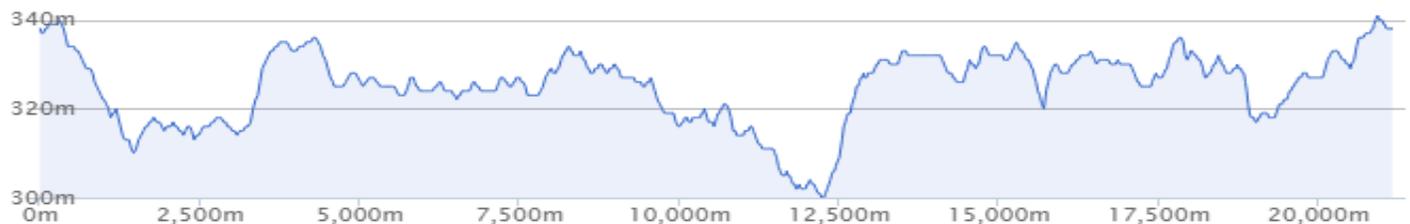
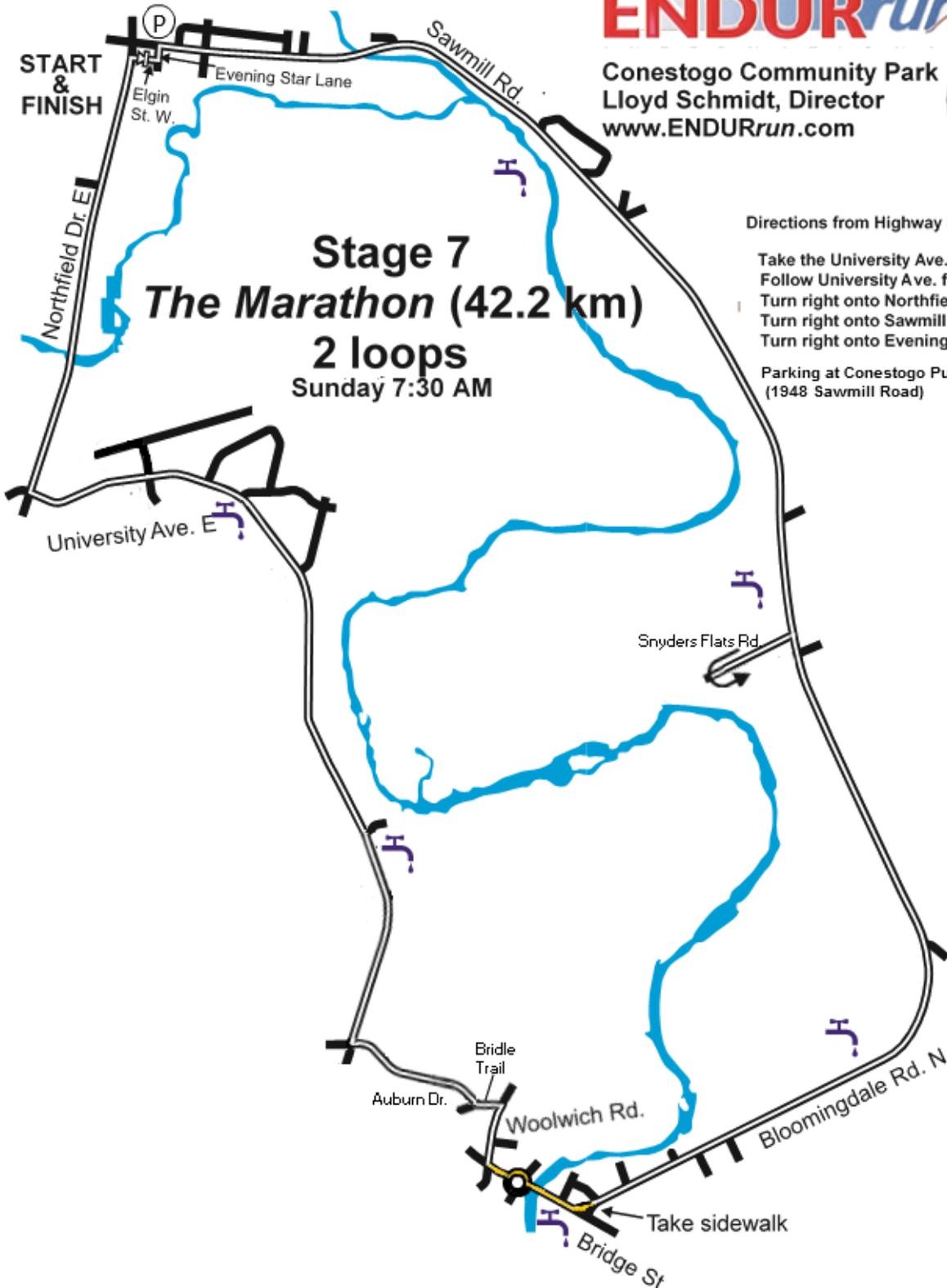
START & FINISH

# Stage 7 The Marathon (42.2 km) 2 loops Sunday 7:30 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.

Parking at Conestogo Public School  
(1948 Sawmill Road)



# Food

Our usual high standard of food will be met this year, accommodating your diet. If you have any questions or concerns please reach out to us at: [info@ENDURrun.com](mailto: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 earlier 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 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

