



Final 2019 Info Booklet

Welcome | Rules | Sponsors | Stages | Food | Volunteers | Don't Miss

Welcome ...

... to the running challenge of a lifetime.

It's been called a lot of things. The *Tour de France* of running, summer camp for runners, and "a family reunion" are all true.

But to really understand it, you have to be here. You have to come to Waterloo and experience the camaraderie, the humanity, the love, in ways that can't be transcribed in this booklet. That's why we've done this every August since 2003.

The ENDURrun is by runners, for runners, and designed to challenge you beyond your running goals and dreams. We've been doing that for sixteen years and 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. 2019 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:

Stage	PRE RACE MEETING	1	2	3	4	REST DAY	5	6	7
Day	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Date	August 10	August 11	August 12	August 13	August 14	August 15	August 16	August 17	August 18
Start Time	5:00 p.m.	8:00 a.m.	8:00 a.m.	8:00 a.m.	6:00 p.m.		8:00 a.m.	7:00 a.m.	7:30 a.m.
KMs		21.1	15	30	16.1		25.6	10.000	42.2
Miles		13.1	9.3	18.7	10		15.9	6.2	26.2
Venue	Schmidt Residence	Community Park	Moyer's Landing	Bechtel Park	Camp Heidelberg		Chicopee	St. David CSS	Community Park
City	Conestogo	Conestogo	Cambridge	Waterloo	Waterloo		Kitchener	Waterloo	Conestogo
Terrain		Road	Road	Trail	Road		Trail	Track	Road
Description		Rolling	Out and Back, Time Trial	Cross Country	Hilly		Cross Country, Alpine	3 heats by Stage 5 Cumulative results	Rolling
Time Limit		2:45	2:00	4:30	2:10		4:30	1:15	6:00

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

Whether you are going for the Gold, trying to improve on previous years, or aiming to finish the event, we will support your personal goal from start to finish.

We look forward to hosting you once again this year.

Lloyd Schmidt

Race Director

lloyd@RunWaterloo.com

226-750-0017

2 Weberlyn Crescent, Conestogo, ON

2019 Rules

1. General

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

2. Entry

- a. Entry Fees are non-refundable, non-deferrable and non-transferrable.
- b. The Entry and Waiver Form must be signed by the Entrant or Parent/Guardian without exception.

3. Race Start, Timing, and Time Limits

- a. *Race Start*
 - i. All participants must check in with the Timing Official at the Start Line prior to each Stage. Runners arriving late are subject to **their** scheduled start gun.
 - ii. For staggered starts (Stage 2 – Time trial start and Stage 6 – Track heat start), start orders are set by the Race Director and will be published to ENDURrun.com no later than 12 hours in advance of the Stage.
 - iii. For Stage 7, notice for required early starts will be given from the Race Director on the Rest Day.
- b. *Timing*
 - i. **Hand timing: Most Stages are timed by hand to the second, and official timers determine ranking if tied. For Stages without common starts (Stage 2), ties are settled first by Division (Ultimate before Relay) and then by previous Cumulative leader.**
 - ii. **Chip timing: Stage 6 will be chip timed to the second, with milliseconds only for breaking any ties.**
 - iii. **Cumulative standings: If tied, the leader/winner is the Ultimate/Relay team that was previously leading.**
- c. *Time Limits*
 - i. **Time limits are firm: Stage 1 - 2:45, Stage 2 - 2:00, Stage 3 - 4:30, Stage 4 - 2:10, Stage 5 - 4:30, Stage 6 - 1:15, Stage 7 - 6:00**
 - ii. 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.
 - iii. **Ultimates who miss time limits are permitted to continue the week in Guest-eligible Stages. Relay teams who miss time limits are permitted to make substitutions with restrictions (5a).**

4. Identification

- a. *Jerseys*
 - i. **The Gold Jersey must be worn by the cumulative Ultimate time leader after each Stage, in the following Stage. Any jersey alterations must be approved by the Race Director.**
 - ii. Gold or Yellow coloured shirts are not allowed to be worn by other participants, with the exception of Stage 1. At Stage 1, owners of Gold Jerseys (the "Golden Club") are permitted and encouraged to wear it.
- b. *Bibs*
 - i. A participant's race bib must be worn on their front during all Stages, so that it shows the number clearly. Only participants with official ENDURrun bibs will be allowed on the courses.
 - ii. If withdrawing from The ENDURrun, a race official must be notified, and the race bib must be surrendered.
 - iii. **2019 bib colours. Mandatory (worn on front): Ultimate/Red, Relay/Green, Guest/Grey, Pacer/Pink. Optional bibs for Ultimate leaders (worn on back): Overall/Gold, Master/Brown, Rookie/Purple, Sprint/Grey, Trail/Green. Volunteers wear Black bibs.**
- c. Race organizers and volunteers will be wearing distinctive neon volunteer t-shirts, and all participants are encouraged to request assistance from these race officials at any time.

5. Relay Team Members

- a. Team members must be declared no later than 24 hours prior to the start of each Stage. Later substitutions may be permitted - even after the Stage start - for placing consideration but not for prize money consideration.
- b. Any participant may participate on only one Relay team.
- c. Ultimate participants may run at most one stage for one Relay team.
- d. **Any Relay team may include at most two Ultimate competitors.**

6. Non-Official On-Course Support and Crewing

- a. *Self-support*
 - i. **No poles unless approved by the Race Director, before the Stage and on an individual basis.**
- b. *Crewing*
 - i. Race course assistance from anyone besides participants and race officials must be cleared by the Race Director prior to race start.

- ii. Running pacing is allowed by and for any registered participant.
- iii. Bicycle pacing is never allowed.
- iv. "Twonie Pacers" are permitted to run on the course to benefit Ultimate and Relay participants.
 - 1. They must sign the waiver and pay \$2 before the event starts. They wear two bibs (front and back) to clearly identify as a pacer.
 - 2. To other participants, pacers must not interfere. Pacers should yield to other participants on narrow sections.
 - 3. For their participant, pacers cannot block wind, or carry supplies such as water or gels.
 - 4. Pacers may receive on-course support from volunteers, but do not receive an official time, post-race food, or swag.
 - 5. Spots are limited and only available in Stages 1, 3, 4, 5, and 7.
 - 6. Participants (Ultimate and Relay) must confirm their pacers before the Stage, and are allowed up to two pacers per Stage.
 - 7. Any Ultimate participant or Relay team whose pacer breaks these rules will be restricted from any future pacing, from as early as the moment of infraction.

7. Results and Awards

- a. 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.
- b. If there are fewer than 3 male or 3 female Ultimate participants, all participants will compete in an Open category, where prizes are awarded without gender distinction.
- c. 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 2019.
- d. For Ultimate prize money, the Ultimate must finish the week to collect any prizes.
- e. An individual's Rookie year begins at the Stage 1 start line, whether or not the Ultimate is completed that year.

8. Courses

- a. 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*
- b. 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.
- c. Participants who leave the race course must re-enter at the same point.
- d. On road courses, participants must run within one or two feet of the right side of the road at all times, unless otherwise instructed. 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).
- e. 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 for final decision.
- f. Track rules
 - i. The only rule is that a runner must stay to the right of the inside line of Lane 1
 - ii. Points of etiquette (not strict rules) are included in the booklet Stage 6

Sponsors



Stage 1 – Half Marathon



Details

Sunday August 11 | 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), Park is on Evening Star Lane

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.

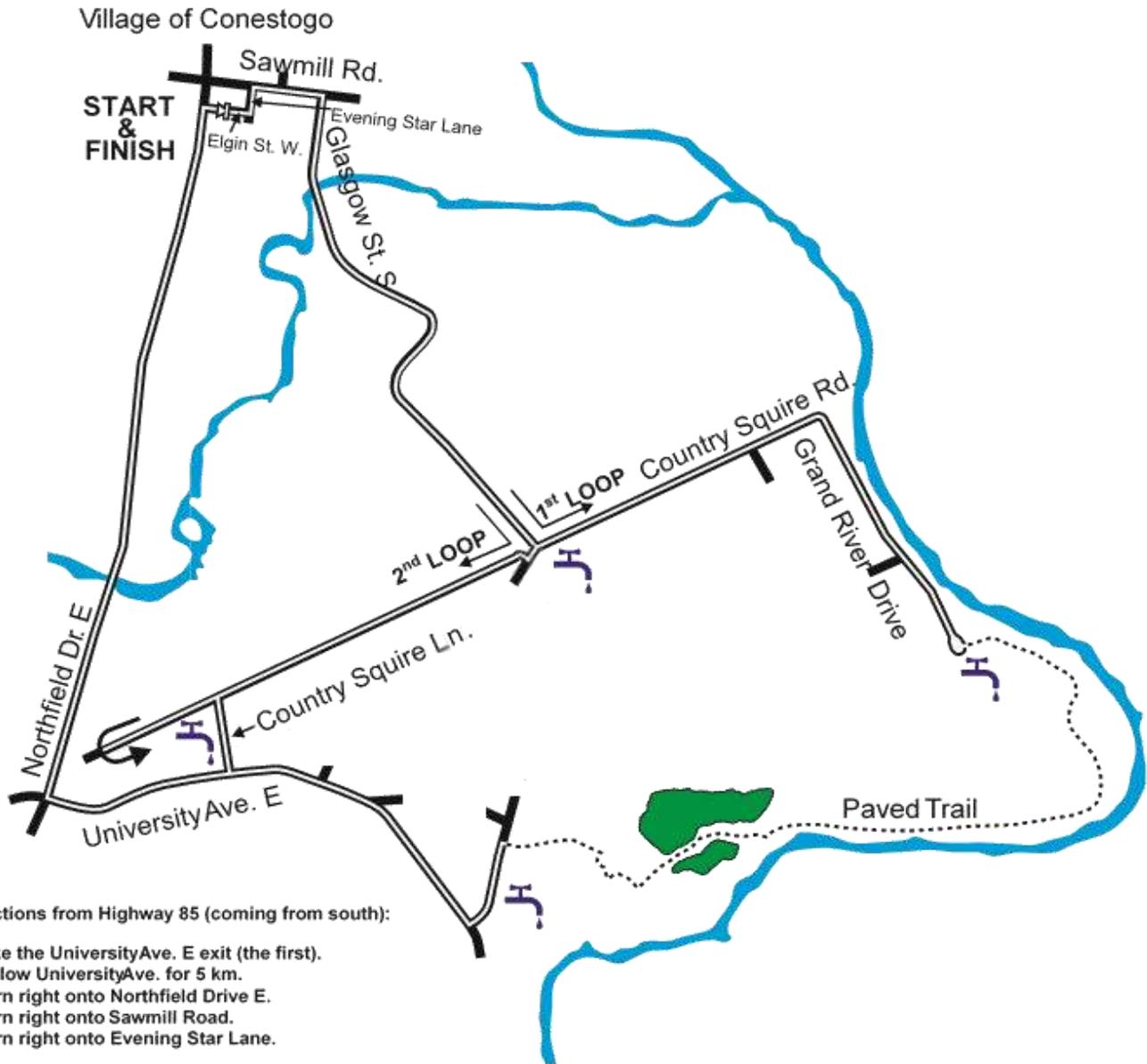
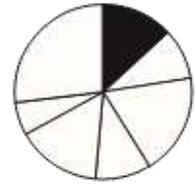
Right onto Northfield Dr. E.

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

Stage 1

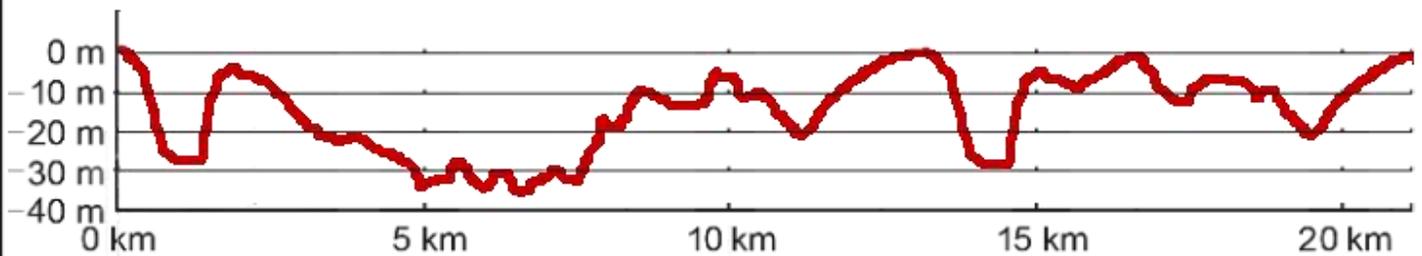
The Half Marathon (21.1 km)

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 12 | 8:00am | Moyer's Landing, Cambridge | 15.0 KM

Directions

From 401 Westbound

- Take exit 278 for Regional Road 8
- Turn left onto King St E/Shantz Hill Rd.
- Turn Right on Fountain St.
- Destination is on left (before Grand River)

PARKING: At Moyer's Landing (780 Fountain St S, Cambridge, ON N3H 4R8)

Description

The course is an out-and-back time trial on the Grand Trunk section of the Grand River Trail, 60% of which is on gravel/crushed gravel, and 40% of which is on pavement. Runners start at separate and consistent intervals, in reverse order of current standings.

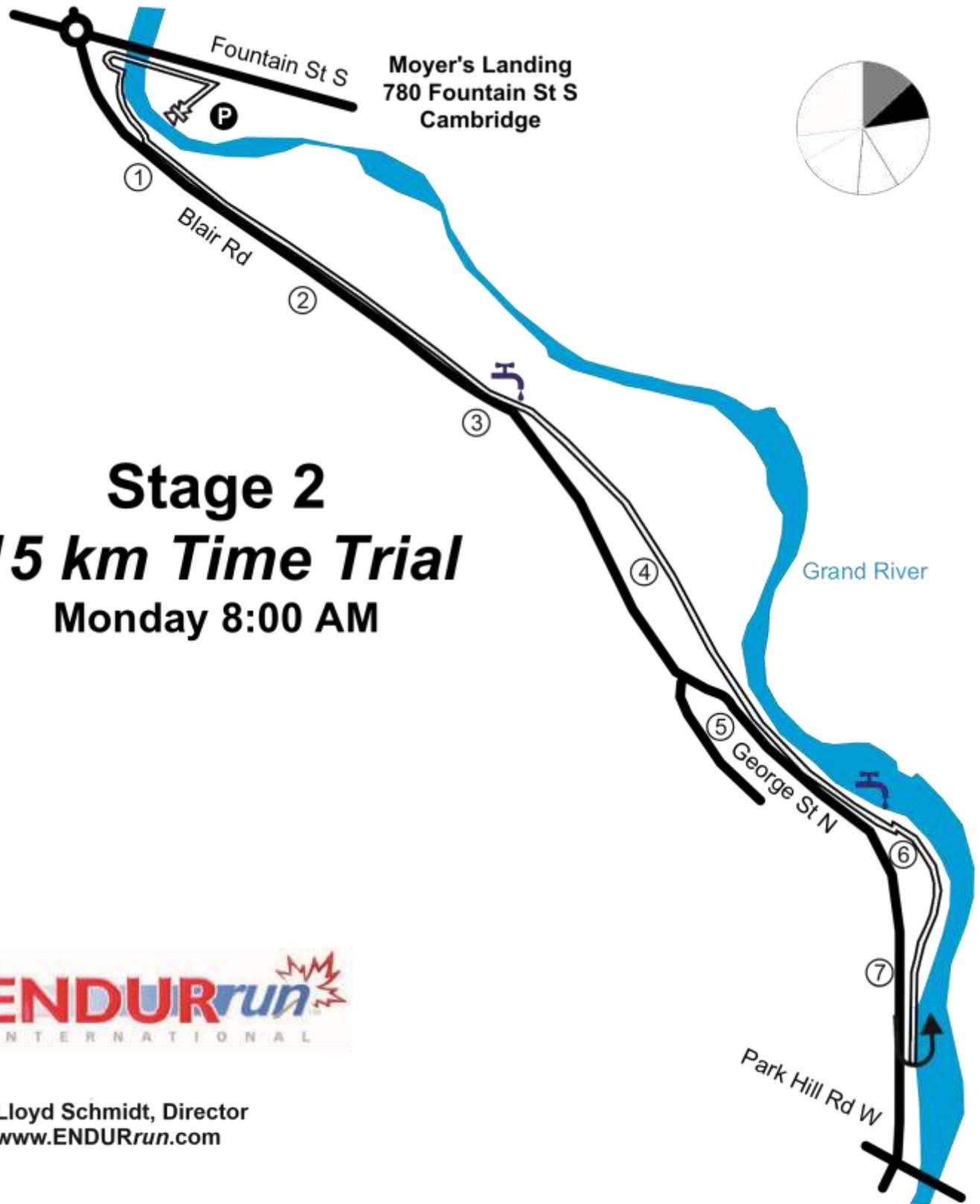
Start in the parking lot.

Left onto Fountain St. (cross the Grand River)

Left onto Grand River Trail

Follow trail through gravel and paved sections to downtown Galt

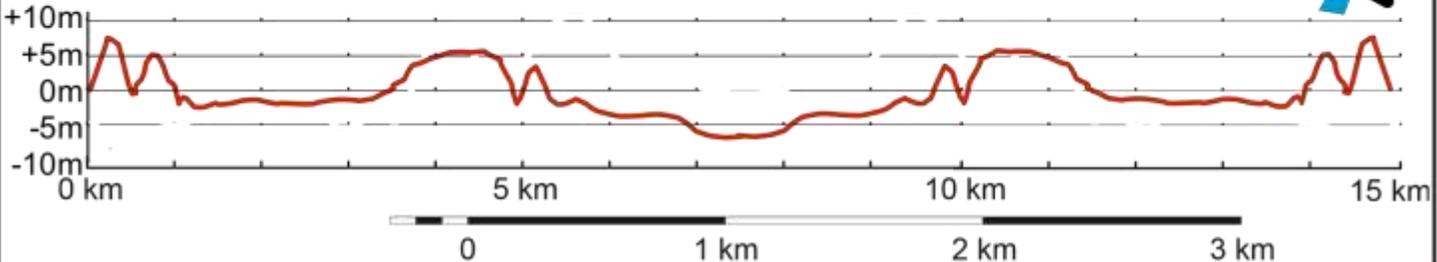
Turanround and reverse entire course back to Start/**Finish line.**



Stage 2
15 km Time Trial
Monday 8:00 AM



Lloyd Schmidt, Director
www.ENDURrun.com



Stage 3 – 30 KM Cross Country



Details

Tuesday August 13 | 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

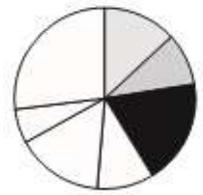
PARKING: Large rear lot at Bechtel Park (185 Bridge St, Waterloo)

Description

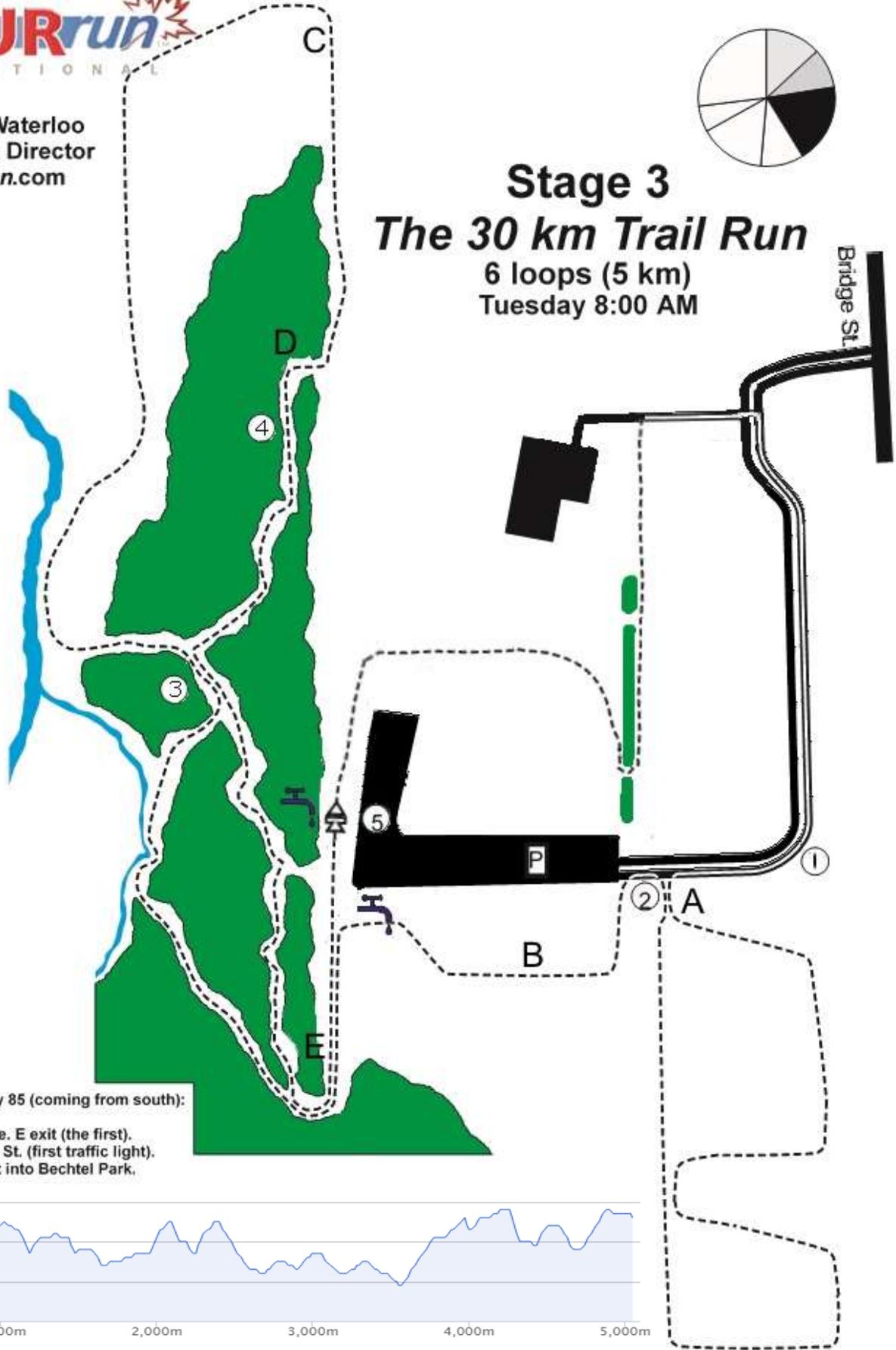
This multi-loop, 30 KM nontechnical cross-country course is run on grass or wood chip paths, about half of which is through forest trails, as well as some pavement, gravel and open grass sections. The 5 KM loop is run six times.

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.



0 500 m

Stage 4 – The Hilly Ten Miler



Details

Wednesday August 14 | 6:00pm | Camp Heidelberg | 16.1 KM

Directions

From Highway 85, from south:

- Exit onto University Ave. W.
- 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

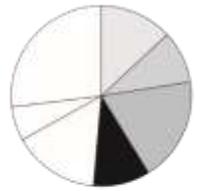
Left onto The Wilmot Line

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

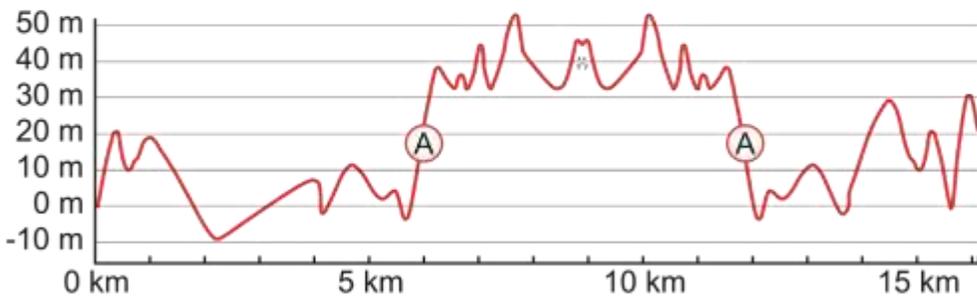
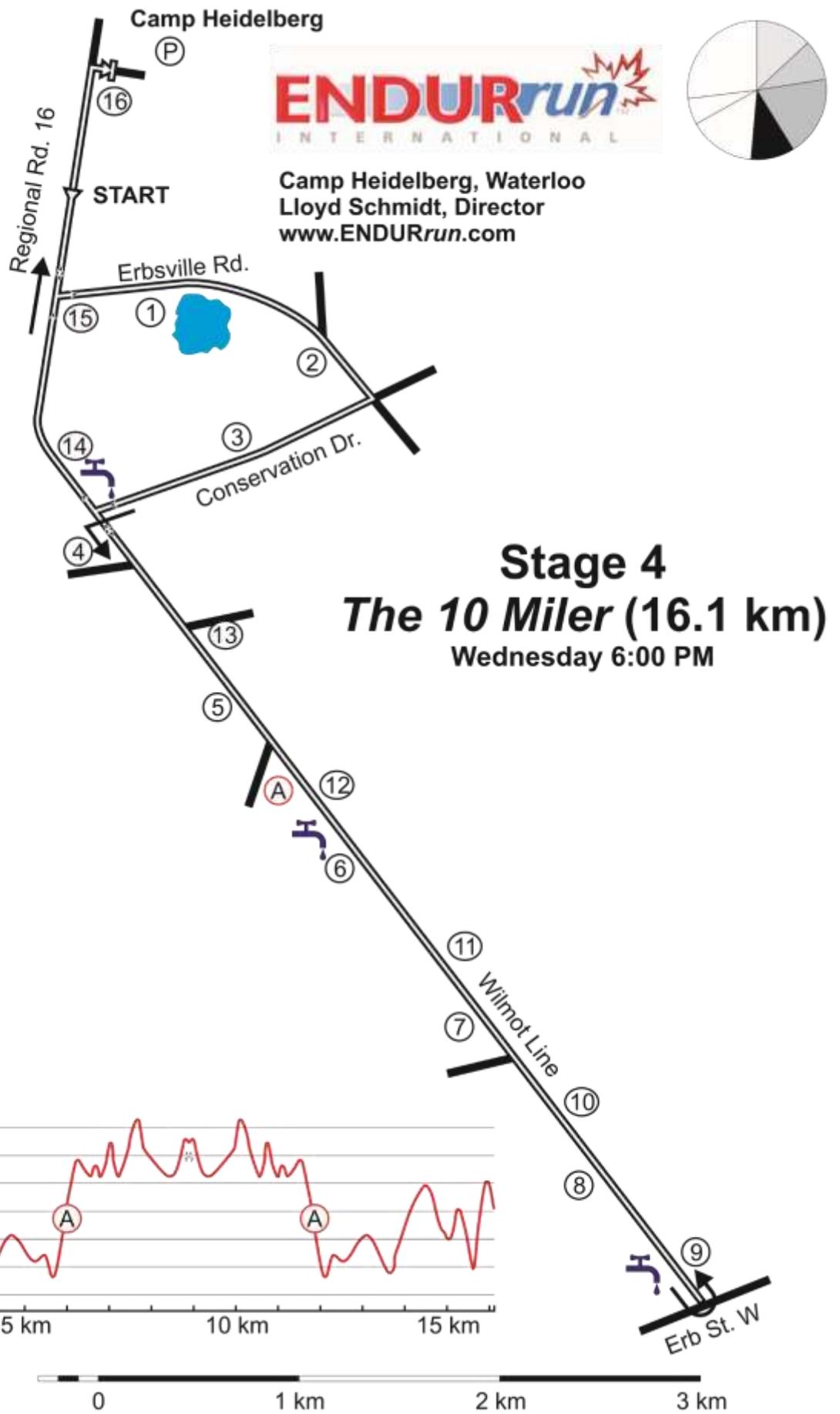
Take Wilmot Line back to Kressler Rd.

Right on Kressler Rd.

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



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



Stage 5 – 16 Alpine Miles Cross Country



Details

Friday August 16 | 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 (396 Morrison Rd, Kitchener). Entrance to parking lot is on Morrison

Description

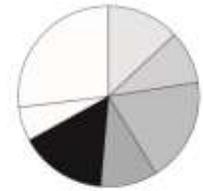
This demanding and hilly 25.6 KM cross-country course is run through the Chicopee Ski Resort and boasts incredible alpine scenery. This multi-loop course includes many extended hill climbs. The course is described as having technical sections, with usual trail features (brush, near branches, tight turns, 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 17 | 7:00am* | St. David CSS, Waterloo | 10,000m

Directions

To START - From Highway 85, from south:

- Take the King St. S exit
- Right on Weber St. N
- Left into parking lot.

PARKING: St. David CSS (4 High St. Waterloo)

Description

This is a 10,000m track race (25 laps of a 400m rubberized track).

Based on the cumulative standings after Stage 5, the field (Ultimate + Relay) will be divided into thirds, with the fastest heat starting at 7:00am*, the next heat starting at ~ 7:50am, and the final heat at ~ 8:50am (subject to change based on final runner). Heats will be approximately 25 runners.

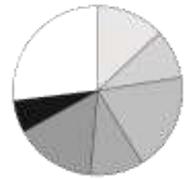
There is one water station on the course at 200m (inside and outside lanes). There is one portable toilet at the 200m.

There will be a clock at the start/400m line. The heat leader's laps will be counted on a flip chart at the start/400m line. Runners should keep track of how many times they have been lapped so that they can easily calculate their own lap.

Track etiquette:

- Do not run in groups. Do not run two people wide.
- Once lapped, a runner could move out of the inside lane.
- If you hear "Track" from behind, continue forward at your pace and move half a lane to the right as soon as it is clear to do so. ("Track" is only used for passing on the left. To pass on the right, no communication is necessary.)
- When finishing, keep moving, and move to the right when it is clear to do so.
- Don't make sudden lateral movements.

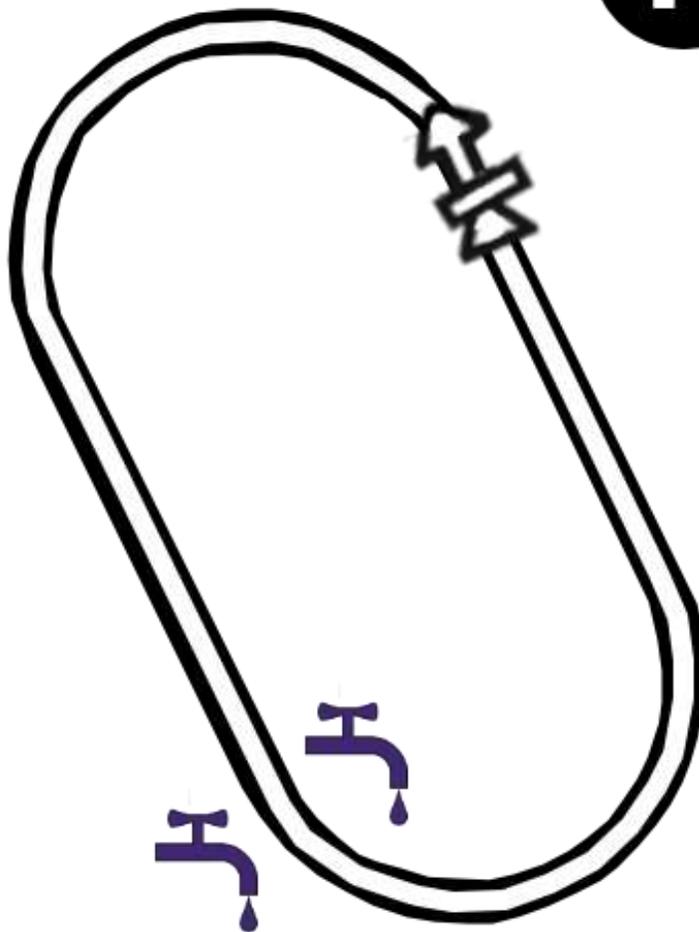
Stage 6
10,000m Track Heats
Saturday 7:00 AM



Weber St N



St David CSS
4 High St Waterloo



Lloyd Schmidt, Director
www.ENDURrun.com

Stage 7 – Marathon



Details

Sunday August 19 | 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, a short gravel stretch, and a 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.

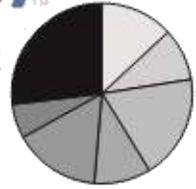
Right onto Northfield Dr. E.

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



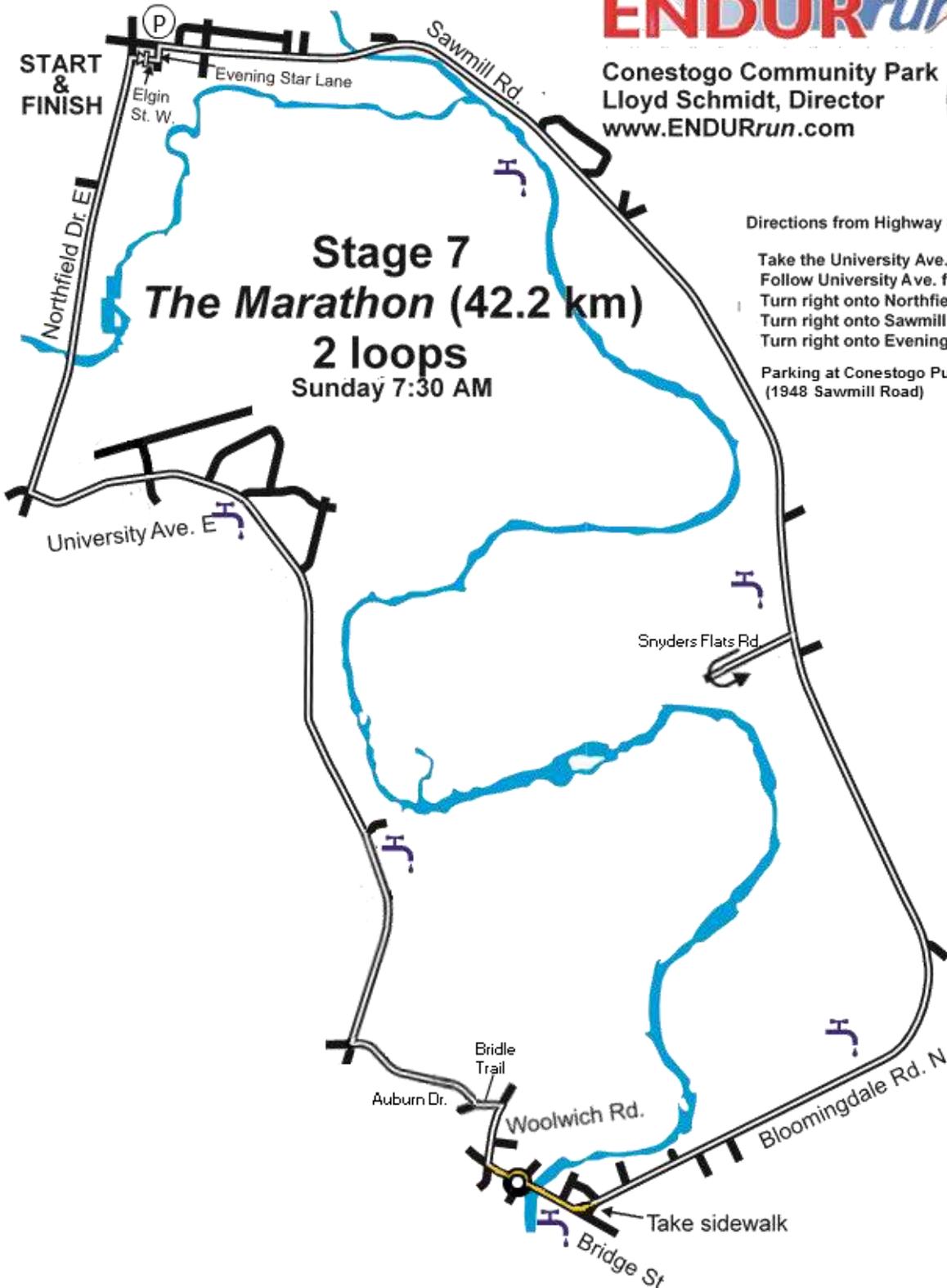
START & FINISH

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

Huge thanks to [The Running Rarebits](#) for taking this on in 2019!

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

At stages, food is reserved for:

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

For a donation, food may be made available to spectators (families, non-racing relay team members, etc.) according to this schedule:

Spectator Prices	Individual	Family	Relay Team Member
Single Stage	\$5	\$10	\$5
Week	\$20	\$40	\$10

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



Volunteers



Our volunteers are incredible. Many of them 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 neon 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!

Don't Miss...

Contender Profiles

Study up! Get to know the faces of 2019 at ENDURrun.com.



Pre-Race Meeting

ENDURrun kicks off on Saturday, August 10, with a meet-and-greet, kit pickup and information session at 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 5:30. This session is not mandatory, but highly recommended for new and old participants alike.

Ultimate Group Photo

Two official Ultimate group photos will be taken: one at 7:50am before Stage 1, and another at 12:30pm after Stage 7.



Live results at results.runwaterloo.com

During Stages 3, 5, and 7, live results are posted so that you can follow along at the office or on-the-go.

