

# ENDURrun™

I N T E R N A T I O N A L

## 2014 Info Booklet

July 18, 2014

Welcome

Contenders

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Stage Info

- Details
- Directions
- Descriptions
- Maps
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# 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 eleven 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 the most competitive year yet.

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

	1	2	3	4	REST DAY	5	6	7
<b>DATE</b>	Sunday August 10	Monday August 11	Tuesday August 12	Wednesday August 13	Thursday August 14	Friday August 15	Saturday August 16	Sunday August 17
<b>START TIME*</b>	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.
<b>KMS MILES</b>	21.1 13.11	15 9.32	30 18.65	16.1 10		25.6 15.91	10 6.22	42.2 26.23
<b>VENUE</b>	Community Park	Schmidt Residence	Bechtel Park	Camp Heidelberg		Chicopee Ski Club	Gibson Park & Schmidt Residence	Community Park
<b>CITY</b>	Conestogo	Conestogo	Waterloo	Waterloo		Kitchener	Elmira & Conestogo	Conestogo
<b>TERRAIN</b>	Road	Road & Gravel	Trail	Road & Gravel		Trail	Road	Road
<b>COURSE DESCRIPTION</b>	Rolling	Out and Back Very Flat Time Trial	Cross Country	Hilly		Cross Country Hilly	Point to Point Very Flat Time Trial	Rolling
<b>EST. MAX TIME LIMIT</b>	2 Hours 45 Mins	2 Hours	4 Hours	2 Hours		4 Hours	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)

We look forward to hosting you once again this August.

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

Jordan Schmidt  
Operations Manager  
[Jordan@RunWaterloo.com](mailto:Jordan@RunWaterloo.com)  
519-575-3643

# The Contenders

## ULTIMATE

## SPORT

### Male

- Mark McDonald
- Jack Kilislian
- Dave Bolan
- Andrew Heij
- Patrick Kelly
- Tim Coleman
- Ed Andringa
- Rick Straughen
- Rob Holmes
- Holger Kleinke
- K. Bill Dost
- Ben Hack
- Steve Mahood
- Chris Battaglia
- Dusan Mataruga
- Denis Allen
- Mark Meyers
- Wilf Goron
- Christian Belair
- Pierre Caron
- Paul Mora
- Jason Hickey
- Brian Verspagen
- Matthew Leduc
- Stefan Gudmundson

- Jeff Martin
- Sean Tamkin
- Jayson Gagnard
- Vincent Charbonneau

### Female

- Joanne Bink
- Sara Blanchett
- Michelle Barnes
- Susan Moizer
- Michelle Lennox
- Heather Heij
- Maureen Pecknold
- Cathy Putman
- Jodi Kalman
- Jennifer Wieggers
- Deirdre Large
- Una Beaudry
- Vicki Zandbergen
- Angela Batsford
- Kelly Thomas
- Catherine Kelly
- Mindy Fleming

- Robin Brunet

*Complete Ultimate and Sport contenders as of the publication of this document. Registration remains open.*



# ENDURrun Rules

## General Rules

1. The information in this publication is subject to change at the discretion of the Race Director. This content will be deemed FINAL and OFFICIAL as of August 1, 2014.
2. Content of LINKS on The ENDURrun WEBSITE are not the responsibility of The ENDURrun.
3. The Entry and Waiver Form must be signed by the Entrant or Parent/Guardian. No exceptions.
4. Entry Fees are non-refundable.
5. Registration is limited.

### Relay

6. Team members must be declared 24 hours prior to the start of each Stage with the Race Director. Substitutions will be permitted race day (before or after the start of a Stage) for placing consideration but not for prize money consideration.
7. Prize money will be distributed if there are at least five teams in the relay competition.

### Events

8. All participants must check in with the Race Director prior to each Stage at "roll call". Runners arriving late are subject to the same start gun.
9. A participants' Race Number must be worn on the front of their clothing.
10. Course assistance from non-race officials must be cleared by the Race Director before the start of the race.
11. If withdrawing from The ENDURrun, a race official must be notified, and race bib must be surrendered.
12. Time trials are staggered starts. Running order is set by Race Organizers.
13. Stage time limits published on the second page of this document have not been enforced in the past. In 2014, 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 15, 2014. At the time limit of each stage (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

14. The Gold Jersey (Ultimate Event) must be worn by the cumulative time leader after each Stage. Gold or Yellow coloured shirts or jerseys are not allowed to be worn by other participants.
15. Race organizers and volunteers will be wearing a special volunteer t-shirt at all times, and all participants are encouraged to request assistance from these race officials at any time.

### Results

16. No Collusion. Participants are not allowed to make arrangements prior, during or after the event pertaining to the sharing or 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 into the Ultimate Event, then all participants will compete in an Open event with no distinction between male and female participants regarding awards.
18. If there are fewer than 3 male or 3 female participants entered into the Sport Event, then all participants will compete in an Open event with no distinction between male and female participants regarding awards.
19. The ENDURrun Director's decision is final concerning any and all discrepancies.
20. The ENDURrun Director reserves the right to increase or decrease the cap limit at any time, and may do so 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.

# Course Rules

1. We cannot 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*
2. 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.
3. Road courses are measured by following the right-hand side of the road at all times. You 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 for the following reasons:
  - a. No roads are closed to traffic. You cannot see the traffic behind you to cut corners or tangents safely
  - b. The courses are measured specifically, so by cutting corners and tangents, you will not be running the entire distance
  - c. All runners are aware of these same rules, optimizing fairness
4. Penalties for course violations could vary from time penalties (one minute, two minutes, etc.) to event disqualification. Reports of course violations will be reviewed by The ENDURrun director and this decision will be final.
5. Issues such as construction and fallen trees along the courses are known and will be addressed closer to the date of the race.





# Stage 1 – Half Marathon



## Details

Sunday August 10 | 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

## Description

This half-marathon 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 and loops through pockets of woods around the newly built Grey Silo golf course. The course is 2 loops, with the 1st loop approximately 13 KM and the 2nd approximately 8 KM.

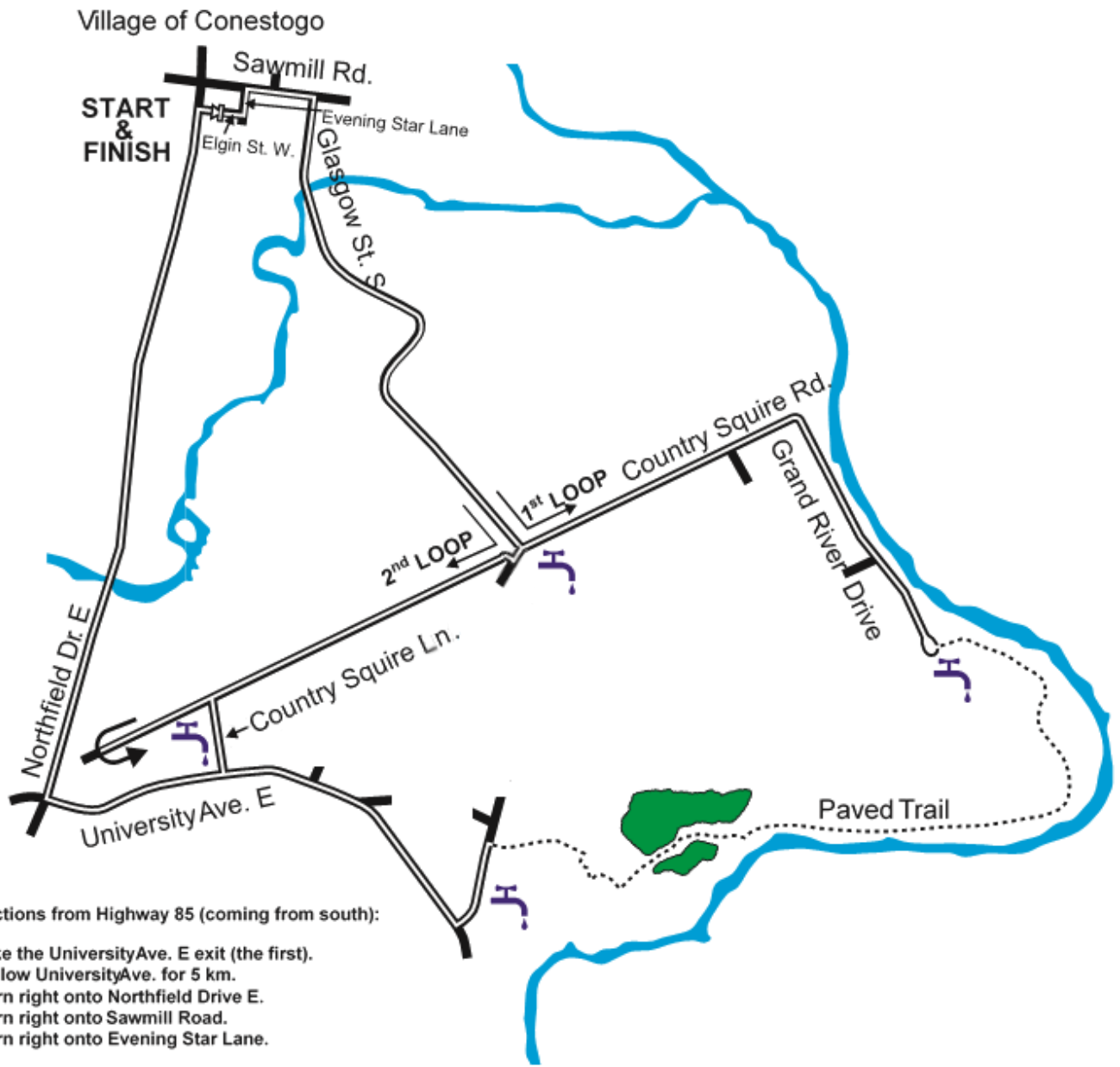
Start at Conestogo Community Park, Elgin St. W.  
Left onto Evening Star Lane Right onto Sawmill Rd.  
Right onto Glasgow St. S.  
Left onto Country Squire Rd.  
Right onto Grand River Dr.  
Enter paved bicycle path around Grey Silo Golf Course  
Left onto Woolwich St.  
Right onto University Ave. E. 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 Country Squire Rd.  
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

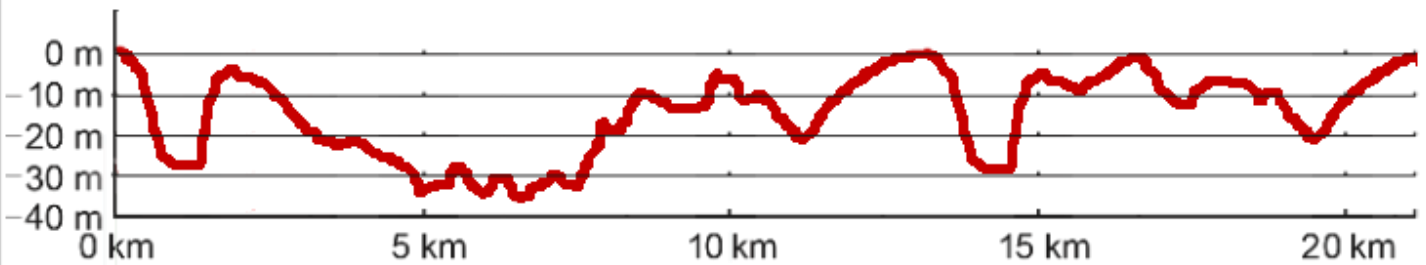
## The Half Marathon (21.1 km)

Sunday 8:00 AM



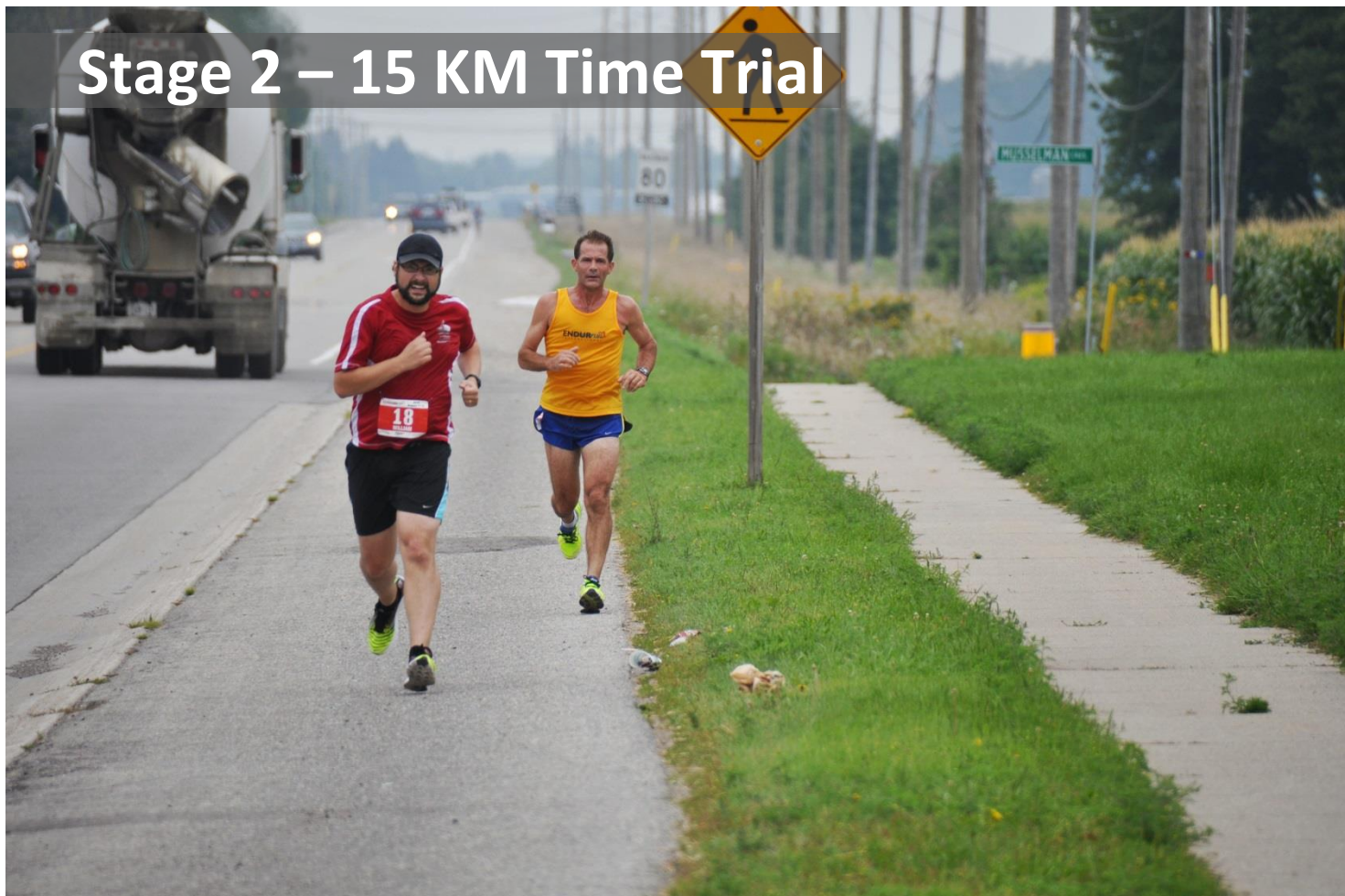
Directions from Highway 85 (coming from south):

- 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 11 | 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

## 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.

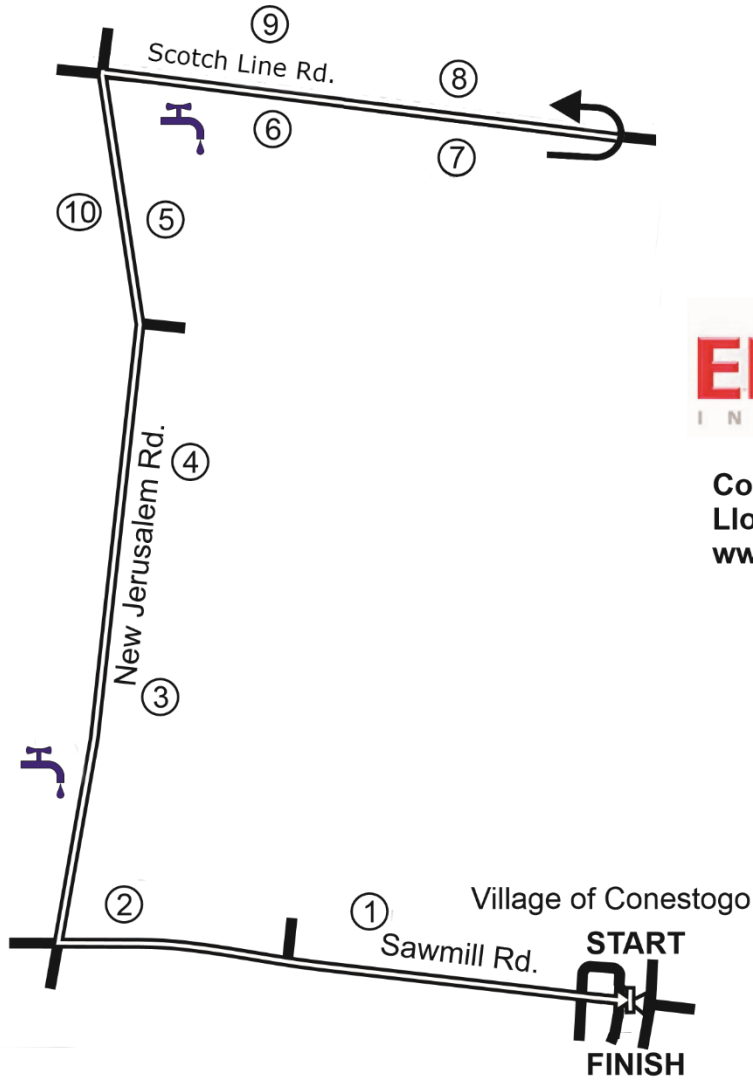
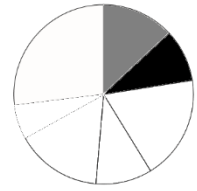
Left on Sawmill Rd.



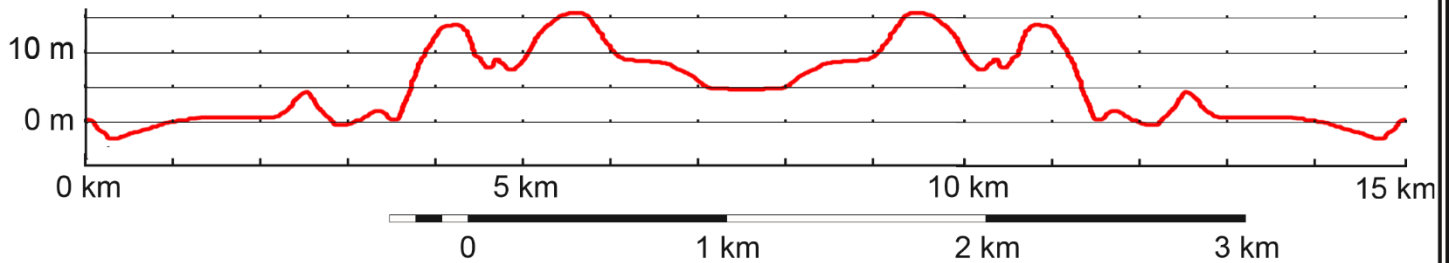
# Stage 2

## 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 12 | 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

## Description

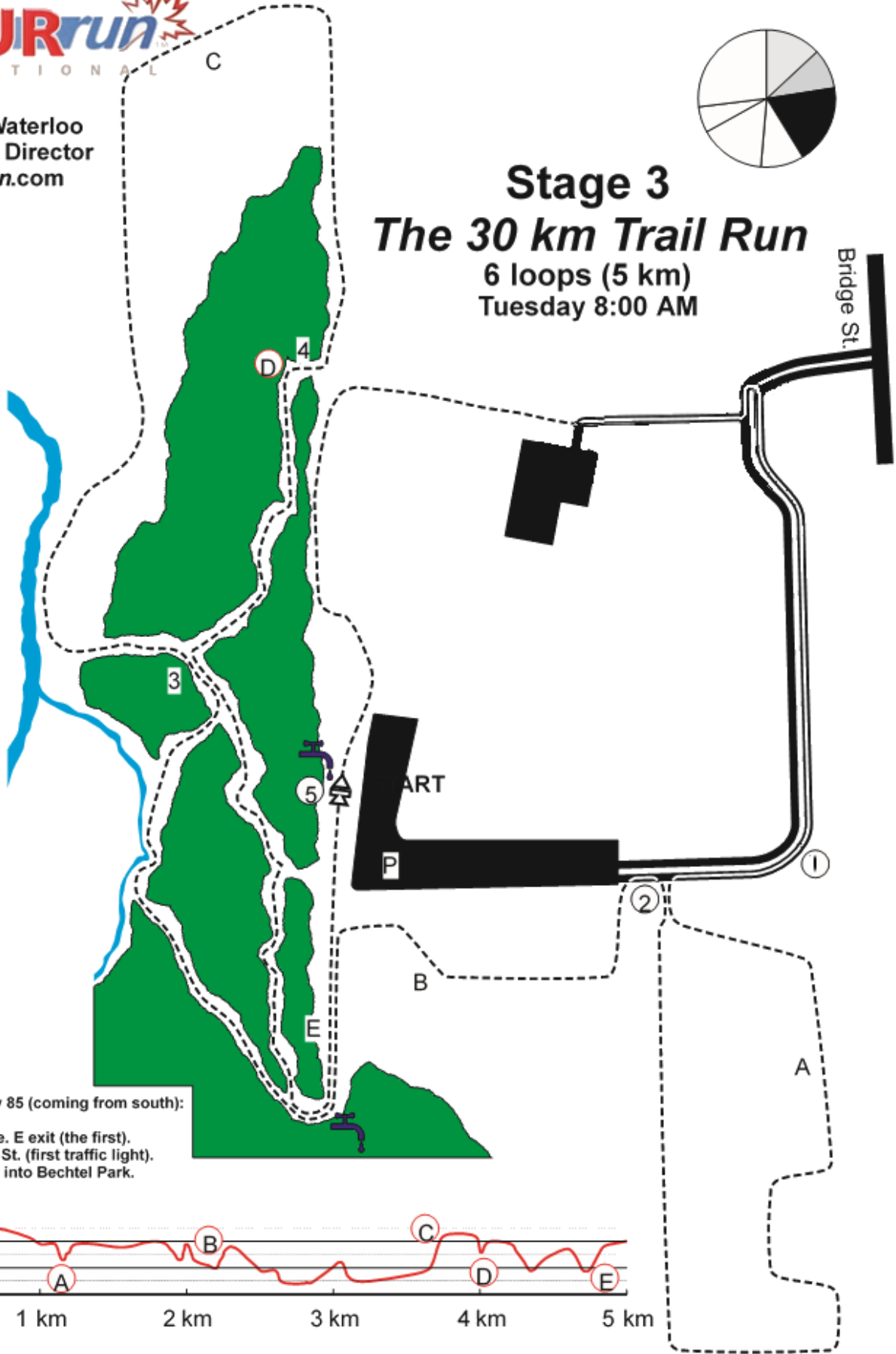
This multi-loop, 30 KM nontechnical cross-country course is run on grass or wood chip paths, mostly through forest trails, as well as some pavement and gravel.

Water stations are found at the 2.5 KM, 4.8 KM and 5.0 KM of each loop.

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

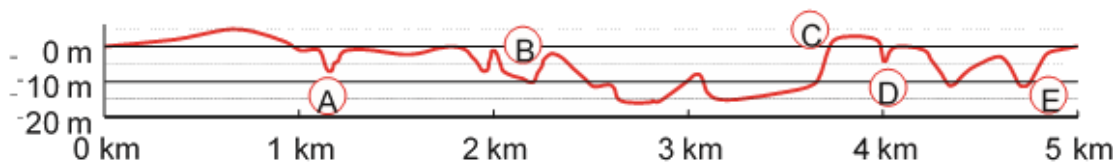


**Stage 3**  
**The 30 km Trail Run**  
6 loops (5 km)  
Tuesday 8:00 AM



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 13 | 6:00pm | Camp Heidelberg | 16.1 KM

## Directions

From Highway 85, from south:

- Exit on Northfield Dr. to Northfield Rd. W
- Right onto Weber St. N
- Left onto Benjamin Rd.
- Left onto Kressler Rd.
- Camp Heidelberg is on the left at the top of the hill

## Description

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

Starting at Camp Heidelberg, on Kressler Rd. (Hwy. 16) Left onto Erbsville Rd.

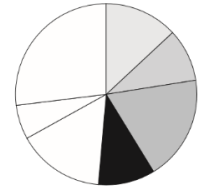
Right onto Conservation Drive

Left onto The Wilmot Line

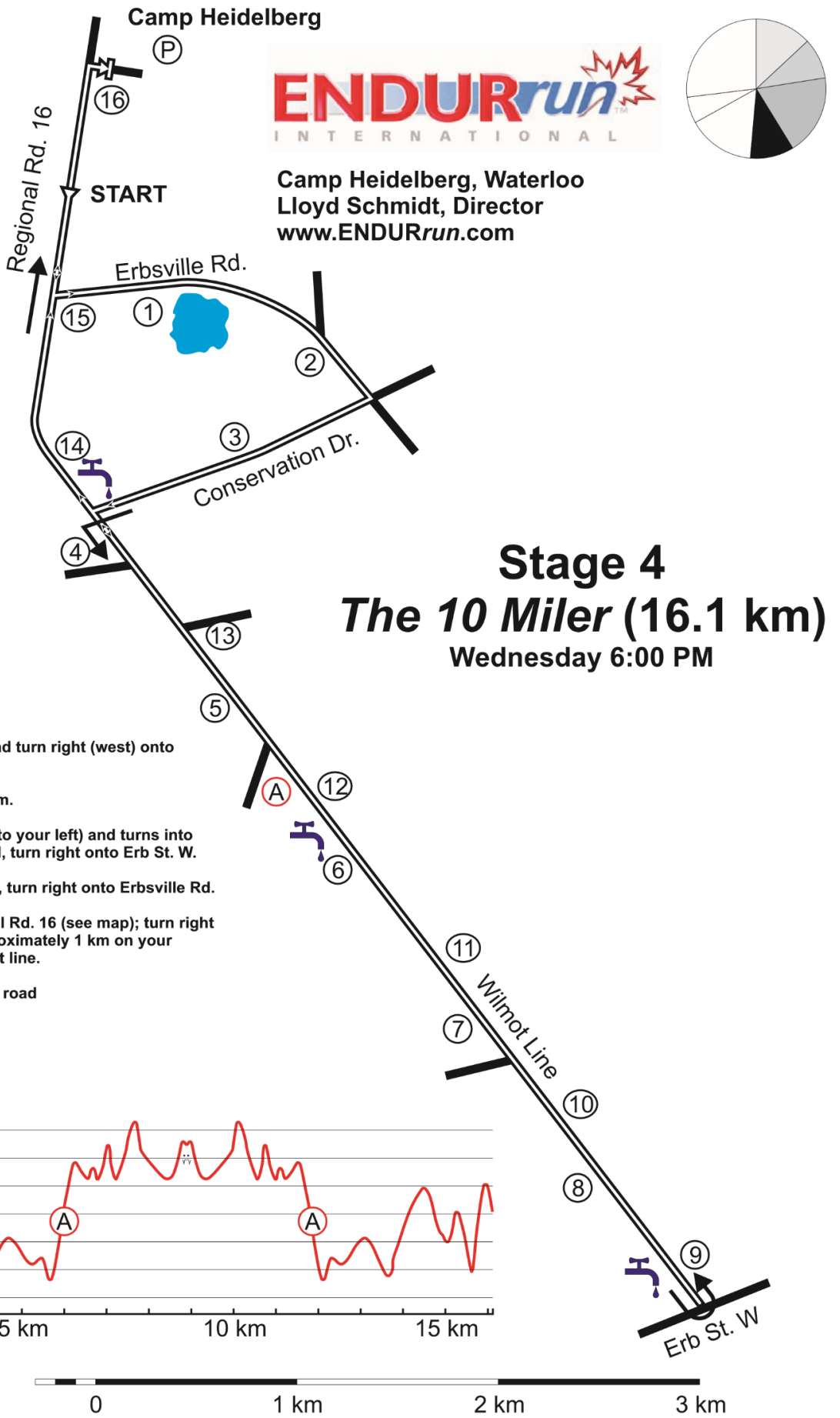
Take Wilmot Line to Erb St. W. and **turn around**

Take Wilmot Line back to Kressler Rd.

Right on Kressler Rd. to 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

**Directions from Highway 85:**

Take exit to Bridgeport Rd. and turn right (west) onto Bridgeport Rd.

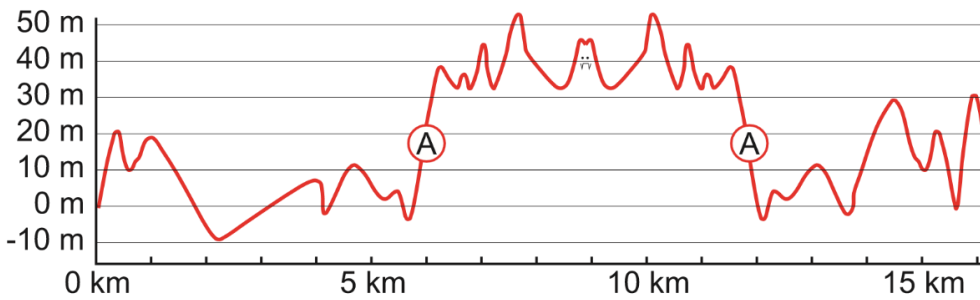
Follow Bridgeport Rd. for 3 km.

Bridgeport Rd. bends south (to your left) and turns into Caroline St. N. After the bend, turn right onto Erb St. W.

After 4 km, at the roundabout, turn right onto Erbsville Rd.

Erbsville Rd. ends at Regional Rd. 16 (see map); turn right and Camp Heidelberg is approximately 1 km on your right. We will walk to the start line.

Note: Wilmot Line is a gravel road





# Stage 5 – 16 Alpine Miles Cross Country



## Details

Friday August 15 | 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 is on either Sims Estate or 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 technical, with usual trail features (brush, near branches, tight turns, steep grades) and unique features (stairs and boardwalks). Each loop has approximately 200m of climb.

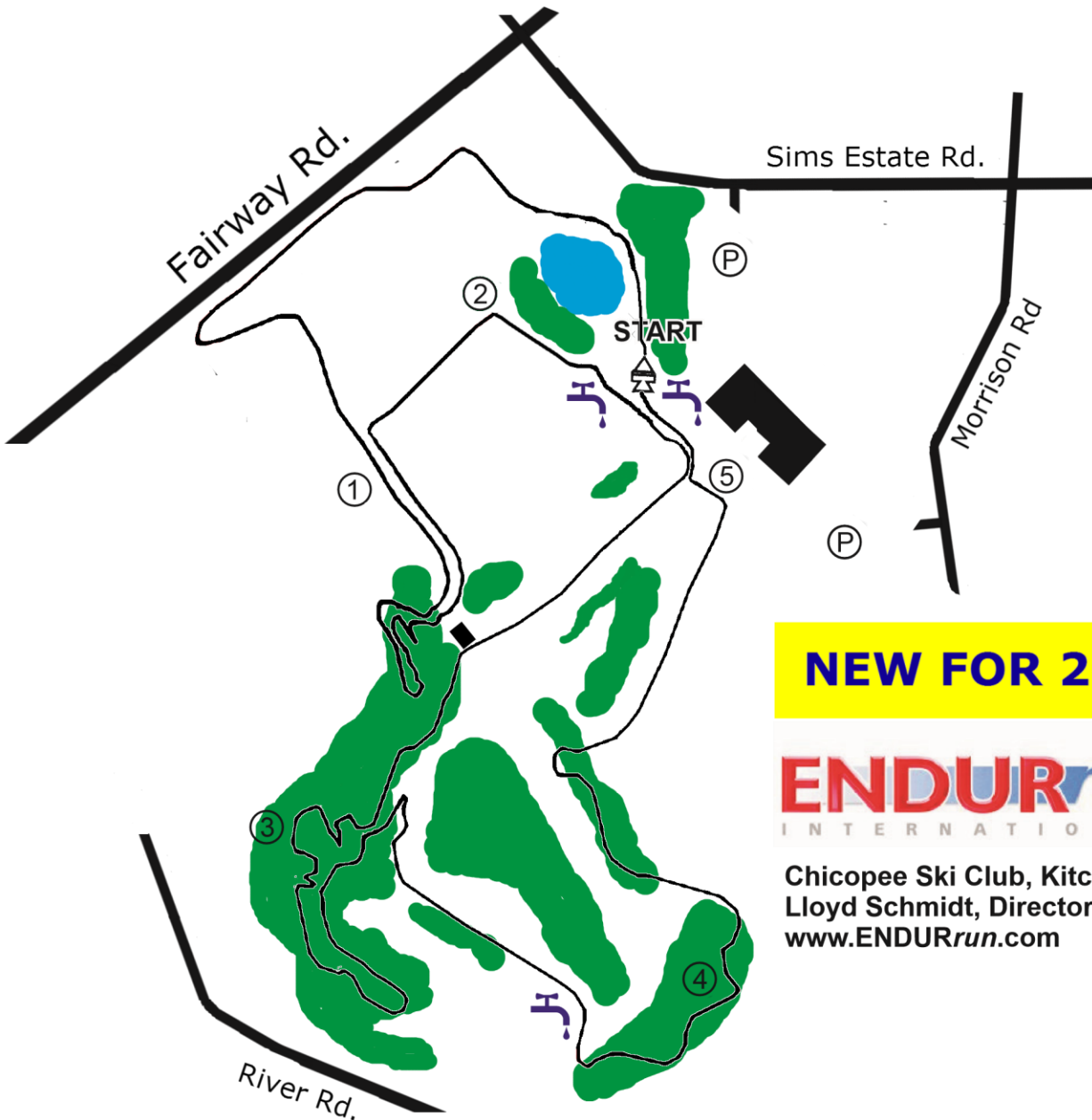
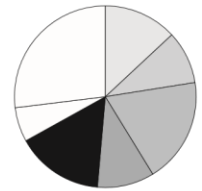
Water stations are located about the 0.0 KM, 2.2 KM, and 3.6 KM.



# Stage 5

## The 16-Mile Cross Country (25.6 km)

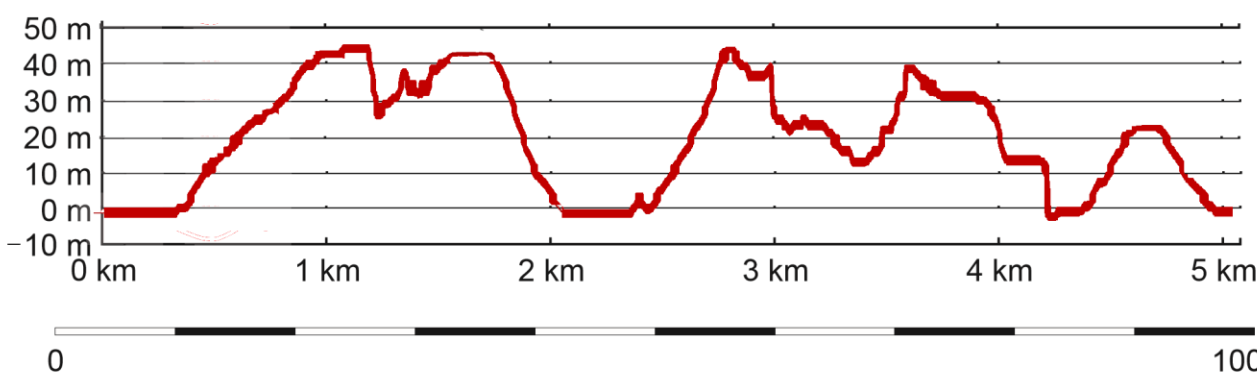
5 loops (5.12 km)  
Friday 8:00 AM



**NEW FOR 2013**



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



# Stage 6 – 10 KM Time Trial



## Details

Saturday August 16 | 8:00am | Gibson Park, Elmira | 10.0 KM

## Directions

From Highway 85, from south:

- Continue through roundabout to Arthur St. S
- Left onto First St. W
- Start is at Gibson Park on the left

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

## Description

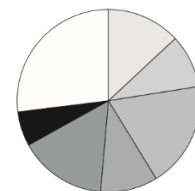
This flat point-to-point course on paved roads through Woolwich Township takes you through countryside dotted with Mennonite farms. The peaceful and relaxing surroundings are among broad open field spaces where the land is still worked by horses. You're sure to encounter the local traffic of horse and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

Start on First Street at Gibson Park in Elmira  
Right onto Arthur St. (Hwy. 21)  
Left onto Southfield Dr.  
Right onto New Jerusalem Rd.  
Left onto Sawmill Rd. (Hwy. 17)  
Right onto Weberlyn Crescent in the Village of Conestogo  
Finish Line at the Schmidt residence

# Stage 6

## The 10 km Time Trial

Saturday 8:00 AM



First St. W  
START

①  
Arthur St. S

②

South Field Dr.

③



④

⑤

⑥

New Jerusalem Rd.



⑦

⑧

Village of Conestogo  
Sawmill Rd.

⑨



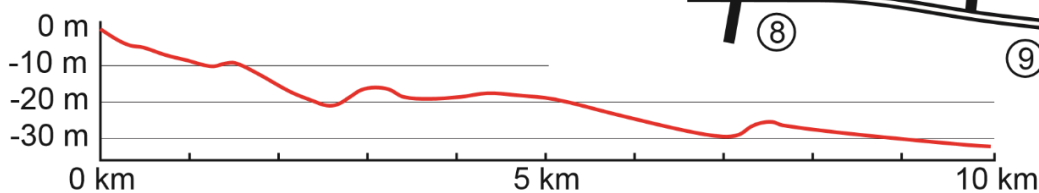
⑩ FINISH



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

### Directions from Highway 85:

Highway 85 turns into Arthur St. S when it ends.  
When you enter Elmira, turn left onto First St. W.  
The starting line is at Gibson park (half a kilometre  
from the intersection on your left)





# Stage 7 – Marathon



## Details

Sunday August 17 | 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

## Description

This marathon course consists of paved roads, paved bicycle pathways and sidewalks. 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)

Stay Right onto Bloomingdale Rd. N. (Hwy 20)

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

Right onto Woolwich St.

Right at stop sign, continuing on Woolwich St.

Left at stop sign, continuing on Woolwich St.

Right onto University Ave. E.

Right onto Country Squire Lane

Left onto Country Squire Rd.

Take Country Squire Rd. to the **turn around** point, and run back towards Country Squire Lane

Right onto Country Squire Lane

Right onto University Ave. E.

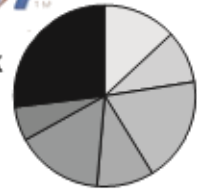
Right onto Northfield Dr. E.

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

Elgin St. W.

Evening Star Lane

Sawmill Rd.

Northfield Dr. E

University Ave. E

Woolwich Rd.

Bloomingdale Rd. N

Take sidewalk

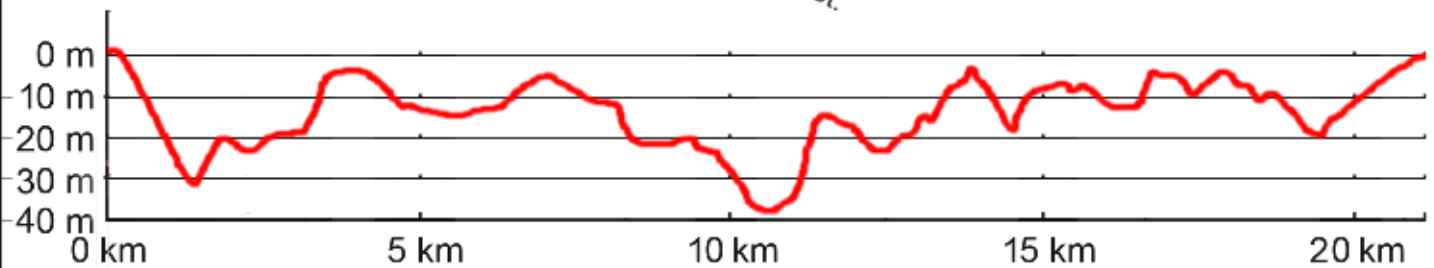
Bridge St.

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 7 The Marathon (42.2 km)

2 loops  
Sunday 7:30 AM



# Food

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

## Saturday Barbecue

Saturday, August 16, 6:00pm, 2 Weberlyn Crescent, Conestogo

All participants, volunteers, families, and teams are invited. No cost, but RSVP by Thursday, August 14 required.

# 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.



# Sponsors

