

ENDURrun™

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

2014 Info Booklet – Final

August 1, 2014

Welcome

Contenders

Rules

Stage Info

- Details
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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
DATE	Sunday August 10	Monday August 11	Tuesday August 12	Wednesday August 13	Thursday August 14	Friday August 15	Saturday August 16	Sunday August 17
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	Gibson Park & 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

*Slower participants may be required to start earlier.
Please refer to website for updates and official information. www.ENDURrun.com

We look forward to hosting you once again this August.

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

Jordan Schmidt
Operations Manager
Jordan@RunWaterloo.com
519-575-3643

The Contenders

Ultimate Women

First	Last	City	Province	Sex	Age	Twitter	Rookie
Joanne	Bink	Waterloo	ON	F	47	@BinkJoanne	
Sara	Blanchett	Kitchener	ON	F	36		
Michelle	Barnes	Brampton	ON	F	44		
Susan	Moizer	Merrickville	ON	F	52		
Michelle	Lennox	Waterloo	ON	F	45	@cellagirl	R
Heather	Heij	Waterloo	ON	F	33	@hezyfoofie	
Maureen	Pecknold	Toronto	ON	F	46		
Cathy	Putman	Ajax	ON	F	39		R
Jodi	Kalman	Waterloo	ON	F	49		
Jennifer	Wieggers	North Bay	ON	F	39	@JenniferWiegger	
Deirdre	Large	Waterloo	ON	F	48	@dela_2012	R
Una	Beaudry	Ottawa	ON	F	47	@UnaRanToday	R
Vicki	Zandbergen	Kitchener	ON	F	35	@VicZanRan	
Angela	Batsford	Petawawa	ON	F	34		R
Kelly	Thomas	Cambridge	ON	F	25		R
Catherine	Kelly	Cambridge	ON	F	37		
Mindy	Fleming	Toronto	ON	F	29	@MindyFleming	R
Johanne	Audet	Gatineau	Quebec	F	49		

Ultimate Men

First	Last	City	Province	Sex	Age	Twitter	Rookie
Mark	McDonald	Toronto	ON	M	32		
Jack	Kilislian	East York	ON	M	44		
Dave	Bolan	Udora	ON	M	41	@DBRunsTheWorld	R
Andrew	Heij	Waterloo	ON	M	33	@Trail_RunnerGuy	
Patrick	Kelly	Ottawa	ON	M	51		
Tim	Coleman	Waterloo	ON	M	37	@tcoleman	R
Ed	Andringa	Pickering	ON	M	56		
Rick	Straughen	Rochester Hills	Michigan	M	33		
Rob	Holmes	North Bay	ON	M	42		R
Holger	Kleinke	Waterloo	ON	M	47		
K. Bill	Dost	Burlington	ON	M	38		
Ben	Hack	Toronto	ON	M	38		R
Steve	Mahood	Ottawa	ON	M	51	@SteveMahood	R
Chris	Battaglia	Barrie	ON	M	57		
Dusan	Mataruga	Kitchener	ON	M	48		R
Denis	Allen	Kitchener	ON	M	52		
Mark	Meyers	Waterloo	ON	M	51		
Wilf	Goron	Wheatley	ON	M	59		
Christian	Belair	Summerstown	ON	M	39		R
Pierre	Caron	North Bay	ON	M	29		R

Paul	Mora	Toronto	ON	M	44	@rungeek	
Jason	Hickey	Toronto	ON	M	30		R
Brian	Verspagen	St Clements	ON	M	44		
Matthew	Leduc	Ajax	ON	M	32		R
Stefan	Gudmundson	Guelph	ON	M	44		
Gilles	Gervais	Gatineau	Quebec	M	44		
Chris	Duke	Guelph	ON	M	48	@ChrisLDuke	
Joao	Oliveira	Francos	Lisboa	M	25		R

Sport

First	Last	City	Province	Sex	Age	Twitter
Robin	Brunet	Bradford	ON	F	49	@robinandamelia
Jeff	Martin	Waterloo	ON	M	40	@awesomefastjeff
Sean	Tamkin	St Jacobs	ON	M	47	
Jayson	Gaignard	Kitchener	ON	M	29	
Vincent	Charbonneau	Burlington	ON	M	43	

Relay

Team	City	Province	Twitter
Runners By Choice	Waterloo	ON	@runwat
H+P Men's A1	Waterloo	ON	@Health_Perform
H+P Men's A2	Waterloo	ON	@Health_Perform
H+P Women's	Waterloo	ON	@Health_Perform
H+P Mixed	Waterloo	ON	@Health_Perform
Wednesday Night Ramblers	Waterloo	ON	@runwat

Complete Ultimate, Sport, and Relay 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 the "registration and check-in" table. 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

PARKING: At Conestogo Public School (1948 Sawmill Road)

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 2nd 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.

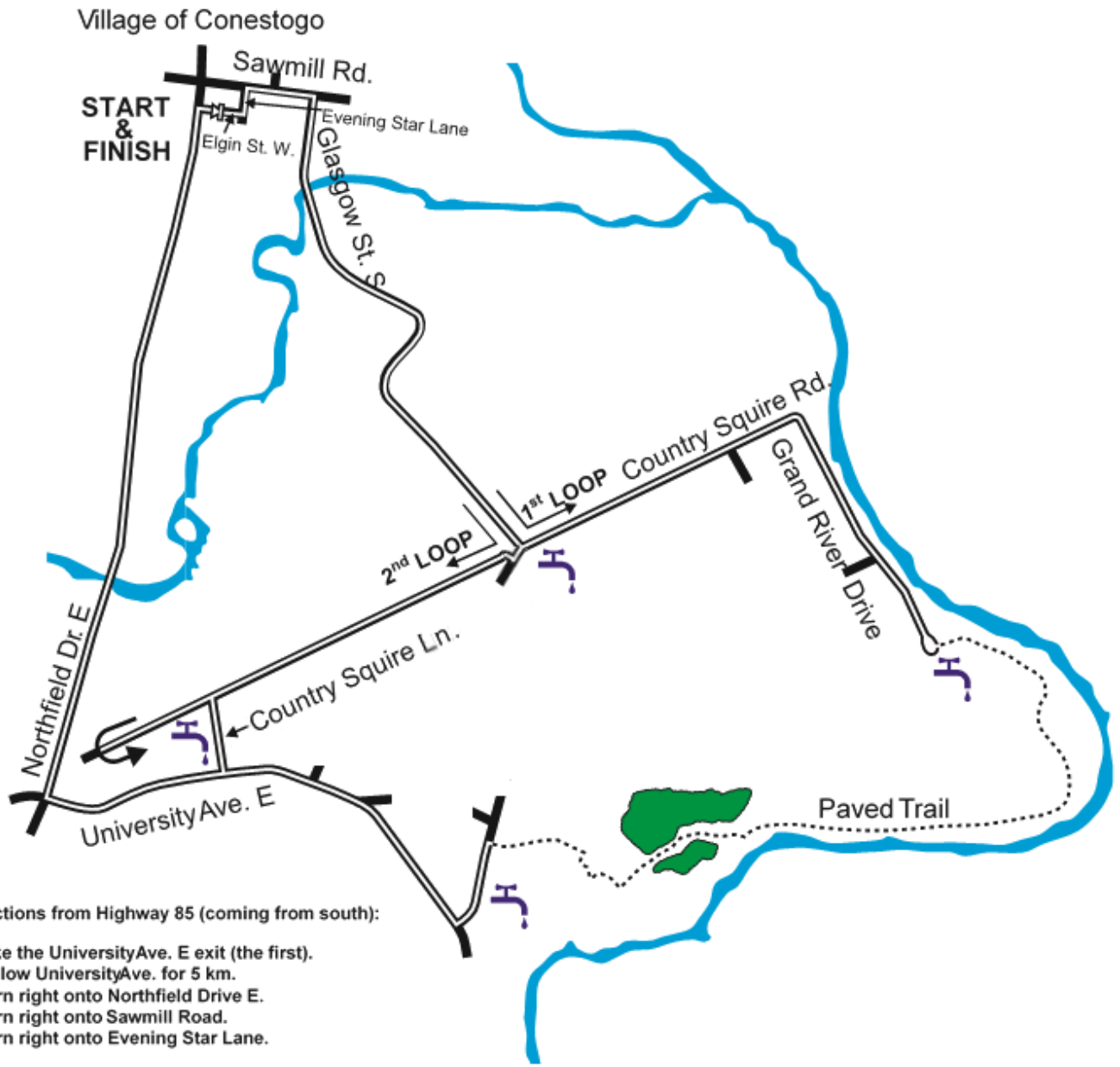
Right onto Northfield Dr. E.

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

Stage 1

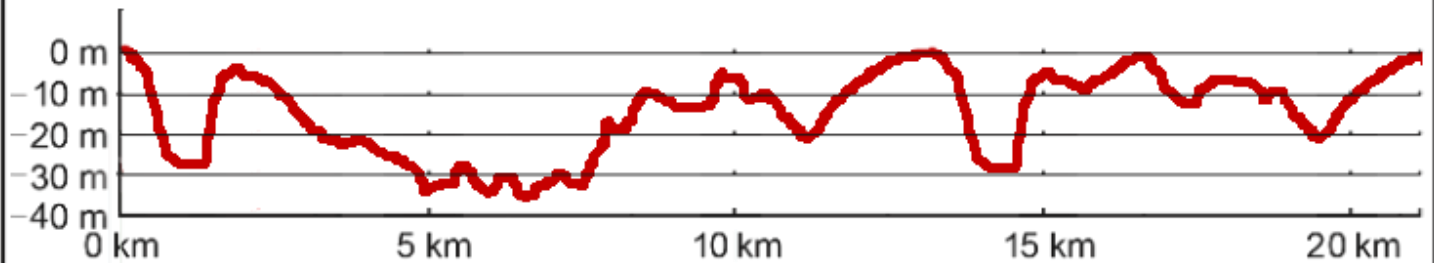
The Half Marathon (21.1 km)

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

PARKING: On street on 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.

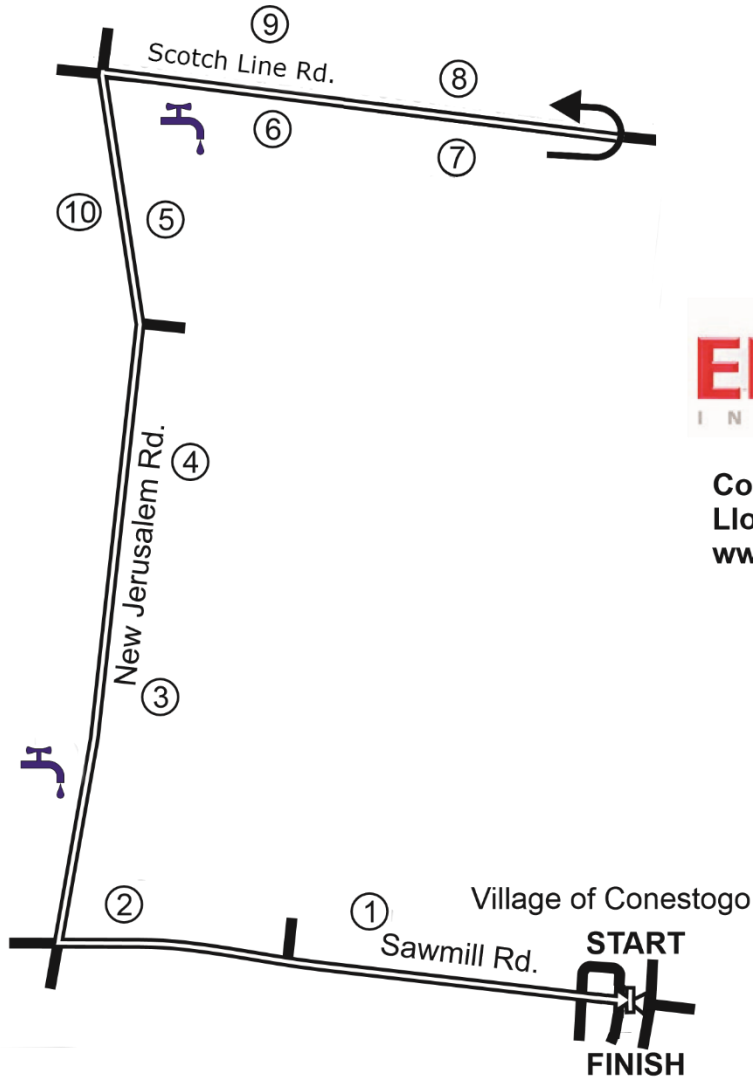
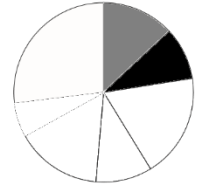
Left on New Jerusalem Rd.

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

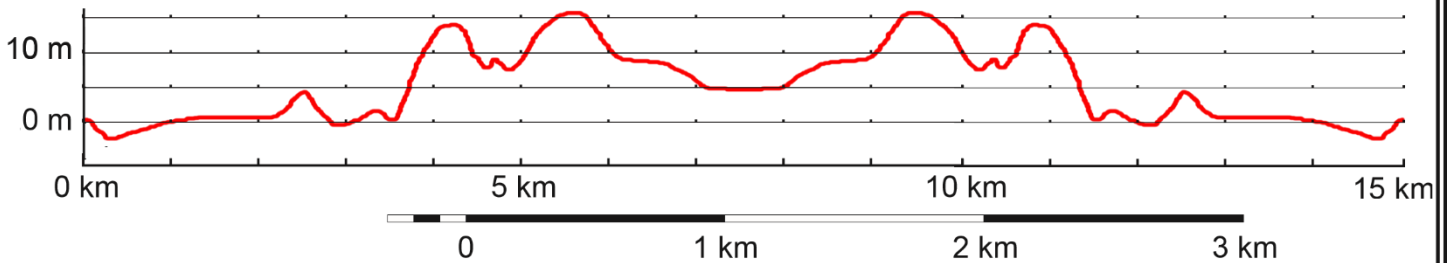
Stage 2

15 km Time Trial

Monday 8:00 AM



Conestogo
Lloyd Schmidt, Director
www.ENDURrun.com



Stage 3 – 30 KM Cross Country



Details

Tuesday August 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

PARKING: Large rear lot at Bechtel Park

Description

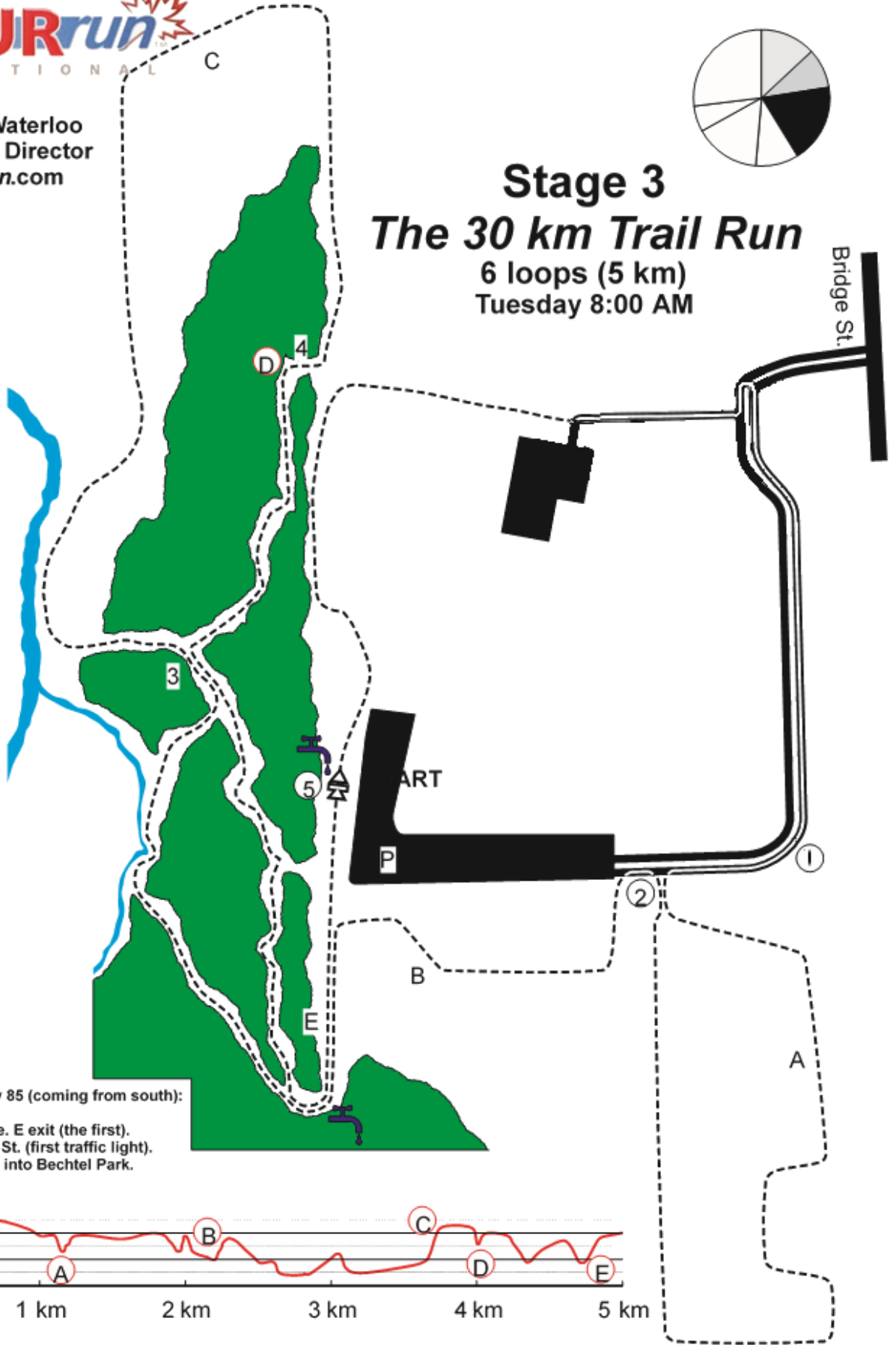
This multi-loop, 30 KM nontechnical cross-country course is run on grass or wood chip paths, mostly through forest trails, as well as some pavement and gravel.

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

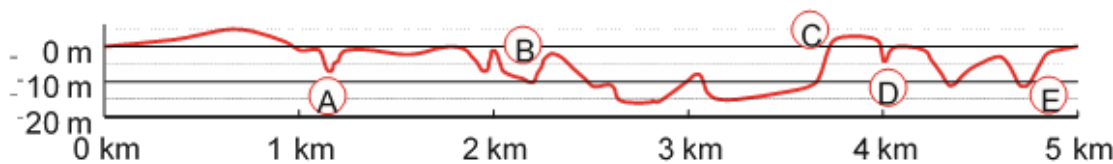


Stage 3
The 30 km Trail Run
6 loops (5 km)
Tuesday 8:00 AM



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.



0 500 m

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

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

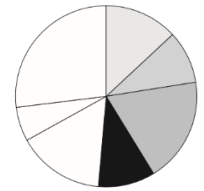
Left onto The Wilmot Line

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

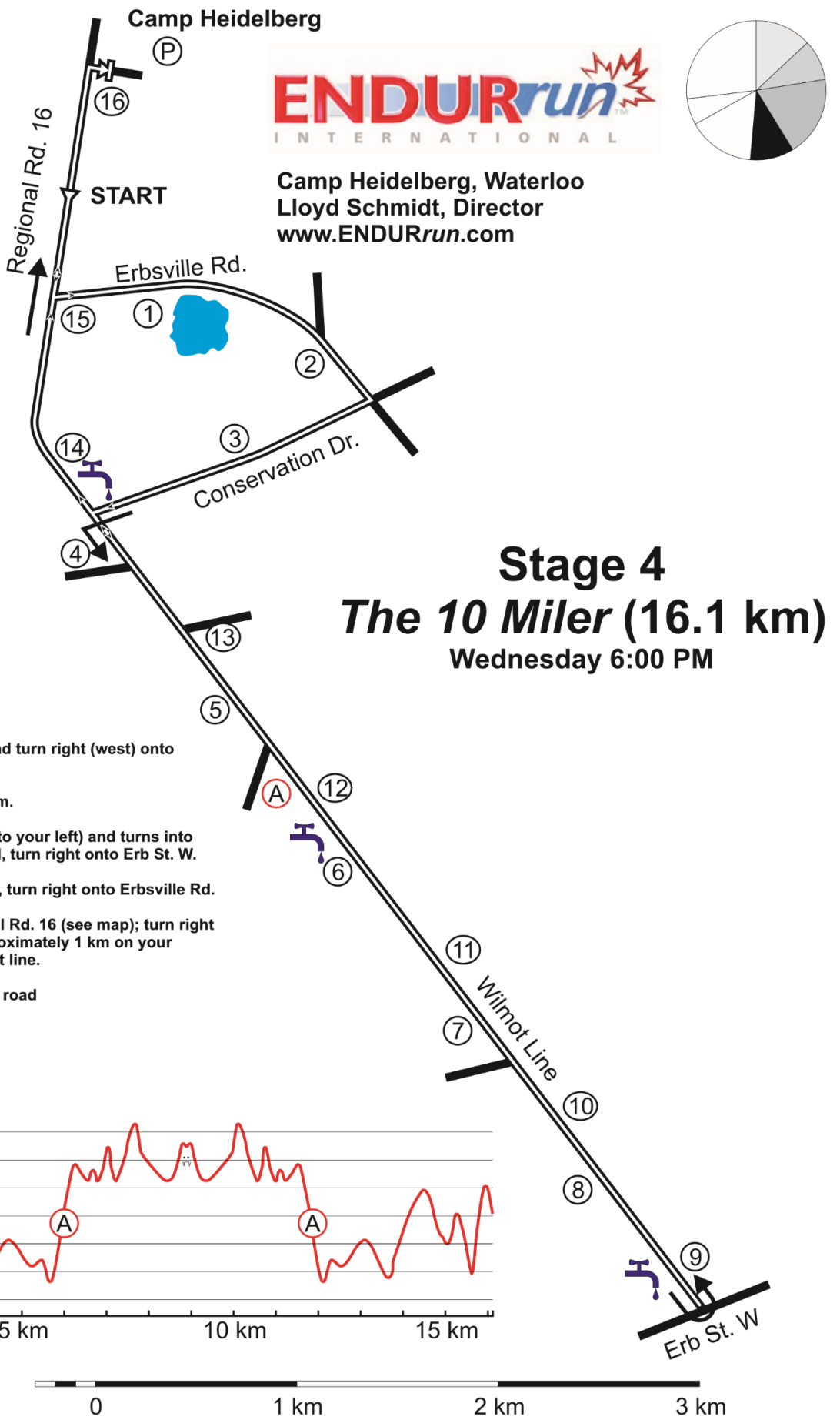
Take Wilmot Line back to Kressler Rd.

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

Directions from Highway 85:

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

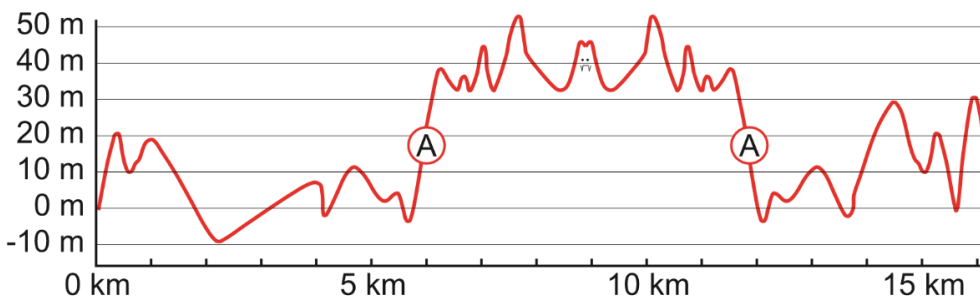
Follow Bridgeport Rd. for 3 km.

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: Chicopee lots off Sims Estate or Morrison

Description

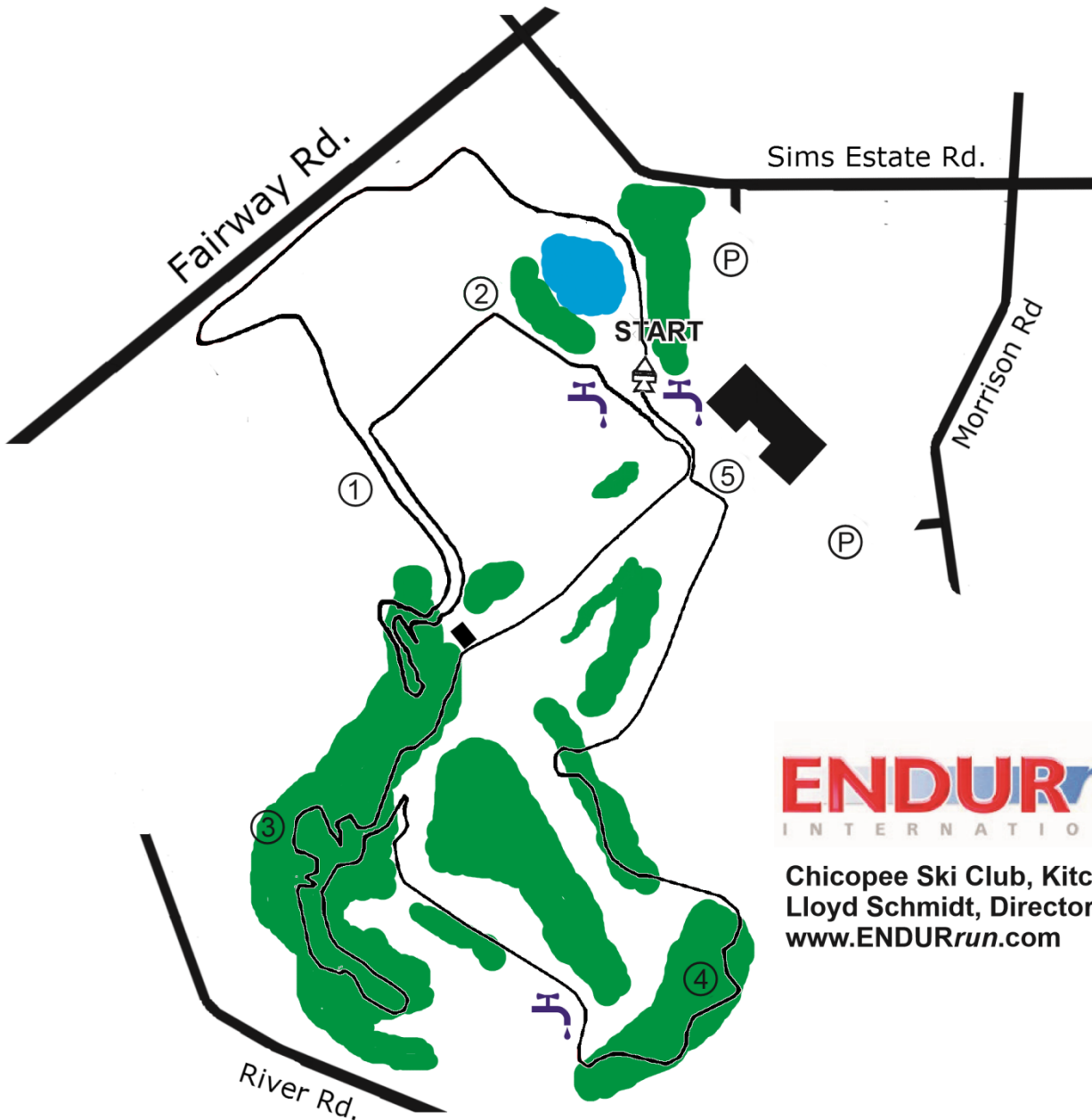
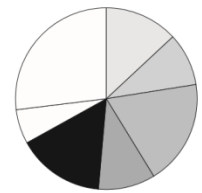
This demanding and hilly 25.6 KM cross-country course is run through the Chicopee Ski Resort and boasts incredible alpine scenery. This multi-loop course includes many extended hill climbs. The course is described as technical, with usual trail features (brush, near branches, tight turns, steep grades)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

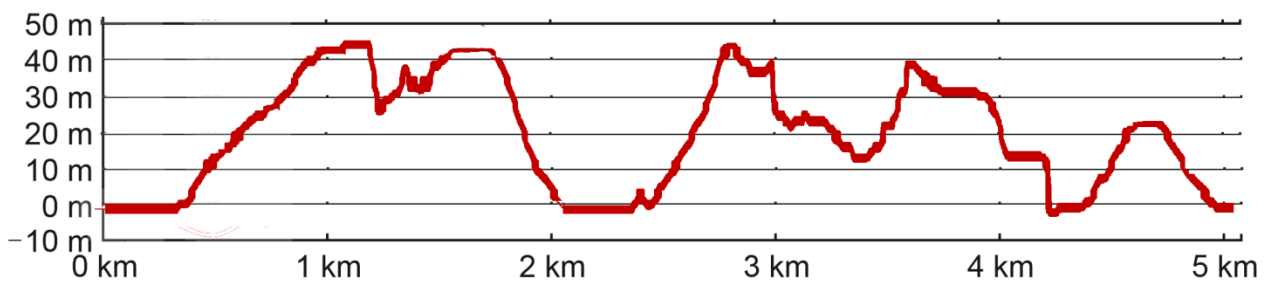
Stage 5

The 16-Mile Cross Country (25.6 km)

5 loops (5.12 km)
Friday 8:00 AM



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



0

1000 m

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

PARKING: On street on Weberlyn 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 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)

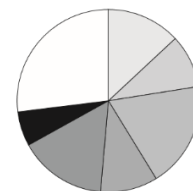
Right onto Weberlyn Crescent in the Village of Conestogo

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

⑨

Sawmill Rd.

⑩

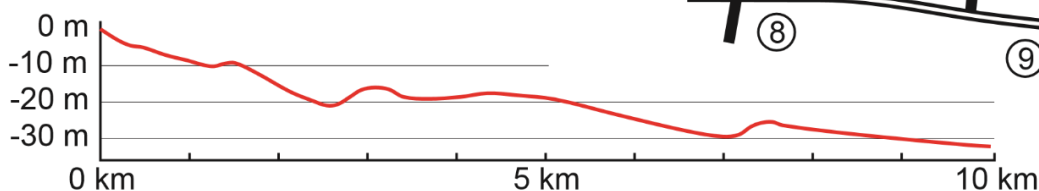
FINISH



Elmira to Conestogo
Lloyd Schmidt, Director
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)



Village of Conestogo

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

PARKING: At Conestogo Public School (1948 Sawmill Road)

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 Snyders Flats Rd to the **turn around** point, and run back to Bloomingdale Rd

Right onto Bloomingdale Rd

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.

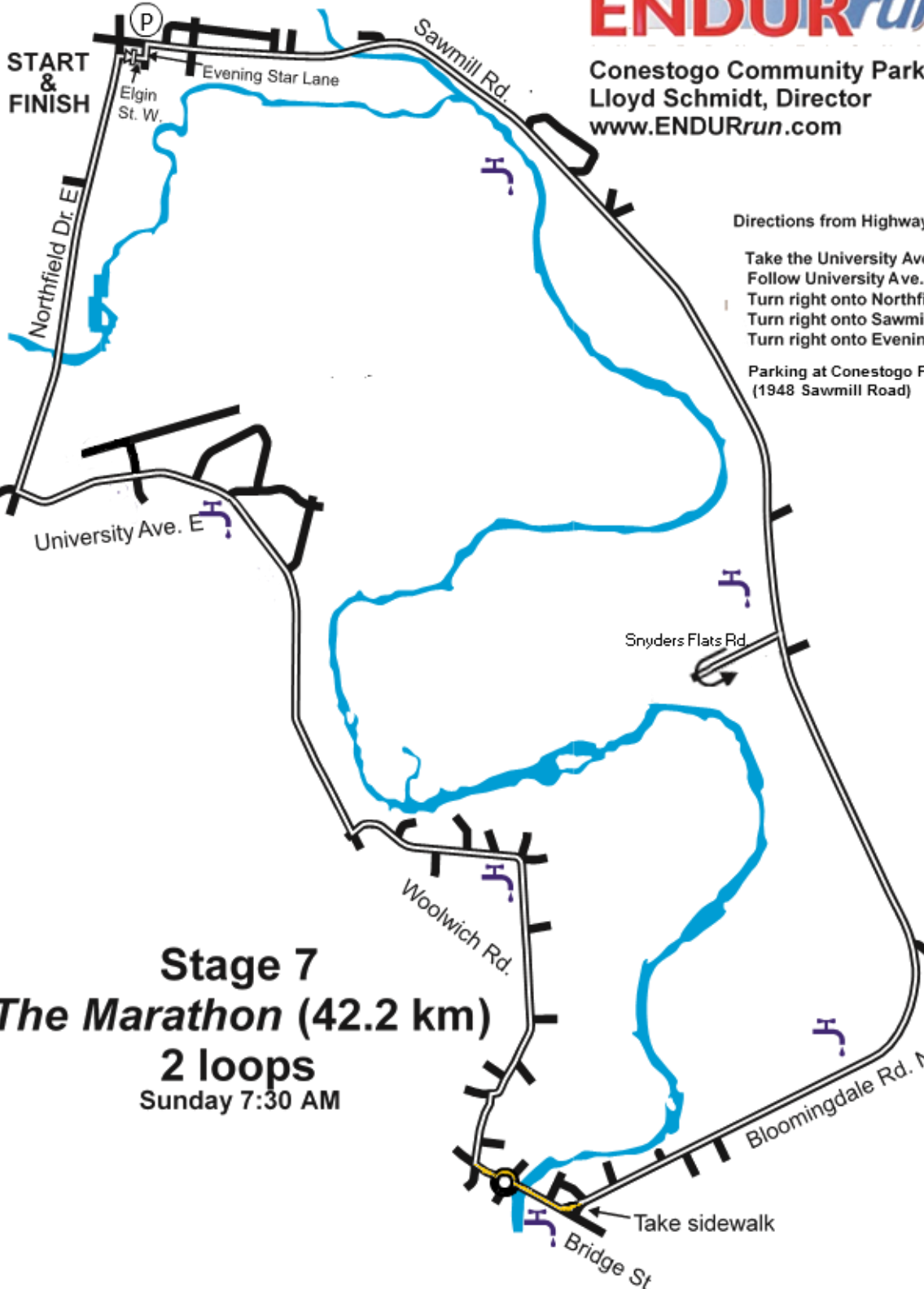
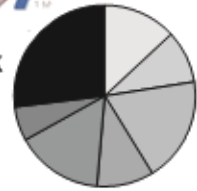
Right onto Northfield Dr. E.

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

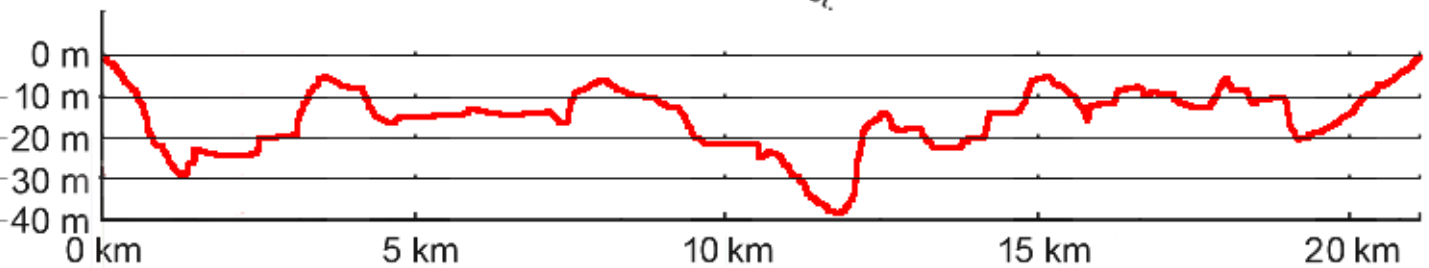


Directions from Highway 85 (coming from south):

- 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)

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.

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.

Saturday Barbecue/Potluck

Saturday, August 16, 5:00pm, 2 Weberlyn Crescent, Conestogo.

All participants, volunteers, families, and teams are invited, no cost. RSVP required.

RSVP and voluntary potluck signup at any ENDURrun stage, by Thursday, August 14.

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!

Sponsors

