

OUTRACE

ONTARIO ULTRA & TRAIL RACE SERIES

30th Anniversary 30K Fun Run – 2018

Date: Saturday August 25, 2018

Start Time: **09:00 sharp.** Unless you want to start later – it's a fun run!

Registration: Online and on event date (unless cap is reached)

Swag: Commemorative OUTRace “30th Anniversary” toques just for signing up! Pick-up 08:00 – 08:45. Please wear your toque for the Fun Run photo that will be taken directly before the run starts!

Start: Race starts at Nottawasaga Concession 3 and 6/7 Sideroad, just south of Creemore.

Course: 3 loops of a 10K course with 60% trail, 40% country road and a river crossing.

Directors: Lee Anne Cohen and Pierre Marcoux. Vertical.Pierre@gmail.com

Time limit: 30K: 6 hours.

Entry limit: 100 entries. **Race day registration only until cap is reached.**

Fee: \$30

Facilities: Washrooms at start/finish, no showers, but Mad river massages are available to all!

Aid Stations: At start/finish and roughly at 5 km. Water, sport drink and snacks.

Prizes: Finishing medal and spot prizes.

Post Race: Post race pizza and refreshments available at the event site.

Directions: From Airport Road and highway 89, take Airport Road north 15 minutes to the first road north of Avening. Travel west on Nottawasaga sideroad 6/7 to the private drive at the first bend.

Supporting: OUTRace (Ontario Ultra and Trail Race) series

Sponsors: Trail Runner, Arc'teryx, Fenix, Creemore Springs Beer and Perfect Pizza.

Volunteers: Please! Contact the race director if you can help!

Course description: (Thanks to Kilian Jornet for the description)

Well, it was kinda neat. The course starts off flat along the Mad river, then my feet got wet, then there were these cute little hills that went up and down. There was a short dirt road section which was a nice break but not long enough to get boring. We ran along a field and up a pitch of a hill, then an almost flat uphill before reaching the 5K aid station. Then we ran a long downhill on a dirt road and back onto another trail with little rolling hills. Into a forest with some short steep climbs and another river crossing, to the start/finish.