

# OUTRACE

ONTARIO ULTRA & TRAIL RACE SERIES

## Spring Warm-up

**Date:** Saturday, April 13, 2019 [online registration](#) option

**Start Time:** 9:00 AM

Run starts at the Dunedin Community Centre. Come join the fun, chat with your running buddies and test your winter legs against some short hills!

**Course:** A 13K loop on country roads and the Bruce Trail. **Warning:** There is an annoying flat section from 3K to 4K. Run as many laps as you wish before the unofficial 3:00 PM cutoff. There is also a bonus **4K Downhill Shortcut** at the 5K point, for a 9K distance option.

**Start/finish:** Washrooms at the Dunedin CC.

**Aid Station:** Water, sports drink and snacks. Water jug at an unattended aid station at the 6K point, so bring a water bottle.

**Fees:** \$35. On-line or mail a cheque payable to Ontario Ultra Series, to Pierre Marcoux 7237 Nottawasaga Sideroad 6/7, Creemore On. L0M 1G0  
Registration accepted on Fun Run day before 08:45.

**Post Run:** 2:00 PM: Lunch and prize draw at the Dunedin CC. Finishing medals for anyone who completes a loop.

**Directions:** From Airport Road and County Road 9 (Cashtown Corners – near Creemore) travel west on CR 9 for 10K to Dunedin. The Dunedin CC is the only building that is not a house.

**Supporting:** 100% of proceeds will be directed to OUTRace (The Ontario Ultra and Trail Race Series)

**Prizes:** Grand prize and some spot prizes. Hint: It is maple syrup season!

**Grand Prize:** One person who has paid entry to the fun run will be eligible for free entry to the following events. The winner does not need to be present at the fun run during the draw and can pay the difference to run races longer than 56K. The prize is not transferable.

### Races in Grand Prize:

Pick Your Poison	12.5K, 25K or 50K	Haliburton	12K, 26K or 50K
Seaton Soaker	15K, 25K or 50K	Run Off the Grid	12.5K, 25K or 50K
Conquer the Canuck	8.33K, 25K, 42.2K or 50K	Sticks & Stones	5K, 10K, 15K, 25K or 50K
Niagara Ultra	21.1K, 42.2K or 50K	Horror Trail	5K, 10K, 25K, 50K or 6 hour
Pure Grit	7.5K, 15K, 30K or 52.5K	The Beav	10K, 25K or 50K
Limberlost	14K, 28K, 42K or 56K	Fat Ass Trail Run	4/7.5/10/17.5/25/50K or 6 hour
Iroquoia	7K, 18K or 34K		