

# Participants Guide

The Burlington Runners are pleased to invite you to our 17<sup>th</sup>  
Annual Sulphur Springs Trail Races

**10Km, 25Km, 50Km, 50 Mile, and 100 Mile Races**

Saturday - Sunday, May 23-24, 2009



Race Directors: John Turner 905-336-5031  
Bruce Smith 905-529-4031  
Email: [SulphurSpringsRD@gmail.com](mailto:SulphurSpringsRD@gmail.com)



# Participants Guide

## Table of Contents

Item	Page Number
Index	2
Schedule of Events	3
Race Officials	4
Participation	4
The Race	4
The Course and Trail Description - all events	5-8
Trail Markings, Drop-outs, and Trail Etiquette	8
Performance Rules	8-9
Pacers and Crew	9-10
Risk Factors	10
Aid Stations	10-11
Drop Bags	11
Awards, Course Records	11
Food	11
Getting to the Start/Finish	12
Lodging	12-13

## **Schedule of Events - Summary**

### **Thursday May 21, 2009**

12:00 noon to 6:00pm  
Initial course marking. If you are interested in helping out please contact the race director.

### **Friday May 22, 2009**

12:00 noon to 5:00pm  
Final trail marking

3:00 pm to 5:00pm  
Race kit pick up for 100 Mile runners at the Lions Club Pool Centre on Jerseyville Road.  
Drop bag drop off.

5:00 - 7:00 pm.  
Pre-race briefing and dinner, MANDATORY for all 100 Mile runners. Location to be announced on the web site

### **Saturday, May 23, 2009**

5:00am - 7:45am  
Race Kit and Championship pick-up and race day registrations for all other events.

6:00am - Start of the 50 & 100 Mile races  
7:30am - Start of the 25k & 50k races.  
8:15am - Start of the 10k event,

9:30am - 10K Awards ceremony  
12:15pm - 10k ultimate cut-off

10:30am - 25k Awards ceremony  
3:30pm - 25k ultimate cut-off

9:30am – 50k ultimate cut-off  
1:30pm - 50k Awards awards ceremon.

5:00pm - 50 Mile Awards ceremony.

### **Sunday May 24, 2009**

2:00am - 50 Mile Ultimate cut-off.  
8:00am - 12:00 noon  
Continuous light post-race breakfast at the Lions Club Outdoor Pool.

11:30am - 100 Mile Awards ceremony

12:00noon - Ultimate cut-off for the 100 Milers.

**NOTE; ALL RUNNERS MUST RETURN THEIR CHAMPIONCHIP TIMING CHIP AT THE FINISH OR UPON WITHDRAWL FROM THE EVENT. IF THE CHIP IS NOT**

**RETURNED YOU WILL BE CHARGED \$50.00 AND YOUR TIME WILL BE OMITTED FROM THE RESULTS UNTIL THE CHIP IS RETURNED OR THE BILL PAID**

### **RACE OFFICIALS**

John Turner and Bruce Smith are directing this event on behalf of the Burlington Runners. The Burlington Runners sincerely hope that each runner will have the exact same enjoyment from the beautiful Dundas Valley Conservation Area on race day that runners do on a weekly basis.

If you have any questions about the trails or the event please contact John Turner 905-336-5031 or Bruce Smith 905-529-4031 [Email: SulphurSpringsRD@gmail.com](mailto:SulphurSpringsRD@gmail.com)

The Burlington Runners are delighted with your participation in this the 15th year of the races and want to ensure that your race day experience is as wonderful as possible.

On race day, you will need to respect the direction of the race directors and their designates. Any inquiries that you have will be directed to them. All decisions of the Race Directors are final.

### **PARTICIPATION**

The Sulphur Springs Trail Races will take place on May 23-24, 2009. Entrants will compete in five races on varying length, namely, the 10km, 25km, 50km, 50 Mile and 100 Mile events.

There are no limits on participation in any of the events.

There are no qualification requirements for any of the events. EACH PARTICIPANT IS RESPONSIBLE FOR ENSURING THAT THEY ARE ABLE TO PARTICIPATE IN THE EVENT THAT THEY ENTER.

As you are aware, costs of running this event are considerable. Costs and their commitments are made months in advance. Therefore we have adopted a policy of no refunds if you are forced to withdraw from the event prior to or on race day.

### **THE RACE**

The Sulphur Springs Trail Races take place in and around the Dundas Valley Conservation Area in the new city of Hamilton, Ontario (formerly the Town of Ancaster). All events will consist of approximately 97% trails and 3% roads within the conservation area.

You are to be aware of the ULTIMATE CUT-OFF for each event as per the schedule of events. No one will pull you from your race as long as you can make the ultimate cut-off time listed for your event. 100 Mile runners must complete their seventh lap by 9:00am (27 hours) on Sunday, May 24, 2009

## THE COURSE AND TRAIL DESCRIPTION

While you are running the Sulphur Springs trail you will be traveling through the beautiful Dundas Valley Conservation Area which is part of the Hamilton Region Conservation Authority and includes part of the famous Bruce Trail. The park is open to the public on race day so be courteous to and aware of other users. Bear in mind that you will be running through wilderness and may encounter deer, coyotes, raccoons, skunks and others. IF YOU ENCOUNTER ANY WILDLIFE, MAKE A LOT OF NOISE. DO NOT ATTEMPT TO APPROACH ANY ANIMAL

### THE START/FINISH AREA

All races start at the Lions Club Outdoor Pool centre on Jerseyville Road, just east of Meadowbrook Drive in the former town of Ancaster. **Photos** of previous events can be viewed at the Ontario Ultra Series site ([www.ouser.org](http://www.ouser.org))

### THE COURSE

The basic course is a 20km loop (20.1599km). The course was measured using a Jones Wheel by certified measurer, Joe Hewitt.

100 Milers will complete 8 laps of the course (161.2792km or 100.2124 miles)  
50 Milers will complete 4 laps of the course (80.6396km or 50.1062 miles)  
50km will complete an initial "10km spur" followed by 2 laps (50.0178)  
25km will complete an initial " 5km spur" followed by 1 lap (25.00)  
10km will complete the same "10km spur" as 50km runners (9.698)

The running surface is 97% prepared forest trail and 3% asphalt. The course is runnable for the entire distance. Road shoes are usually sufficient unless the course is muddy. There is an elevation gain of 1644 feet per lap or 13,152 feet over the 100 Miles. There are no monster hills but the course is constantly undulating under forest cover.

### THE 10KM COURSE

The 10km race entails heading north from the pool centre along Spring Valley Trail then turning left onto the Headwaters Trail. You will be heading towards Martin Rd and Aid Station #4. After crossing Martin Road you will proceed westerly along the Headwaters loop towards Powerline Road and return back to Martin road in 6.2km

After returning to Martin Road and AS #4 you travel south on Martin Rd a few hundred meters and turn left onto the Hilltop Trail. Follow Hilltop and bear to the right up the "gulch". Enjoy the climb. Follow the hill over the top and return to Spring Valley Trail. You are 300m up the grade to the finish.

## The 25KM Race

Runners begin the 25KM race by completing 5km “spur”. They leave the start/finish area along with the 50KM runners following the Spring Valley Trail to Headwaters.

Approximately 1.3km from the start, runners will turn left (west) on Headwaters proceeding to Martin Road. AS #4 is there. Runners cross Martin Rd and proceed west on Headwaters. The 25km runner’s will be turned around by a course marshal less than 700 meters from AS #4. 50km runners will continue west along Headwaters.

25km runners will head back to AS #4 at Martin Rd. and turn right (south) along Martin Rd. for 300m. They will turn left into the woods along Hilltop Trail, up and over “the gulch”. You will reach the Spring Valley Trail after a downhill portion. Turn right and proceed 300m back to the start finish area.

At this point you will turn around at the start/finish line and complete one entire loop of the 20+km loop of the course. This loop is described in detail in the 50/100 Mile section.

## The 20km Loop

25km runners = 1 lap

50km runners = 2 laps

50 M runners = 4 laps

100M runners = 8 laps

The loop is actually 20.1599km. It begins at the Lions Club Pool (AS #1). Runners proceed along Spring Valley Trail for 1.4km and turn right uphill onto Lookout Trail. Stay on Lookout through the “enchanted” pine forest and make an uphill onto the Clearwater Trail. Turn left at the top of the hill and follow the Trail to Headwaters Turn right on Headwaters and follow 300m to Sulphur Springs Rd. Turn right onto the road and proceed 400m to AS #2 (Gatehouse), a right turn off Sulphur Springs Rd. Please run facing the traffic. You will return along this section of road after completing the east end of the course.

After leaving the AS #2 (Gatehouse) you will turn downhill at the first trail split beyond the aid station and follow it on the Main Loop. At the bottom bear left up the hill and enjoy the ups and downs of the main loop until you flatten out in the Merrick Orchard. At the end of the orchard you bear right onto the Monarch Trail for almost 1km.

You bear left off the Monarch Trail at this point. **The next 400 meters is the trickiest footing on the course as you proceed downhill to Sulphur Creek.** The trail bears left at the bottom toward the creek following the tape and trail markings. You will again cross the creek (this bridge was built in 2006 by the Burlington Runners built in conjunction with the Dundas Valley Conservation area and the money used to build this bridge came from this race and its participants). Turn left after crossing and follow the markers around and up a sharp incline to the Sulphur Creek Trail. At the top bear to the right (east) to AS #3 (Turnbull Rd) in 700m.

After leaving AS #3 at Turnbull Rd you will return along the Sulphur Creek Trail beyond the point where you climbed out of Sulphur Creek. It is 1.84km from AS #3 back to Main Loop. Bear right onto the Main Loop and follow it 1.58km back to AS #2. After leaving AS #2 exercise caution and face traffic along Sulphur Springs Road back to the Headwaters Trail. Follow Headwaters from Sulphur Springs Rd. bear right to the Reforestation Trail. Turn right and proceed uphill on Reforestation. At the top turn left onto Reforestation and follow it 500m up and downhill until a well marked right turn. This short downhill spur brings you to Martin Rd. Turn left (south) and proceed 500m to AS #4 where you turn left (west) onto Headwaters. This section of Headwaters is 6.2km long. Heading west you will hit a 'Y'. Bear right and proceed uphill to AS #5 (Powerline Rd). You are just shy at 15km in the loop here and it is 5km to the finish.

Beyond AS #5 the trail is flat and then tends to proceed downhill back to the 'Y' junction and Martin Rd (AS# 4). Travel south on Martin Rd (AS #4) and turn left onto the Hilltop Trail where Martin Rd turns right. Stay straight along the hilltop Trail and keep to your right as you climb "the gulch". Enjoy the straight through downhill at the top back to the Spring Valley Trail. Turn right and you have 300m to the start/finish area.

### **The 50km Race**

The 50km race consists of completing the "10km course" first followed by two loops of the course.

### **The 50 Mile Race**

The 50 Mile runners will complete four (4) laps of the 20km loop. Drop bags can be left at the start/finish/turnaround area on the morning of the race.

### **The 100 Mile Race**

The 100 Mile runners will complete eight (8) laps of the 20km loop. Drop bags for AS #2 must be dropped off by 6:00pm Friday, May 22, 2009. Start/finish area (AS #1) bags can be dropped off prior to 6:00am start on Saturday, May 23, 2009.

**The Trail after Dark:** Please remember that this is a trail race and much of the area that you will be traveling along during the 100 Mile event is runnable but relatively rugged in a number of spots. Much of the area in between aid stations is accessible only by foot, horse or mountain bike. Please use caution.

Knowledge of the trail offers both physical and mental advantages during the official run. Participants should make a reasonable effort to run as much of the trail as possible prior to race day. Participants in the 100 Mile event should give particular attention the trail considering most will do a minimum of three laps in the dark when physical and mental energy may be lagging.

Each runner should ensure that they carry at least two flashlights with power sufficient to last 10 hours. It is not recommended that you attempt to change bulbs and batteries in the dark. If your light fails, wait for another runner with a light. DO NOT TRY TO FIND

YOUR WAY IN THE DARK. If you are the last runner wait for the sweep team or daylight.

**Weather:** Temperatures can range from 5C to 30C on race day. You should come prepared for both extremes. Race day has been rain free for the last thirteen years but during the night in three of the last four years it has rained. Prior to leaving home check the weather channel for updates in Ancaster and Hamilton, Ontario. If a lot of rain has fallen in the days leading up to the race the trail will become muddy in a number of spots. The vast majority of the trail is under forest cover which can spell relief on hot, sunny days. THE 100 MILE RELAY2 to 8 members may make up a team. The first team members will begin at 8 and subsequent team members must begin at the start line. Each member must complete at least 1 full lap. There is only 1 category in this event.

### **TRAIL MARKINGS**

Marshals will be on the course until 11 am on Saturday, to guide runners.

Trail marking will consist of Bright coloured surveyor's tape tied to branches, caution tape, stakes with arrows attached and Chem-lights at night.

Double ribbons are placed at turns on the side of the turn. Always look down a trail you are turning onto. You will be able to see the next ribbon.

Run management does its best to provide an adequately marked trail but runners should try from the start of each event to familiarize themselves with trail names and turns. On occasion persons not associated with the event have been known to remove markers and glow lights. **The map is available on the club website** ([www.burlingtonrunners.com](http://www.burlingtonrunners.com)). It can be printed and viewed in expanded format to pick up the trail names.

You are ultimately responsible to follow the correct course.

**Drop-Outs:** If you have to retire from the race where your crew is unavailable, we will make every effort to get you to the start/finish area particularly if you need medical attention. If you drop-out you must return your Championship and notify race headquarters of your DNF

**Trail Etiquette:** We do not have exclusive use the Dundas Valley Conservation Area during the weekend. Please be courteous and cautious of hikers, mountain bikes and horses. If you wish to pass another runner, ask for "Trail Right" or "Trail Left". Slower runners must yield the trail to others wishing to pass. Be particularly careful with horses that you encounter along the trail. Horses can be spooked easily by your sudden appearance with dangerous consequences to the rider and you. STOP and step off the trail to let oncoming horses pass and notify the rider if approaching from the rear.

**Volunteers:** There will be approximately 75 volunteers on the course during the 30 hours of the event. Many will spend more hours on the course than runners. Please be polite and make a point to thank them. They will do their best.

## Performance Rules

Violation of any race rules or directives may be grounds for disqualification from this race and future Sulphur Spring events or such other sanctions as deemed appropriate by the race director.

1. There will be NO unofficial runners.
2. Each runner's official race number must be worn prominently on the front of the body and visible at all times.
3. Runner's must follow the marked trail at all times. Any runner departing from the official trail must return unassisted to the point of departure prior to continuing.
4. Each runner must complete the course under their own power. No physical or mechanical aids are allowed including ski poles and walking sticks.
5. Except in the case of emergency, runners may not accept aid or assistance in ANY FORM from anyone between aid stations.
6. **Pacers are defined as "trail companions"** and may accompany runners under the following guidelines.

Pacers may only join their runners from the start/finish area.

Pacing by bicycle or means other than by foot is not allowed. Pacers are allowed solely as a safety consideration and may not provide any physical or mechanical aid to the runner (except in medical emergencies). Pacers must not carry supplies for the runner and should have their own supply of flashlights, food and water. Pacers only, not crew may accept aid at Aid Stations.

Each runner is allowed one pacer at a time. Pacers must remain with their runner at all times and should enter and leave each aid station with their runner. The pacer may assist the runner with supply replenishment while in the aid station; they may not enter the aid station ahead of the runner or depart after their runner in order to speed up the replenishment process.

**Crews:** Crews are not necessary at Sulphur Springs. There are seven aid station stops per 20km lap. Most are fully stocked with fluid and food. If you feel the need to bring a crew they must adhere to the following. "Crew" is anyone giving material support to a runner during their race. Crews may assist runners only at designated aid stations and must adhere to directions from Aid Station volunteers. Crews must not park in such a way to block or impede traffic flow. Cars are permitted only at Aid Station #2. All other stations must be arrived at on foot.

**100 Mile Race:** Pacers may join the runner after **8:00PM** of Saturday, May 23, 2009 or at the beginning of their 7<sup>th</sup> loop.

**50 Mile Race:** Pacers may join their runners at the beginning of their final (4<sup>th</sup>) lap.

10km, 25km, and 50km: **No pacers** will be allowed during these events.

“**Muling**” by pacers or crews is not allowed. Runners must carry their own supplies.

7. Runners may not store supplies of any kind along the trail aside from their drop bags at official aid stations.

8. All runners are responsible for the actions of their crews and pacers. Everyone associated with the race must comply with all rules including parking and access instructions. Failure to do so may risk disqualification of the runner.

9. Injection of any fluids or drugs during the event will result in immediate disqualification.

10. Littering of any kind is prohibited. All runners, crews and pacers need to respect the natural beauty of the race course and the right of everyone to enjoy it. Littering can threaten the continued use of the conservation area. Runners caught littering will be disqualified. This includes carrying litter away from the aid stations and dropping it in the woods.

11. Runners must refrain from any act of bad sportsmanship.

12. Any runner who is unable to finish the race must **PERSONALLY** inform race personnel of their decision at the nearest aid station. Runners who leave the course without informing aid station personnel will be considered lost. Any search and rescue effort costs will be billed to them.

13. The Championship timing chip must be returned at the finish of the race or upon withdrawal. Failure to return the chip will result in the runner being billed \$50.00 and their name and time removed from the results until the chip is returned or the billed paid.

### **Risk Factors**

Participation in this event is at the runner’s own risk. The inaccessibility of much of the course will make it difficult if not impossible for medical assistance to reach a runner immediately. Local police have been notified of our event.

Runners should appreciate the risks associated with the run and prepare accordingly. Risks include renal shutdown, heat stroke, hypothermia, injuries from falling, wildlife hazards, vehicle hazards, risks associated with low sodium chloride counts, muscle necrosis, overuse injuries, common fatigue, poison oak and ivy and getting lost.

### **Aid Stations**

There will be seven stops during the 20 km loop. You will pass through AS #2 and 4 twice per lap. AS #1 at the start/finish, AS #2 and AS #4 will be fully stocked with a wide range of fluid and foods. AS # 3 and AS #5 will be fluids and simple foods only. The fully stocked aid stations will have a variety of fluids and food out during the Saturday

morning. As lunch hour approaches sandwiches, boiled potatoes and heartier food will be available. Hot food, coffee and tea will be available through out the night. Keep this in mind at AS #2 and #4 as you will return to them. Aid station staff can prepare things for you on your return trip.

### **Drop Bags**

100 Mile runners must drop their bags for AS #2 by 6:00pm on Friday, May 23, 2009. You will be through this aid station at the 3km and 10km point of every lap. The drop bag you will leave at the start/finish you will see at the 0km and 20km point of each lap. Bags will be under cover throughout the race.

Clearly label your bag. It will be easier at night to identify it.

Do not use paper bags, shoe boxes or any paper-like products as they deteriorate when wet. Distinctive colours work well.

It is strongly recommended that you place warm clothing, extra flashlights and any special needs that you may require in your drop bags. Avoid glass and perishable items.

Run management is not responsible for lost or damaged drop bags and their contents. The bags will be returned in a timely manner to race headquarters once you have passed through for the last time. Bags left behind will not be returned.

### **AWARDS**

All 100 Mile finishers will receive a race belt buckle to recognize their achievement.

The first, second and third place finishers in each event will receive a distinctive award to recognize their performance.



## **FOOD**

The pre-race dinner will be held in Ancaster, ON at a location to be determined on Friday, May 22, 2009 at 5:00pm. A buffet of pasta, bread, salad and dessert will be served. Dinner is included in the 100 Mile entry fee. All other racers, families, pacers are welcome to dine with us for \$25.00 per head, payable in advance. Space is limited. The room was at capacity in recent years.

There are two major supermarkets in Ancaster within 3km of the start on Wilson Ave. To get to Wilson, travel east along Jerseyville from the outdoor pool to Wilson and turn right. Fortinos and Superfresh are down the street.

There are several restaurants along Wilson in both directions.

## **GETTING TO THE START/FINISH AREA**

If you fly into the Hamilton Airport in Mount Hope you are about 15 minutes from the start. Depending on traffic you are 60 to 90 minutes by car from Toronto, Pearson Airport. Buffalo Airport is also 90 minutes depending on traffic flow at the Peace Bridge. From the Hamilton Airport, follow signs to Hwy 403 West.

From the Toronto Airport, follow signs to Hwy 401 West. Continue and connect with Hwy 403 West. This will connect to the QEW West. Follow the QEW until you see the Hwy 403 West and follow as described below.

From the Buffalo Airport take I90 to the Peace Bridge into Canada. Follow signs to the QEW (Queen Elizabeth Way) towards Toronto. Connect to Hwy 403 West

Once you are on Hwy 403 West, follow it through Hamilton and through the former town of Ancaster. Exit at Wilson Street/Hwy 2 (you will pass Ancaster exits at Rosseaux, Garner and Fiddler's Green first). At the end of the Wilson Street exit ramp turn right. Take the first left hand turn at Meadowbrook after circling the round-about. Follow Meadowbrook Dr. to its end at Jerseyville Rd. Turn right on Jerseyville. Parking is available immediately on your left at the Ancaster Community Centre and on your right at the Ancaster High School. From there you can walk downhill (on the sidewalk) on Jerseyville Rd to the race start at the Lions Club Outdoor Pool. There is no parking on Jerseyville Road or at the Pool. The parking across the street from the pool is also not to be used as it is reserved for a tournament that is being held on race day.

## **LODGING**

Camping: Primitive camping will be allowed about 100 meters from the start/finish area if arranged in advance with the race director. Please call John Turner 905-336-5031 or Bruce Smith 905-529-4031 [Email: SulphurSpringsRD@gmail.com](mailto:SulphurSpringsRD@gmail.com)

**Motels:**

Maple Farms Motel	905-648-4466
Motel California	905-648-1821
Sundown Motel (Jerseyville)	905-648-6172

There are several hotels in Hamilton about 15 minutes from the start

Budget Inn	905-527-2708	
Holiday Inn	905-578-1212	or 1-800-HOLIDAY
Visitors Inn	905-529-6979	
Ramada Inn	905-528-3451	
Admiral Inn	905-529-2311	
Howard Johnson	905-546-8111	
Comfort Inn City	905-560-4500	
Motor Hotel Days	905-549-1371	
Inn Econolodge	905-575-9666	or 905-528-0611 or 1-800-553-2666
Sheraton Inn	905-529-5515	

**Bed and Breakfasts**

Duck Tail Inn, Ancaster	905-648-3596
Green Antler B&B, Ancaster	905-648-7058
Shasta Stables B&B, Ancaster	905-648-1363
Tranquility B&B, Ancaster	905-648-1506

Greater Hamilton Tourism: [tourism@city.hamilton.on.ca](mailto:tourism@city.hamilton.on.ca) or [www.hamilton.on.ca](http://www.hamilton.on.ca)

Good Luck with your training. Nothing insures success like training. See you in May

John Turner and Bruce Smith, Race Directors  
Sulphur Springs Trail Races  
Burlington Runners