



Hopewell Rocks Athlete Guide

Sunday 27 October 2024

Race Start Time – 12.30pm

Welcome to our 8th Hopewell Rocks race and we look forward to seeing you on Sunday morning. We must thank our hosts at Hopewell Rocks for allowing us permission to run this event in the park and we hope you will stay after the race to enjoy the park at a more leisurely pace.

2024 PLEASE note that there will be a 2hr 45min time limit on the 13k race.



Volunteers - Don't forget to thank all the volunteers who are giving up part of their Sunday to help out at the race.

IF YOU ONLY READ 1 THING IN THIS ATHLETE GUIDE, PLEASE MAKE SURE IT IS THIS – ON THE SECOND BEACH SECTION YOU WILL TURN AROUND AT MATTRESS ROCK AND MAKE YOUR WAY BACK TO THE STEEL STAIRCASE FOR THE 100 STAIRS.



Mattress Rock above – turn point on the second beach section

Bib Pick Up - located beside the Groups Admission Building from 11.30am.

Race Start Times – 12.30pm for both the 5.7k race and 13k race.

Parking- use normal parking lots for the park.

Water Tables

We are a cup-less event!

In order to leave just footprints and nothing else we do not provide cups for water, so you have to bring your own cup, bottle, bladder etc.

There will be 2 water tables on the course this year with water. There will be a table with 18litre bottles available to fill your own drinks bottles plus water at the finish line. **You must be self sufficient** this year for the race fuel for the entire race.

Water Table 1 = at exit of Pondorosa Pines Trail after roughly 5k

Water Table 2 = close to the ramp down to beach which you will pass twice.

Bib Number – please wear your bib number on your front at all times during the race.

Timing – both events will be timed by Atlantic Chip Timing.



Race Route –Please note that Start and Finish Line are in the same location in the top parking lot close to the entry kiosks. Look out for the green archway.

The route will be clearly marked with directional arrows.

Follow the directional arrows to navigate your way through the course.

5.6k Race Route

From the start line we will enter the new trail system which I am dividing into 3 sections for the course description.

Section 1 – leaving Hopewell Rocks and heading down to Pondorosa Pines.

Section 2 – leaving the wooded trail behind we start the loop of Pondorosa Pines.

Section 3 – back up Section 1, look out for any athletes still on their way down the trail. After exiting the trail look for signs to the Finish Line via Coach Parking lot.

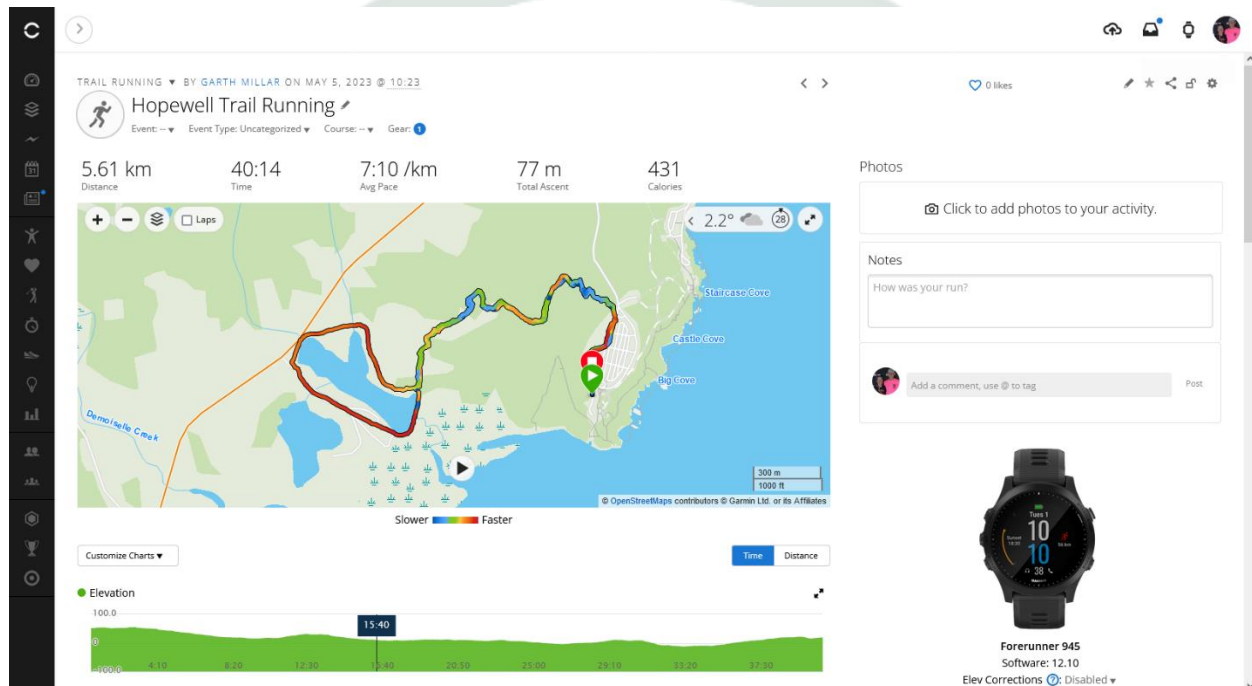


Figure 1 -5k Race Route

13k Race Route

From the start line we will enter the new trail system which I am dividing into 3 sections for the course description.

Section 1 – leaving Hopewell Rocks and heading down to Pondorosa Pines.

Section 2 – leaving the wooded trail behind we start the loop of Pondorosa Pines.

Section 3 – back up Section 1, look out for any athletes still on their way down the trail. After exiting the trail look for signs to the Finish Line.

After a loop of the bus parking lot, we will follow a clearly marked route down to Demoiselles Beach. We will run a section of the beach for roughly 200m where there will be a 180degree turnaround to re-trace your steps all the way back to the Interpretive Center.

From here runners will join the main walking trail to run down towards the Lower Canteen, and then down past Baymount Outdoor Adventures and then onto the main beach. As you enter the beach (via ramp) turn right to follow the beach all the way **past the iron staircase** to the turnaround on the Ocean Floor and through many of the famous Flowerpot Rock formations before turning around at **Mattress Rock** and retracing your steps all the way back to the iron staircase.*

You must come up the stairs this year. Due to issues in previous years we unfortunately have to say that if you return up the ramp you will not be eligible for prizes – sorry. At the top of the stairs, you will take a right turn before deviating onto a short loop trail before taking a left turn into Discovery Road and follow the blue dots on the road to the parking lots where you will be directed towards the finish line.

The race course may need to be re-designed close to race date subject to Beach conditions - no refunds or amendments will be granted due to a change in the course. Any updates will be provided at registration.

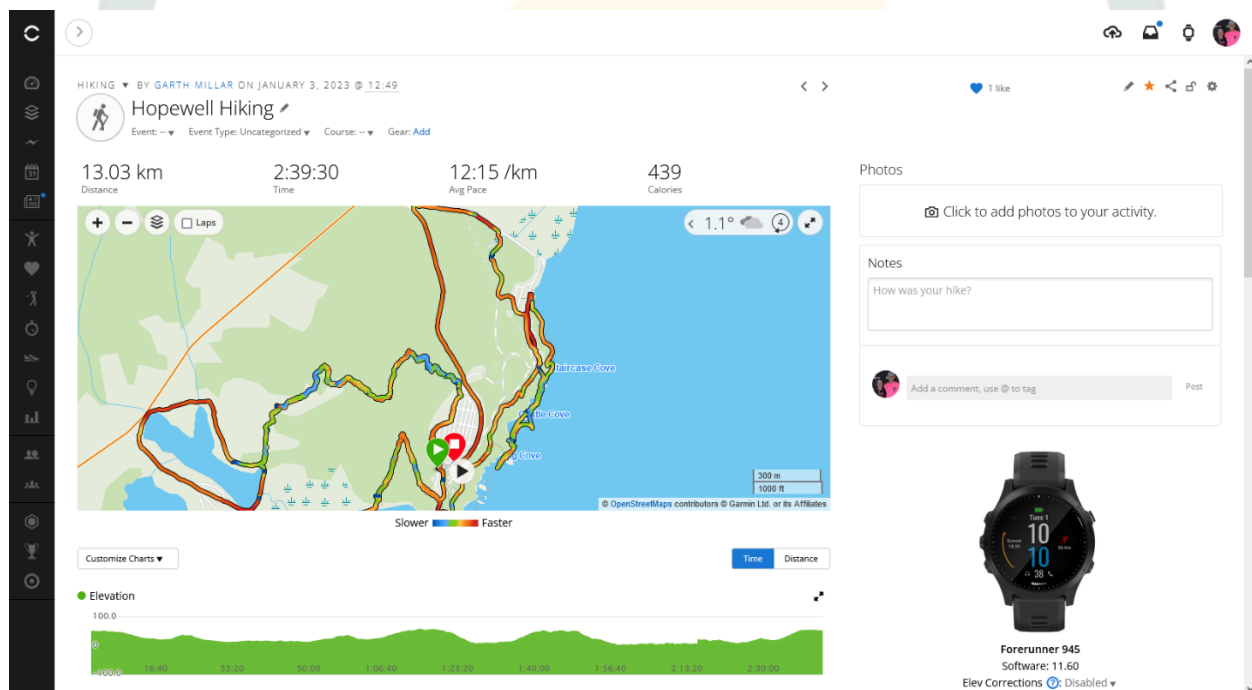


Figure 2- 13k Race Route

Finish Line Food

We will have water and granola bars for you at the finish line.

Awards & Door Prizes

There will be prizes for 1st, 2nd & 3rd places Male & Female in both the 5.7k and 13k races.

Friends and Family Rate – Hopewell Rocks have generously included a 2 day park pass for our athletes and a highly discounted rate of \$5.75/person plus HST (\$6.61/person) for friends and family. Just tell the park staff at the ticket booth that they are with the race.

Headphones – please no headphones. The roads in the park are open to traffic and the park is open to the public so its always best not to wear headphones in case we need to give you information while running.



Hopewell Rocks Restaurant – there is a restaurant on site for tea / coffee, snacks & meals.





General Info

Running with Dogs – We received this notification from RunNB. - Please be aware that the ANB/RunNB insurance policy does not cover **dogs** and/or **strollers** during races. If either of these types of participants take part in a race, the entire event's insurance coverage is voided. We apologize for any inconveniences this may cause. If you have any questions, please contact RunNB.

- 1) There will be mud, how much depends on the tides, but expect to get very, very muddy.
- 2) Even if there is no mud still expect to get mucky as sections of the race are on a beach and the sand may be soft and wet.
- 3) Wear old sneakers - we don't want you to get your new, shiny, race shoes all dirty, wet & mucky.
- 4) While on the beach and trails take care over wet rocks, slippery seaweed, soft sand and wet stairs. Please exercise caution.
- 5) The park is NOT closed to the public on race day so please be aware of vehicles and pedestrians on the course.
- 6) On the road section of the course please run on the left and do not cut corners as you are sharing the road with vehicles.
- 7) Please be courteous to other park users.
- 8) On the beach sections the less muddy routes are those that hug the coastline.
- 9) When you reach the turnaround on the section of beach through the Flowerpots to the turn at Mattress Rock there will be no signage so you will choose your own route back to the iron staircase.

10) Your race registration fee includes a consecutive 2 day park pass for yourself (retain your bib number for park access) but please be aware that any friends and family visiting Hopewell with you will be required to pay the reduced park entry fee of \$5.87/person plus HST (\$6.75person).

Have a great race.

Garth & Helena Millar

Fundy Sports & Tourism

