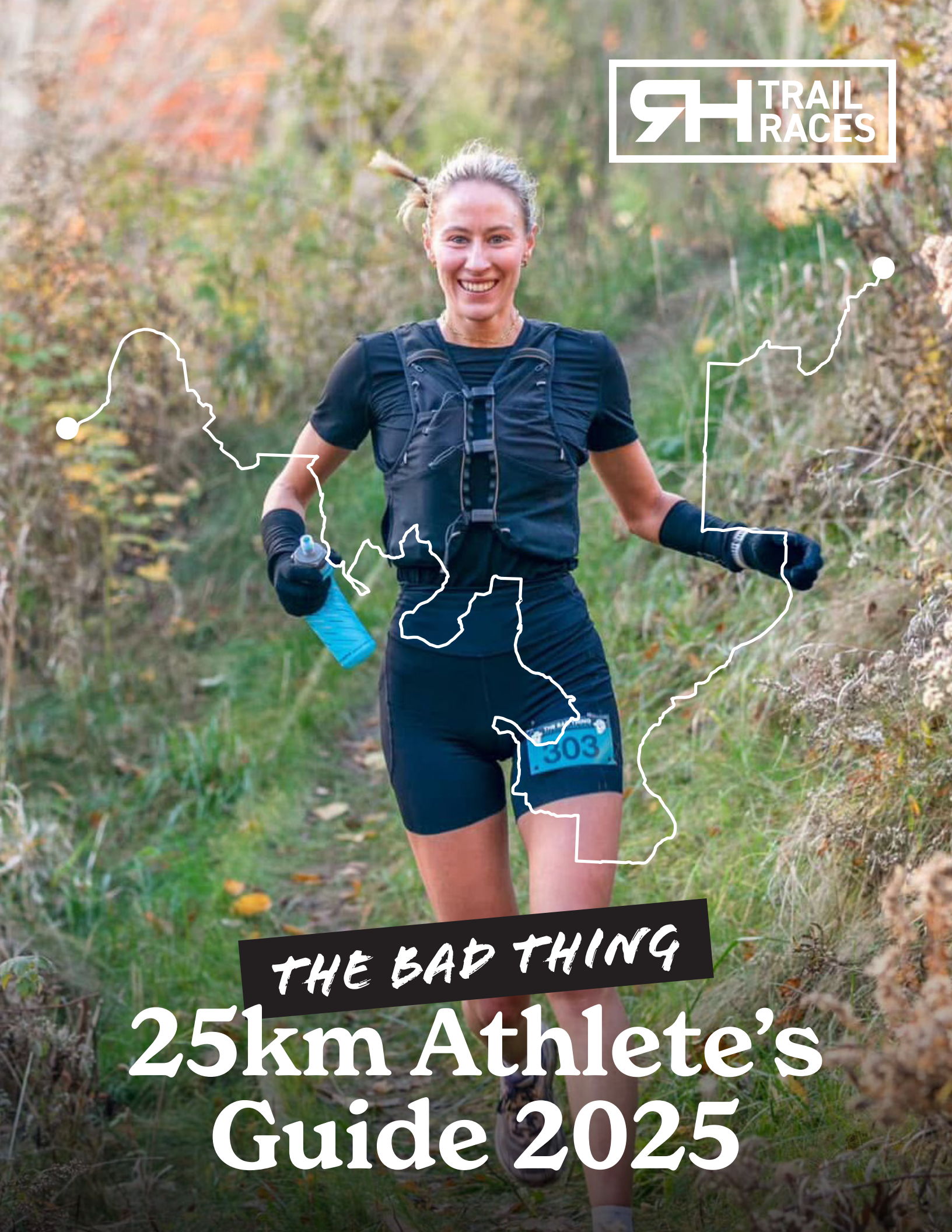




**TRAIL
RACES**

THE BAD THING
**25km Athlete's
Guide 2025**

Race Day Checklist

THE BAD THING
25KM

Pre-race Prep

- Review website for pre-registration information and shuttle departure times
- Review course maps and identify aid station locations and distances between.
- Check local weather forecast to ensure you are prepared with proper attire. Remember this is late October and weather can be very unpredictable, baring a severe storm we will be running. That means rain, snow & heat...
- Make sure you have a hydration and fuel plan in place to ensure that you have adequate nutrition throughout the race. The aid stations will be stocked with snacks and water however because the distances between aid stations range between 8 and 12km it is highly recommended that you carry enough food and water/electrolyte to carry you between aid stops.

What to Bring

- Directions to pre-race registration
- Headlamp (*mandatory for all 50k participants*)
- Charged cell phone
- Appropriate clothing depending on weather forecast (*raincoat/windbreaker, gloves, toque etc.*)
- Bag to store your extra clothing at finish area
- **Only items that will fit in a large ziplock (provided) are permitted to be left at aid station 2**
- Water bottle(s) or hydration pack
- Required medications, inhalers or EpiPens
- Sunglasses
- Sunscreen and hat
- Watch/GPS device (*remember to charge the night before*)
- Ibuprofen or pain reliever (*this will NOT be distributed by any volunteer, race officials or medical teams*)

We are proudly a cup-free event!





Course Description

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Single-Track.

Over 60% of this course is made up highly technical single track, runners will have to maintain absolute focus to follow the marked course and avoid the many obstacles along the way. This course is very challenging on a good day and when it is wet it's a whole different ball game. There are areas along the course that have log steps cut into the hillsides while these are very helpful in dry conditions they become slippery and difficult to navigate in wet conditions.

Double-Track.

This course has some great double track sections, however this doesn't mean easy by any means and runners will have to pay close attention to avoid tripping on the many rocks & roots that litter the trail.

Road.

While it would be nice to say this course had no road sections, there are a few. None of the road sections are particularly long so our suggestion is to enjoy them while they last because the single track grind will around the next corner.

Aid Station Locations & Cut-off Policy

For the safety of all participants, volunteers & race officials, any runner that is off the pace to complete their distance by the designated course cutoff may be pulled at any time by the Race Director.

Please note that a “hard” cut-off of **5 hours** has been determined for this course.

Race day Parking/bibs

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Parking

Parking is at the race site location

Auburn Riverside Retreat.

Address: 38382 Blyth Rd, Auburn, ON N0M 1E0

Phone: (519) 526-7238

There are camp site available at the race site or you can drive and park at the race site the day of the race.

There will be a volunteers directing you to the parking once you pull into camp grounds.



Race Bib pickup

Pre-race registration between

5 a.m. – 8 a.m.
On Race Day

Please meet at the Riverside Retreat for race check-in. The bus will leave Auburn at **8:30am sharp for the 25K race**



Bibs

Bibs must be worn on the front of **runners shirt/ jacket** or on **short/pant leg**, if worn on short/pant leg bib must be on left leg this is to make it easier for volunteers and Race Officials keeping time to see when bibs are on the same side.



Turn-by-turn Directions

Start

The location of the 25k race start will remain undisclosed and will not be displayed on our course maps out of respect for the privacy of the landowner that is giving us limited special access through their property on race day.

Details will be provided to the racers during the pre race brief on the bus ride from Auburn to the start.



Aid Station #3

Sharps Creek Line to AS#4 Boundary Bridge 8.4k

25k runners will arrive at AS#3 within an hour of starting the race.

Aid Station #4

Boundary Bridge to FINISH Auburn Riverside Retreat 13.4k

- Follow Maitland Trail out of AS#4 (**White blazes/Pink flags**)
- Left onto Little Lakes Rd (White Blazes/Pink Flags)
- Right onto River Line (White blazes/Pink Flags)
- Continue straight onto trail at the top of River Line climb this is double track for 1.3k before turning into gravel road (Heron Line) (White blazes/Pink Flags)
- Right onto School Rd, follow to field gate and onto trail (White blazes/Pink Flags)
- Continue on trail until you reach the Auburn river flats (White blazes/Pink Flags)
- Head towards bridge where volunteers will direct you across the river
- Right onto Maitland Terrace
- Left onto Goderich St
- Right onto King St
- Left onto John St and head straight to the FINISH Auburn Riverside Retreat

**You must arrive at the finish by the 2:00pm cutoff time to
Avoid a possible dnf**



Post race / Awards

Post Race Meal

We will be serving a meal to all the racers and volunteers.

We will have a **Pineridge Bbq** (meat and veg option) after the race at the Auburn Riverside Retreat. The meal will also include food from the **Zehrs**, coffee from **Coastal Coffee** and donuts from **Culbert's Bakery**. You can wash all of these goodies down with a pint of beer from local brewery **Square Brew**!

Facilities

There are washrooms on site and lots of parking.

Awards

Medals to all finishers. Awards will be given to the top 3 male and female finishers.



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Course Markings

Main Trail Blazes



The Maitland Trail is very well marked with standard **White blazes**. Blazes are painted in white on trees, fence posts, road sign posts, rocks and stumps. Most blazes are located between 5' and 6' from the ground and are spaced approx. 100m apart (see graphic above for instructions on how to read trail blazes).

In addition to the **White blazes** we have also placed 3"x3" **PINK flags** that are approx. 18" from the ground to help guide you through the course. Please note that Race Officials will be flagging the course up to one week before race day. Due to weather and/or tomfoolery there is a risk that some of these marking could go missing before race day and may not be realized in time by Race Officials.

While there will be plenty of **PINK flags** along the trail to help guide you it is important to remember that these are in place only as additional markings to the Official Maitland Trail **White blazes**. Previous knowledge of the trail will be a great advantage to runners. It is good practice to always be on the lookout for trail markings and NOT relying on the runner in front of you to guide you through the course, it's not the fault of the runner in front of you if they make a wrong turn and you follow.

It is your responsibility to follow the marked course.



Race Etiquette

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We do not have exclusive use of the trails. If you wish to pass another runner or other trail user, ask for “trail right or trail left”. Slower runners must yield the trail to other runners wishing to pass.

Risk Factors

Participation in this event is at the runner’s own risk. Although Race Huron has medical personnel at some points along the course, the inaccessibility of much of the course will make it difficult for medical assistance to reach a runner immediately. Runners should appreciate the risks associated with the race & prepare accordingly.

Risks may 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 & getting lost. Know your body & if questionable –please ask for help.

RIVER CROSSING

All runners will be directed across the maitland river. If weather conditions prevent a safe river crossing, runners will be directed to an alternative route.





Race Rules

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The reason for these rules is to ensure the integrity of this race as a test of individual performance, providing equal condition for all. In general the principles of the Rules are race fairly, be safe and respect Race Huron and The Maitland Trail Association. Violation of any Rules or race directive may be grounds for disqualification from this race, or future Race Huron Endurance Events.

1. There will be no unofficial runners.
2. Each runner's official race number must be worn prominently on the front of the body & must be easily visible at all times.
3. Runners must follow the marked trail at all times. Any runner departing from the official trail must return to the point of departure ON FOOT before continuing.
4. Each runner must complete the entire course under her/his power. No physical or mechanical aids. "Muling" or "Tethering" by pacers or crew is not allowed.
5. Except in the case of an emergency, runner may not accept aid or assistance IN ANY FORM, from anyone between aid stations.
6. Runners may not store supplies of any kind along the trail. Supplies are only available at aid stations and what is carried on your body.
7. Each runner must be checked IN & OUT of all checkpoints. It is your responsibility to make sure u are checked in & out of the aid stations.
8. Injection of any drugs during the event will result in immediate disqualification.
9. Littering of any kind is prohibited. All runners, need to respect The Maitland Trail. Littering can threaten our continued use of the Maitland Trail and will be grounds for disqualification of a runner, on the spot, for this race and other Race Huron Endurance Events.
10. Runners must refrain from any act of bad sportsmanship.
11. Any runner who is unable to finish the race must personally inform the aid station personnel of her/his decision to withdraw at the nearest aid station. Runners who leave the course without informing aid station personnel will be considered LOST & will be subject to a search & rescue effort. Time spent searching for any such runner will be billed directly to the runner. You must also notify Race Officials at the Finish Line that you are leaving the race.
12. The use of trekking poles is permitted.

Volunteers & Safety

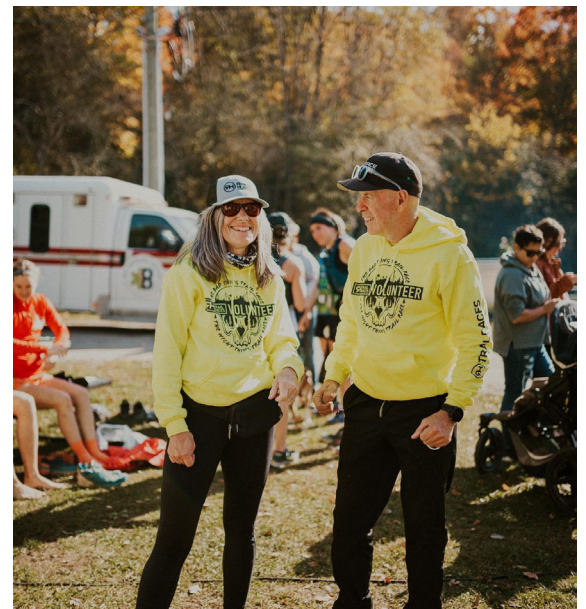
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Volunteers

Volunteers are a vital component to this and all Race Huron events. Without the assistance from the many amazing volunteers these events would not happen. **Please be gracious and kind to all of the volunteers, they are here for you!**

Safety & First Aid

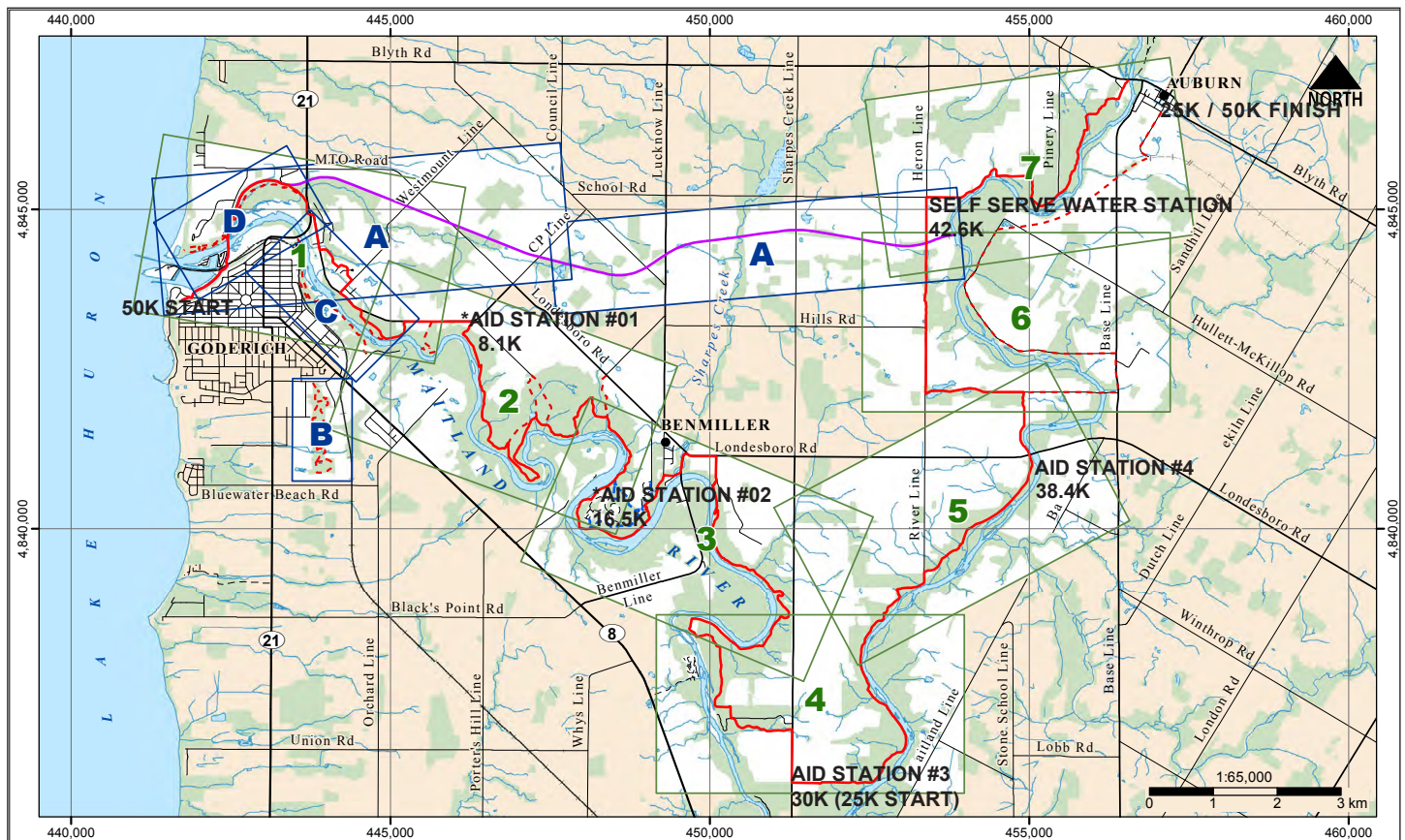
Emergency personal will be located at the finish area. Each Aid Station will be equipped with a first aid kit (for minor injuries, ie. small cuts and scrapes) and an emergency blanket. A cell phone will also be available at each Aid Station for emergency purposes. For major emergency's volunteers and/or participants will be required to call 911.





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Race Maps



**Thank you and see
you at the start line!**



www.racehuron.com