



THE BAD THING

50km Athlete's Guide 2025

Race Day Checklist

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

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" **cutoff of 9 hours** has been determined for this course. Also note that **cutoff times have been determined for each aid station**. Runners that do not reach the aid stations by the designated cutoff time will be pulled from the race and shuttled to finish.

Start - **MYSTERY LOCATION** Goderich 7:00am

Aid Station #1 Jenkins corner **NO CUTOFF** (8.1K from start)

Aid Station #2 Falls Reserve **10:00am CUTOFF** (16.5k from start)

Aid Station #3 Sharps Creek line **12:22pm CUTOFF** (31k from start)

Aid Station #4 Boundary Bridge **1:45pm CUTOFF** (39.4k from start)

Finish Auburn Riverside Retreat **4:00pm CUTOFF** (52k from start)

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Running in the dark

It is important to remember that this is a trail race that follows an established hiking trail that in some areas is quite remote it is also very technical and rugged. Much of the area in between aid stations is accessible only by foot or ATV.

CAUTION MUST BE OBSERVED

Becoming familiar with the trail provides both physical & mental advantages during the official race.

We suggest that participants make an effort to run as much of the trail as possible before Race Day.

Do not try to find your way in the dark.



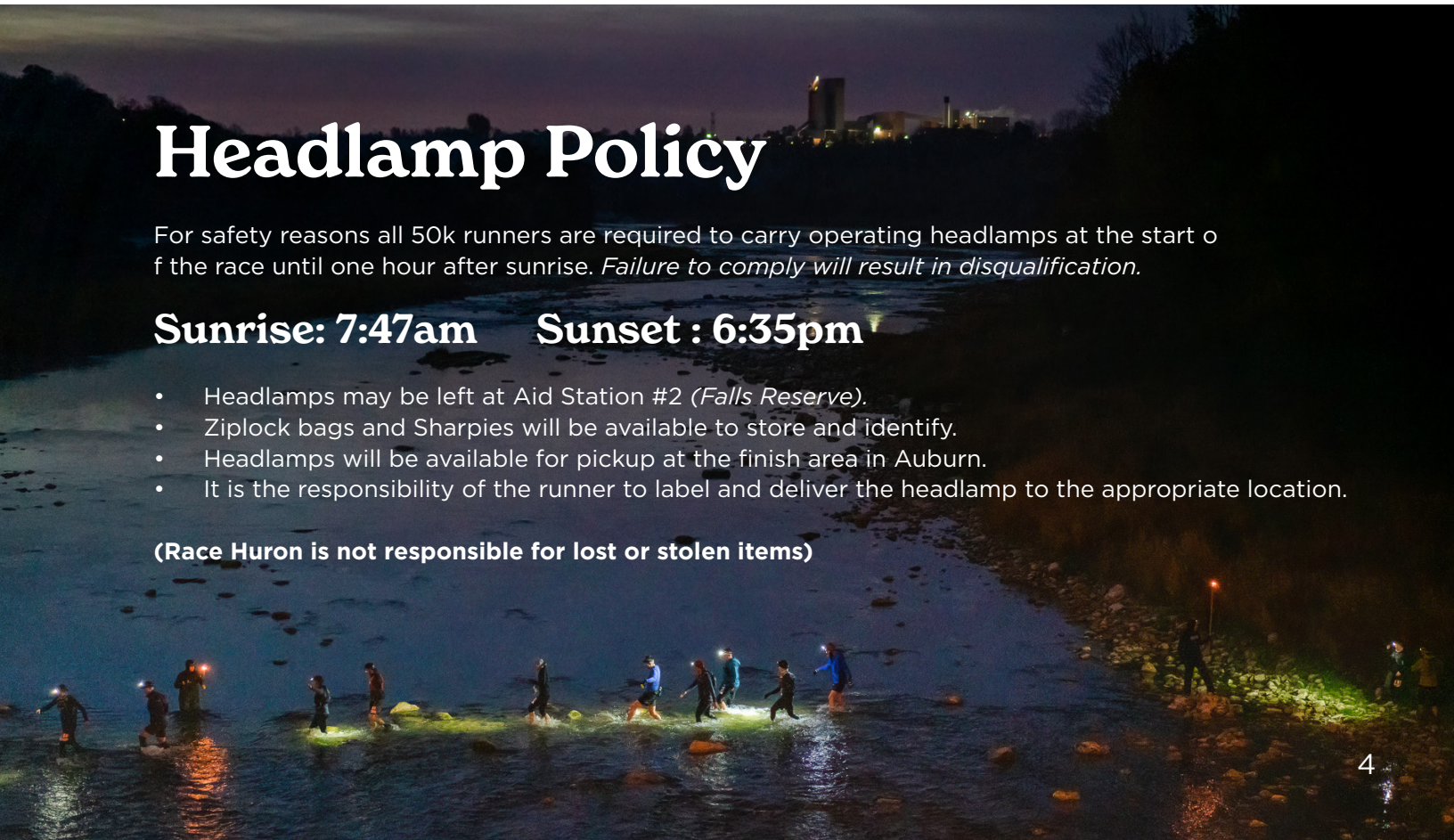
Headlamp Policy

For safety reasons all 50k runners are required to carry operating headlamps at the start of the race until one hour after sunrise. *Failure to comply will result in disqualification.*

Sunrise: 7:47am Sunset : 6:35pm

- Headlamps may be left at Aid Station #2 (Falls Reserve).
- Ziplock bags and Sharpies will be available to store and identify.
- Headlamps will be available for pickup at the finish area in Auburn.
- It is the responsibility of the runner to label and deliver the headlamp to the appropriate location.

(Race Huron is not responsible for lost or stolen items)



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Race day Parking/bibs

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

5:00 a.m. – 6:00 a.m.

On Race Day

Please meet at the Auburn Riverside Retreat for race check-in. The bus will leave Auburn at **6:25am sharp for the 50K 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.



Crewing

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Crewing is not necessary during The Bad Thing 50k. Aid stations will be in five locations along the 50k course, ranging from 8k to 12.5k apart. All will be stocked with fluids and other then the “self serve” water station at 44k all will be stocked with food. If you feel it is necessary to bring a crew they must adhere to the following guidelines. “Crew” is anyone giving material support to a runner during their race. Crews may provide assistance to runners **ONLY** at designated aid stations and must adhere to directions from aid station volunteers. Crews must park so that they do not block or impede the flow of traffic or runners. Crews are **only allowed at Aid Station 3 – Sharps Creek Line**. The only parking at this aid station is along the shoulder of the roadway and is **at own risk**! Runners are responsible for the actions and behaviors of their support crew. Failure of the “crew” to follow directions from aid station volunteers and the guidelines listed above will result in disqualification of runner.

Crews are only allowed at Aid Station 3 – Sharps Creek Line



Turn-by-turn Directions

Start

Mystery location Goderich to Aid Station #1 Jenkins Corner 8.1k

- Mystery location start
- Run along the lower Maitland Trail (Follow reflective **Pink flags**)
- Go left up the stairs that adjacent to the Menesetung bridge and go onto the GART for approx. 300m (Follow reflective **Pink flags**)
- After start onto Maitland Trail (**White blazes/Pink flags**)
- Right onto wide path marked with pink flags follow wide path under bridge and across river flats.
- Trail makes its way through Samuels hotel parking lot.
- Right onto Salford rd
- Left onto cut grass field
- Left at top of steps following through Saltford Heights subdivision
- Right onto Westmount
- Left onto Saltford road for 400m
- Right onto trail
- Right onto Saltford Road
- Continue straight on Saltford Rd until you reach AS#1 (Jenkins Corner)

You must have your bib marked at this aid station to ensure you have made the cutoff time



Aid Station #1

Jenkins Corner to Aid Station #2 Falls Reserve 8.7k

- Follow Maitland Trail out of AS#1 (**White blazes/Pink flags**)
- At Km 14.6 you will reach "The Bad Thing" this is an offshoot from the main trail, you will be directed by a Race Marshal to climb to the top of "The Bad Thing" where you must have your bib marked by the Race Marshal at the top before descending and continuing on the regularly marked trail
- Follow trail to AS#2 (Falls Reserve)

You must have your bib marked at this aid station to ensure you have made the cutoff time



Turn-by-turn Directions

Aid Station #2

Falls Reserve to Aid Station #3 Sharps Creek Line 13.6k

- Follow Maitland Trail out of AS#2 (**White blazes/Pink flags**)
- Right onto gravel road (Grist Mill Line)
- Left onto Benmiller Line
- Right onto Londesboro Rd
- Right onto Cherrydale
- Right onto Maitland Trail
- Right onto Sharps Creek Line
- Continue on Sharps Creek Line to AS#3 (Sharps Creek Line)

Bib number must be recorded by an aid station volunteer. Make sure your bib is clearly visible and that confirmation has been made with the volunteer before leaving the aid station.



Aid Station #3

Sharps Creek Line to Aid Station #4 Boundary Bridge 8.9k

- Follow Maitland Trail out of AS#3 (**White blazes/Pink flags**)
- Continue on Maitland Trail to AS#4 (Boundary Bridge)

You must have your bib marked at this aid station To ensure you have made the cutoff time.



Aid Station #4

Boundary Bridge to FINISH Auburn Riverside Retreat 11.6k

- Follow Maitland Trail out of AS#4 (**White blazes/Pink flags**)
- Left onto Little Lakes Rd
- Right onto River Line
- 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)
- Right onto School Rd, follow to field gate and onto trail
- Continue on trail until you reach the Auburn river flats
- Head towards bridge where volunteers will direct you across the river.
- FINISH Auburn Riverside Retreat

You must arrive at the finish by the 5:00pm 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.



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Course Markings

Note, there will be a location along the 50k course that runners will not follow white blazes.

At the 14.6K point of the course you will be directed off the maitland trail and up “thebadthing” climb. This is marked with **blue blazes**. After your bib is marked by the marshal at the top of “thebadthing” climb you will be directed back onto the main course where you will continue to follow the **white blazes** for the remainder of the race.



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.





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.

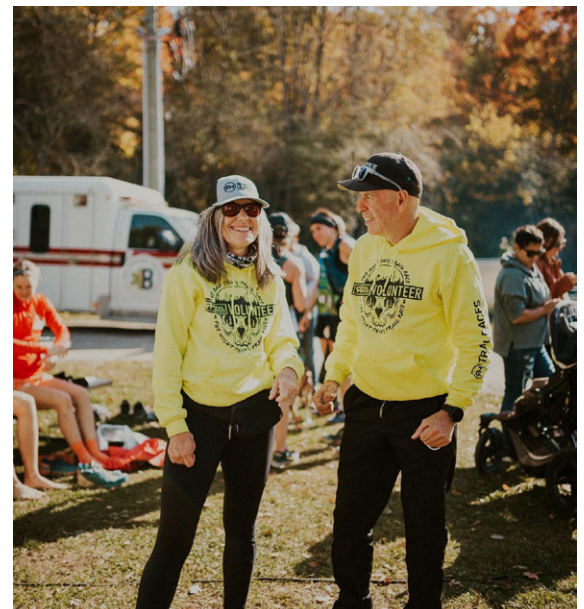
Volunteers & Safety

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

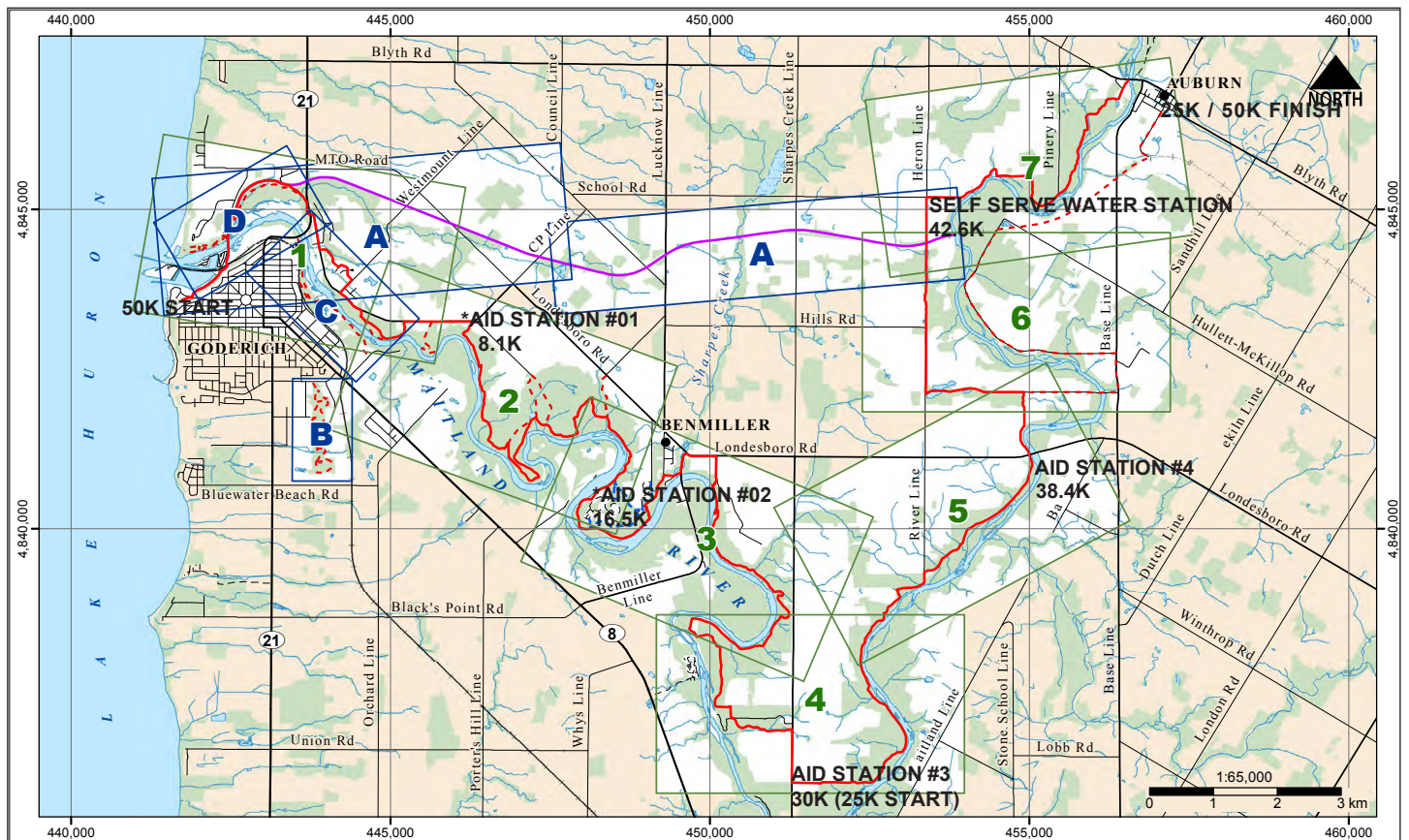
Emergency personnel will be located at the finish area. Each Aid Station will be equipped with a first aid kit (for minor injuries, ie. small cuts and scrapes) and an emergency blanket. A cell phone will also be available at each Aid Station for emergency purposes. For major emergency's volunteers and/or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