

ATHLETE GUIDE



9km & 17K
2024



Saint John Trail Running

[VISIT THE EVENT WEBPAGE](#)

What is the 'Bootstrap Boogie', and where did that name come from?

In December 2020, Julia Wright from CBC asked if we could get a few of the Saint John Trail Running crew together to do a quick interview. During this interview crew chief Mark McColgan used the reference, "pulled up their bootstraps" when referring to one of his most memorable runs leading the crew. This inspired conversations like, "who says Bootstraps nowadays? What are Bootstraps anyway? From there, the 'Bootstrap Boogie' was born.

This event draws a lot of attention, given its accessibility and the beautiful coastal views along the entire course. **In 2022, we had Salomon pro athlete, Patrick Caron, travel over from Maine. Pat took the overall course record by 7 minutes!** It was something else to witness!

This year, 400 of you have registered to take on the challenge. **Thanks to you, this makes the 4th annual Bootstrap Boogie the largest trail race in Atlantic Canada - BONKERS!**

**Thank you so much for your interest and support.
It means so much to us!**





EVENT SCHEDULE

Fri, November 1

Early Check-in 1*

- 12:30pm - 1:30pm

Early Check-in 2*

- 4:30pm to 5:30pm

Please consider early check-in to help reduce congestion on race day!

Sat, November 2

Race Day Check-in

- **17km:** 6:30am to 7:30am
- **9km:** 6:30am to 8:00am

Pre-race Briefing

- **17km:** 7:45am
- **9km:** 8:05am

Yummy Yummy Hot Dogs

- 8:00am to 1:00pm

RACE START

- **17km:** 8:00am
- **9km:** 8:20am

Awards

- **Podium (9km & 17km):**
~10:00am
- **Special Prizes***
~11:00am

* You do not need to be present to win.

The consumption of alcoholic beverages is strictly prohibited on-site. Please respect our hosts and wait until you are off-site to enjoy your Loyalist City brew.





LOCATION

The race takes place in west Saint John at the Sheldon Point and Irving Nature Park trails. [Click here for directions to the Start/Finish.](#)

At the Start/Finish area you will enjoy:

- A beautiful view
- Food Truck
- **Porta potties x 4**
- Several picnic tables
- Race kit pick up (Barn)
- The awards
- Music from the 60's, 70's, 80's, and 90's to get your groove on!



PARKING

Parking along the main road is strictly prohibited!

There is **no parking available directly at the Start/Finish.** The parking lot is in the pit that is 300-400m passed the Sheldon Point barn. **Volunteers will be on-site to help you park.** You are welcome to leave a bag with warm clothes on-site for post-race hang-outs - **at your own risk.** We will have an empty tent dedicated to drop bags.





CHECK-IN & RACE-KIT PICKUP

We have a few options to check-in and grab your race kit. **Skip the lines and take advantage of the two early check-in options on Friday!** The check-in is inside the barn at the [Sheldon Point Trailhead](#)

Fri, November 1

12:30pm - 1:30pm

4:30pm - 5:30pm

Sat, November 2

17km: 6:30am to 7:30am

9km: 6:30am to 8:00am



RESULTS & TIMING

Live results will be available on our website. When available, the link will be shared on our Social Pages and website. The timing chip is on the backside of your bib, so please make sure you attach the bib to the front of your body to ensure accurate timing.





AWARDS AND SPECIAL PRIZES

Awards for the 17km & 9km will start around 10:00am. If there's a chance you made the podium, please stick around for the awards. Special prizes will start around 11:00am.

Total Prize Purse: \$2700

- **1st Place (Male & Female)**
 - **17km:** \$350ea.
 - **9km:** \$250ea
- **2nd Place (Male & Female)**
 - **17km:** \$275ea.
 - **9km:** \$175ea.
- **3rd Place (Male & Female)**
 - **17km:** \$200ea.
 - **9km:** \$100ea.



MEDICAL SUPPORT

We will have a paramedic on-site with some basic medical supplies. All points on the route have cell coverage, and most points on the trail are accessible by car. **Please save my phone number in the event of an emergency: 506-645-0780.**





THE ROUTES

The route will be clearly marked with signs and flagging. We will also have volunteers at key spots along the way. Most of the route is single-track trail with short sections of beach, dirt road, and boardwalks.

Strava Segment: [17km](#)

1. **Start** at Sheldon Point Barn.
2. **Run the Sheldon Point Trail**, through the pit, to the Beach.
3. **Run the beach** to the dirt road.
4. **Run the dirt road** to the INP.
5. **Run the Coastal Loop (clockwise)** around the Irving Nature Park. Add the Frog Trail and out and back on the boardwalk.
6. **Run back on the Dirt Road**, and along the Beach again.
7. **Run back on the Sheldon Point Trail** to roughly the 16km point.
8. **Turn left and run the field** for the final 1 km.
9. **Finish** at Sheldon Point



Strava Segment: [9km](#)

Same as above, except you skip step 5 above.





AID STATION

There will be one aid station close to the Irving Nature Park with water, electrolytes and a few snacks. Both distances will have access to this aid station at roughly 4km and the 17km route will pass it again at 12km

This is a cup-less event, so please bring your own vessel.



A BIG THANK YOU TO OUR HOST & SPONSORS!

For us it is important to work with companies and causes that believe in what we do and are passionate about their community. We can confidently say that our partners are those type of people. Read more below, and please consider supporting them in any way you can. It's easy when you're working with some of the best!



OUR HOSTS



J.D. Irving, Limited is our host for the Bootstrap Boogie trail run at The Irving Nature Park and Sheldon Point Trails.

This is some of the most beautiful terrain in the Maritimes!

The primary focus of this partnership is to provide a fun and safe event that benefits the community at large.



Race Day: November 2, 2024, 8:00am
saintjohntrailrunning.com/bootstrap



TITLE SPONSOR OF THE BOOGIE



At **River & Trail Outdoor Company**, we want to help you live life outdoors. Sometimes you know exactly what you want and other times, you don't know where to start. We get it!

We are outdoor people and are committed to ensuring you are ready for your adventure.

Whether you need gear to hike up a mountain or walk your dog, we can help. We have a wide variety of apparel, footwear, and gear to suit a multitude of activities and adventures.

[SHOP ONLINE NOW](#)



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PARTNERS OF THE BOOGIE



Human Performance Centre offers best practice therapeutic assessment, treatment, education, coaching, and guidance in a patient/client centred² model of care to help you “Achieve Your Best” in your personal, professional, and/or athletic side(s) of life.

They offer physiotherapy, chiropractic, massage therapy, nutrition counseling, kinesiology and personal training. They also offer a public access fitness centre. Their therapists will work with you to help you reach your goals, whatever they may be!

Owner’s Trevor and Danielle Watson are also runners who understand the value of community.

Achieve Your Best ... We Can Help!

[BOOK ONLINE NOW](#)



PARTNER OF THE BOOGIE



Loyalist City Brewing Co. are brewers of consistent, top quality local craft beer made from only the finest ingredients available. Significant investments are made each year in research, development, and innovation.

Owner, Mark McGraw is involved in Saint John Trail Running community, and understands the importance of a nice cold craft beer at the end of a big adventure. He has spent many years perfecting his craft, and from personal experience, he has NAILED IT!

[LEARN MORE](#)



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PARTNERS OF THE BOOGIE



The Chasing Trails Podcast is a podcast for the everyday trail runner. Chasing Trails was created and hosted by two lifelong friends that wanted to share some of the everyday trail running joys and struggles that we all face and to have a lot of laughs along the way.

With a down to earth relatable feel and local running scene focus Chasing Trails always brings a unique perspective to the trail running podcast scene. Sprinkle in a healthy dose of great special guests and some great discussion and you have a podcast that can help you pass the time as you keep chasing the trails.

[LISTEN ON APPLE PODCASTS](#)

[LISTEN ON SPOTIFY](#)



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PARTNERS OF THE BOOGIE



Hey there! Let me introduce you to **Made with Local** - the planet-friendly, socially conscious, gluten-free real food bar company that'll become your snacking sidekick! Hailing from beautiful Nova Scotia, Canada, we are known for turning nutritious nibbling into a flavour-packed fiesta while being kind to the Earth.

With our commitment to using fresh, locally sourced ingredients, we've got your taste buds doing the happy dance. Made with Local isn't just about bars; it's about redefining snack time and giving back. When you're on the move or need a quick bite, these bars have your back. Supporting local farmers and producers while indulging in these goodies makes it a triple win for your taste buds, the community, and the planet. Go on, join us in this snacking adventure, where every bite is a step towards a better world!

[SHOP NOW](#)

**Made
WITH
Local**

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RACE DIRECTOR



Mark McColgan

saintjohntrailrunning@gmail.com

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