



ATHLETE GUIDE

EAST COAST BEAST COAST

As part of the East Coast Games

Sunday, June 25th, 4:00pm

Prepared by:

Saint John Trail Running

On June 20th, 2023



YOU DID IT! You signed up for the East Coast Beast Coast - and we love you for that! **Race day is this Sunday, June 25th at 4pm!** As part of the 2023 East Coast Games, you will be participating in a huge weekend of sport in the Greater Saint John area. Over 2200 athletes will descend on Saint John to participate in a variety of sports over the entire weekend. See the [East Coast Games master schedule](#) to learn more.

On top of being part of a huge weekend in sport there is more to the ECBC that makes it extra special. Is it that we are donating \$5 from every entry to the Kennebecasis Trail Association? Well yeah, but we always donate to a cause. Is it that this is the first trail race for several runners? Absolutely! Almost 50 new trail runners ran with Saint John Trail Running (SJTR) every Thursday for the last 8-weeks to help prepare for this race. **It's bound to be a very inspiring day!**

Given that this is Saint John Trail Running's first kick-at-the-can with the East Coast Games, we wanted to keep things simple for the first year. By doing so we've been able to keep registration fees low - at the cost of having "no-frills". For this event, we won't have any fancy door prizes, or finisher medals (aside from the top 3 M/F). That said, **if you registered before May 18th, you are guaranteed to receive a 2023 East Coast Games T-shirt.**



LOCATION

This race takes place on the trails in Rockwood Park. The start finish will be in the upper Fisher Lake Parking area. [Click here for directions to the Start/Finish.](#)

At the Start/Finish, you will enjoy

- Beautiful Lake views
- Snacks and Beverages
- Picnic tables
- Check-in & Awards
- Porta potties x 2 (200-300m away)



The washrooms are not directly in the parking lot, so it is recommended to plan accordingly.



PARKING

There is lots of parking at the upper Fisher Lake parking area, however this could be a busy parking lot with a Mountain Bike race in the morning, and the potential of spectators joining us from other sports. Carpooling is encouraged, and if necessary, there is a lower parking area that can be used for overflow. The walk from there would be roughly 200 meters.



CHECK-IN & RACE-KIT PICKUP

You will find us setup near the Start/Finish

Race Day Check-in only
Sun, June 25: 2:45pm to 3:45pm



EVENT SCHEDULE

2:45pm to 3:45pm: Racer check-in

3:45pm: Race Briefing

4:00pm: Race Starts

5:00-5:15pm: Awards (when the top 3 M/F come in)



AWARDS AND SPECIAL PRIZES

Awards will start as soon as top 3 males and females are finished, likely just before 5pm. These people will be awarded with a Gold, Silver and Bronze East Coast Games Medal

Two more runners will have a chance to win a special prize. Winners will be announced at the end of the race.



RESULTS

Results will be available online soon after the race at Webscorer.com. Link will be shared on our Social Pages.



MEDICAL SUPPORT

We will have several medical professionals 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/ambulance. If you run with your cell phone, please save my phone number in the event of an emergency: 506-645-0780

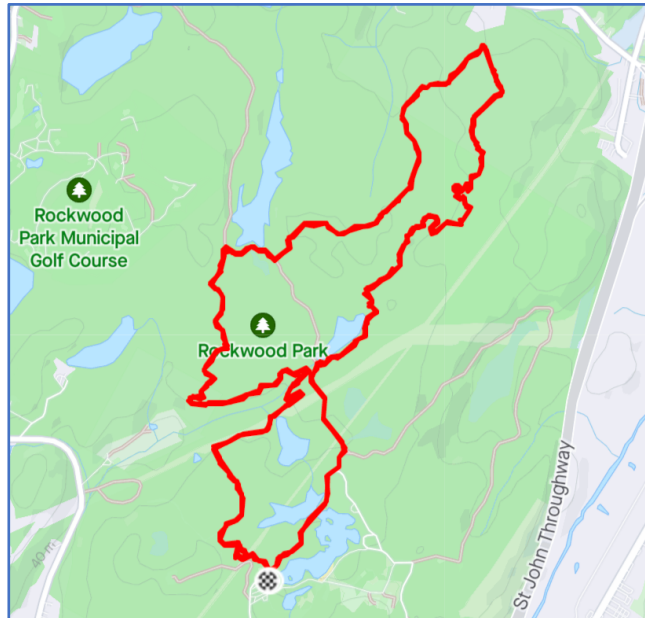


THE ROUTE

The route will be clearly marked with signs and flags, and volunteers will be stationed at specific spots. Most of the route consists of single-track trail with a little paved road, crushed gravel path, and power lines. **The total distance is ~8kms.**

Strava Segment: [2023 East Coast Beast Coast](#)

1. **Start** at Fisher Lake Parking
2. **Run** the Road to the Zoo Trail
3. **Run** the Zoo trail to Frying Pan Lake
4. **Run** Frying Pan Lake to Corduroy
5. **Hard Right** (almost 180degrees) on Corduroy towards Bunny Rampage
6. **Left** onto Bunny Rampage
7. **Run** Bunny Rampage to Carnage
8. **Continue straight** onto Carnage
9. **Follow** Carnage until Shyzer
10. **Continue straight** onto Shyzer
11. **Left** onto Long Lake
12. **Run** Long Lake to Zoo
13. **Right** onto Zoo
14. **Left** onto Mayflower
15. **Left** onto Sweetness
16. **Right** onto It's Gotta Go connector trail
17. **Left** onto It's Gotta Go
18. **Right** onto Power Lines
19. **Left** onto Old Race Course
20. **Left** onto Lorenzo's Leap
21. **Right** onto road to finish





AID STATION

There will be no aid station on course, but the Start/Finish will have snacks and water.

Please note that this is a cup-less event, so please bring your own vessel!



CONTACT RACE DIRECTOR

Mark McColgan

Crew Chief, Lead Guide and Race Director - Saint John Trail Running

Questions?

Please email me directly at saintjohntrailrunning@gmail.com