

2026 ATHLETE GUIDE





Saint John Trail Running

[VISIT THE EVENT WEBPAGE](#)

Welcome to the 2026 Bootstrap Boogie!

We're so happy you decided to join us for the **6th annual Bootstrap Boogie trail race**. Both the 9km and the 17km offer some of the most beautiful views in the Maritimes, so if you've never been, you're in for a treat. We cannot wait to see you on race day!

Costume Party

Over the years, the Bootstrap Boogie has slowly become a full-blown costume party, and this year should be even more epic. Thanks to [River & Trail Outdoor Company](#), we have even more prizes this year for the best costumes.





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.





EVENT SCHEDULE

Fri, October 30

Early Check-in 1

■ 11:00am – 1:00pm

Early Check-in 2

■ 4:00pm – 6:00pm

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

Sat, October 31

Race Day Check-in

■ 17km: 8:00am – 9:30am

■ 9km: 8:00am – 10:00am

Pre-race Briefing

■ 17km: 9:45am

■ 9km: 10:05am

RACE START

■ 17km: 10:00am

■ 9km: 10:20am

Awards (9km & 17km)

■ Podium: 11:30am

■ Costume: 1:15pm

Yummy Yummy Hot Dogs – Food Stand (Cash and Credit)

■ 9:00am to 2:00pm

East Coast Roasts – Coffee Stand (Cash and Credit)

■ 9:00am to 2:00pm

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



BOOGIE HEADQUARTERS

The race takes place in west Saint John at the Sheldon Point and Irving Nature Park trails.

At Boogie headquarters you will enjoy:

- A beautiful view
- Food & Coffee Stands
- Lots of open lawn space
- Four Portable Toilets
- Post-race Awards
- Picnic Tables
- Check-in (Barn)
- Music from the 70's, 80's, 90's, and 2000's to get your groove on!



[CLICK FOR START/FINISH COORDINATES](#)



PARKING

There is no on-site parking for race day. The parking lot is ~500m beyond the start/finish by road. Parking is allowed at the barn for early pickup ONLY.

Volunteers will be on-site to help you park.

We have a special route that will safely lead you from the parking lot to race headquarters that is not on the main road. The route starts at the back of the parking area and travels roughly 1km to race HQ. Please follow the signage, arrows, pink flags, and directions from volunteers.

It's highly recommended to bring a bag with warm clothes for post-run hangs. We will have an area on-site (weather dependent) where you can leave it – **at your own risk.**



CHECK-IN & RACE-KIT PICKUP

We have a few options for checking in and picking up 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. **There is no parking at check-in on race day!**

Fri, October 30*

■ 11:00am to 1:00pm

■ 4:00pm to 6:00pm

* Parking available at the Barn

[CLICK FOR START/FINISH COORDINATES](#)

Sat, October 31**

■ 17km: 8:00am to 9:30am

■ 9km: 8:00am to 10:00am

** No Parking On-site



RESULTS & TIMING

The 2026 Bootstrap Boogie will be chip timed by Trail Time. **Live timing will be available on our [website](#) during the event.** To help with accuracy, please wear the bib on the front of your body.



AWARDS



Awards for both distances will start around 11:30am. If there's a chance you made the podium, please stick around for the awards. Costume prizes will occur near the end of the event, between 1:00pm and 1:30pm

Total Prize Purse: \$3000

1st Place

- 17km: \$375ea.
- 9km: \$275ea.

2nd Place

- 17km: \$300ea.
- 9km: \$200ea.

3rd Place

- 17km: \$225ea.
- 9km: \$125ea.

Prize money for both Male and Female in each category



MEDICAL SUPPORT

We have a paramedic on site to cover the event. All points on the route have cell coverage, and most points on the trail are accessible by car. **Please save the Race Director's 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.

17 KM

[CLICK FOR MORE DETAILS](#)



9 KM

[CLICK FOR MORE DETAILS](#)



AID STATION

There will be one aid station close to the Irving Nature Park with water, electrolytes and a variety of snacks. This is also the turnaround for the 9km. **Both distances will have access to this aid station at roughly 4.5km.** The 17km runners will pass it again at 13km.

**This is a cup-less event.
Please bring your own vessel!**





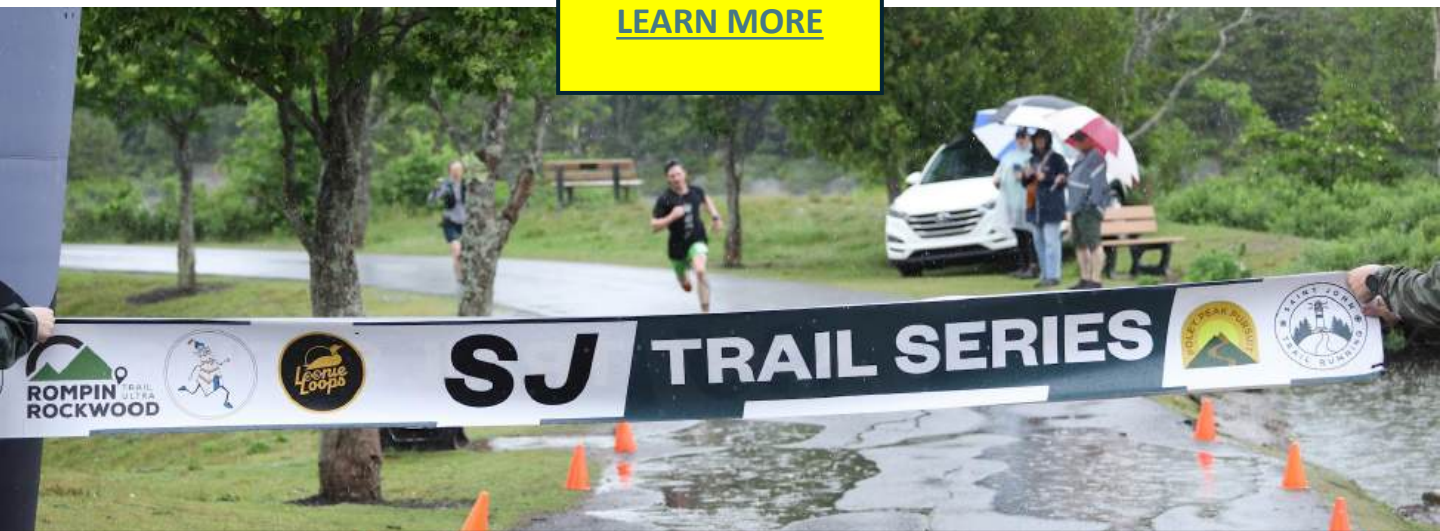
SJ TRAIL SERIES

The 2026 Bootstrap Boogie is the final race in the SJ Trail Race Series. This series of trail running events includes all five of our races that are held from May to November.

NO SIGN UP REQUIRED!

YOU ARE AUTOMATICALLY ENTERED WHEN YOU FINISH A RACE

[LEARN MORE](#)



THANK YOU TO OUR 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 types 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!

TITLE SPONSOR OF THE BOOTSTRAP



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](#)

PARTNER OF THE BOOTSTRAP



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!

Made
WITH
Local♥

[SHOP NOW](#)

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Human Performance Centre offers best practice therapeutic assessment, treatment, education, coaching, and guidance in a patient/client centred 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!

Owners Trevor and Danielle Watson are also runners who understand the value of community.

Achieve Your Best ... We Can Help!

[BOOK ONLINE](#)



**HUMAN
PERFORMANCE
CENTRE**

Achieve Your Best...
...We Can Help!

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Trailway Brewing Co. was founded in 2014 with a passion for hops. Although our interests have broadened in recent years to include styles from wild ales to lagers, we remain committed to producing high-quality, bold, and robust American-style Ales.

At Trailway, our motivation is the endless combinations of flavor and aroma that can be achieved in brewing beer. We are inspired every day as we see people enjoying what we create. We're happy to have built a great community in Fredericton, as well as a new and growing community at our Saint John location, the Union House.



[LEARN MORE](#)

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A T R A I L R U N N I N G P O D C A S T

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.

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CONTACT US



Race Director

Mark McColgan, Saint John Trail Running

Please email your questions, comments, concerns to:

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