

SAINT JOHN TRAIL RUNNING



6hrs | 12hrs | 24hrs

Presented By: **Fundy Coast Counselling & Therapy Services**

ATHLETE GUIDE



Thank you for registering for Loonie Loops, **New Brunswick's first ever 24hrs trail race.** Race day is fast approaching, and we couldn't be more pumped - It has been a literal dream since the trail was built! Yes, we may call it a race, but this style of event is a full-blown trail party!

The route is a 3km loop with 90 meters (295ft) of climbing and descending (per lap) on moderately technical trail. Most of the climbing happens on one hill that takes you up to a lookout and features a great view of Ashburn Lake and Loon Island. It is an absolute gem of a trail, one that is worthy spending 6hrs, 12hrs, or 24hrs on. **As a bonus, the entire property is rented for this race, so the trail is exclusive to us only.**

This event simply would not happen without your support, and the support from our community partners. **So, for that, we thank you all!**

IMPORTANT: The furry friends are welcome at event headquarters, but please clean up after them. Considering this is a kid's camp during the week, we had to get special permission. If a poop is found, we are charged!

SUPPORTING THE YMCA

In keeping with SJTR's core values, \$10 from each registration will go directly to the YMCA Strong Communities Campaign, which raises funds to improve and enrich the lives of thousands of children, adults, seniors, and families in southern New Brunswick. **Representatives from the YMCA will be on-site all-day Saturday with swag, lawn games, 50/50, and some other fun stuff. They will also be serving breakfast by donation on Sunday morning.** Even if you didn't run all night, you are encouraged to come in and join us for breakfast at the end of the 24hrs event.

In addition, we will have Loonie Loops Toques and alcoholic beverages for sale, where a portion of those sales will be donated to the YMCA.

It is recommended and encouraged to bring cash. We will also accept e-transfer to saintjohntrailrunning@gmail.com, if necessary.

PARKING

Due to several construction delays our on-site parking has been substantially reduced. The construction will not affect the event itself, but we've had to secure another lot for parking.

Most of the parking will be at the old Tír na nÓg forest school across the street (259 Foster Thurston Dr). There will be volunteers in place to help manage the flow and to ensure everyone's safety. **WE CANNOT ACCOMMODATE BIG VEHICLES (Trailers, RV's, etc)**

Please be mindful when crossing Foster Thurston, as it can get busy at times. The "Gear Shuttle" (aka: side-by-side with trailer) is back again this year to help haul your gear.

The on-site parking is reserved for Friday night campers, volunteers, spectators, and overflow parking. Carpooling is highly encouraged, when possible.

EVENT LOCATION



The race takes place at the Glenn Carpenter Centre in Saint John. This little slice of heaven is owned by the YMCA and has been rented exclusively for this event. [Click here for directions to the Start/Finish.](#)

At the Start/Finish area you will enjoy:

- A beautiful lake with an open field for tents & crew setup
- Picnic tables, Picnic Shelter, Activity Shelter with Washrooms
- Beach and docks
- Aid station with nutrition & hydration
- Cash Bar (Loyalist City Beer only)
- Racer Check-in and race kit pick up
- Post-Race Awards
- Music: Live and Recorded
- Lawn Games, Hosted by the YMCA
- Breakfast, Hosted by the YMCA by Donation
- Pre-race Camping

EVENT SCHEDULE

Fri, September 13

6:00pm to 9:00pm

Camper Check-in & Setup*
Racer check-in, race-kit pickup

4:00pm

6hrs race finish
Awards ~4:15pm

5:00pm to 7:00pm

BBQ for runners

7:00pm to 9:00pm

Mike Beaton - Live Music!

Sat, September 14

7:00am to 9:30am

Racer check-in and race-kit pickup

10:00pm

12hrs race finish
Awards ~10:15pm

9:45am

Race Briefing

10:30pm to 12:30am

DJ Felix Fawkes - Live DJ!

10:00am

RACE START
ALL DISTANCES

Sun, September 15

12:00pm - 5:00pm

Activities/Games
Hosted by the YMCA

9:00am to 11:00am

Breakfast
Hosted by the YMCA, by Donation

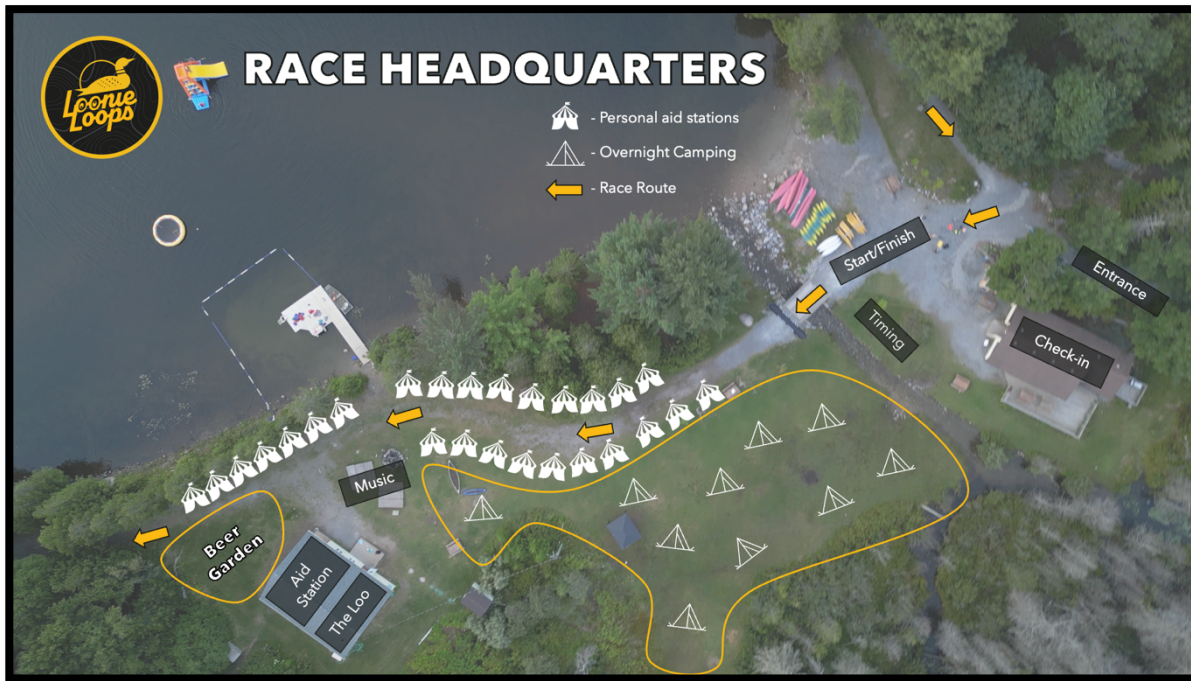
10am

24hrs race finish
Awards ~10:15am

*** Must purchase a camping spot (\$10) to setup before Saturday.**

All funds donated to the YMCA. Cash accepted on-site.

CAMPING



Camper Check-in

Friday, September 13, 2024

6:00pm to 8:00pm

This year we are offering on-site camping the night before the race! **The cost is \$10, and 100% of the funds go back to the YMCA Strong Communities Fund.** To setup on Friday night, you must purchase a camping spot. If you have not purchased one yet, you can do so via our registration page [here](#), or you can bring cash during the camper check-in.

Personal Vehicles do not have access to Race Headquarters.

However, we will be running the 'Gear Shuttle' to help transport your gear.

CHECK-IN & RACE KIT PICKUP



Camper & Racer Check-in + Race Kit Pickup

Friday, September 13, 2024

6:00pm to 8:00pm

Race Kit Pickup

Sat, September 14, 2024

7:00am to 9:30am

Race kit pickup can be found onsite at the 'Picnic Shelter'. This is where you will sign a waiver, pickup your bib/chip/swag bag, and **take a 'before' photo for the "Runner Wall"**. When your race is done, the polaroid-style picture is yours to keep. We recommend adding your distance, time, and/or laps - if you so wish.

AWARDS, PRIZES, AND THE PR GONG!

The awards for each category (6hrs, 12hrs, 24hrs) will start shortly after their respective time is up. We have some very cool, locally crafted prizes for the top contenders. **There will be two categories for prizing: Open and Female.** The top 3 in the open category will include male and non-binary.

THE PR GONG: This year we will have a gong on-site to help celebrate all those personal distance records. As soon as you achieve your biggest distance ever, please make sure to BANG. THE. GONG!

As with most of our events, we will also have some secret prizes that will be announced as the race unfolds.

TIMING & RESULTS

We are using Zone4 timing services to track your laps and time. A winner is determined by completing the most laps in the fastest time. The time stops right at 6hrs, 12hrs, or 24hrs. Any lap(s) after the respective time is up will not count. **At check-in, each participant will be issued a chip, which needs to be carried for the entirety of your race.** Optimal placement of the chip is around your ankle - it is recommended to wear full socks to limit chaffing. **There are no DNF's in this race, but if you decide to leave, you must hand in your timing chip and your race ends at that point.**

IMPORTANT: Chip must be returned to the timing tent when your race is done - They are expensive to replace!

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

MEDICAL SUPPORT

There will be a paramedic and lifeguard on site from 12pm to 6pm with some basic medical supplies. The entire route has cell coverage and is always close to the start/finish. In the event of a serious emergency, the hospital is located 4.5kms away. 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 flagging. It is a ~3km loop around Ashburn Lake that consists of mostly single-track trail with some double track, and 300-400m of an old dirt road. **Sadly, there are no streetlights on the route, so if you are running for 12-24hrs, don't forget those headlamps!**

Strava Segment: [Click Here.](#)

[Click for a route preview](#)



AID STATION

You are welcome to setup your own little aid station; however, race headquarters will have all the goods. And, if you're paying attention, you'll already know that the aid station is every 3kms. 😊

What you may find at our aid station

- Water
- Tailwind
- Made with Local Bars
- Pop
- Random Costco Snacks
- Chips
- Oranges, Bananas, Watermelon
- BBQ Meat! (~5pm-7pm)
- Grilled Cheese (Late night)
- Soup (Over Night)
- And more!

The following pages feature our community partners.
Please review and give them some love!

THANK YOU TO OUR SPONSORS!

TITLE SPONSOR OF THE LOONIE



At [Fundy Coast Counselling and Therapy Services](#), Adam Tremblay and Anne Daley are dedicated to empowering individuals to reach their potential; using evidence based therapeutic practices; to create meaningful, lasting positive, life changes and achieve their mental health and wellness goals.

"We were inspired to provide sponsorship to this event in recognition of the direct connection that physical activity, time outdoors, and a sense of community has on people's mental health and wellness. As both Counselling Therapists and avid runners ourselves, we felt it was important to acknowledge and support these valuable opportunities provided by the Saint John Trail Running community."

LEARN MORE



FUNDY COAST COUNSELLING
& THERAPY SERVICES

PARTNERS OF THE LOONIE



At **River & Trail**, 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 NOW](#)





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





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**



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](#)



RACE DIRECTOR



Mark McColgan

Crew Chief - Saint John Trail Running

Questions?

Please email me directly at saintjohntrailrunning@gmail.com