



2025 ATHLETE GUIDE

9Km | 17km



Saint John Trail Running

[VISIT THE EVENT WEBPAGE](#)

Welcome to the 2025 Bootstrap Boogie!

We're so happy you decided to join us for the **5th 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

With its proximity to Halloween, **the Bootstrap Boogie has quickly become a full-blown costume party**. This year we have amped things up with some seriously good prizes from [River & Trail Outdoor Company](#). **Prizes for top 3 male & female (6 total)**.

1st



Thule Chasm
40L duffel bag

2nd



Hillsound Trail Crampon Ultra +
Petzl Tikka Core 450 headlamp

3rd



Patagonia Atom
Tote bag

* Color may not be the same as pictured above



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 31

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, November 1

Race Day Check-in

■ **17km:** 8:00am – 9:30am

■ **9km:** 8:00am – 10:00am

RACE START

■ **17km:** 10:00am

■ **9km:** 10:20am

Pre-race Briefing

■ **17km:** 9:45am

■ **9km:** 10:05am

Awards (9km & 17km)

■ **Podium:** 11:30am

■ **Costume:** 1:00pm

Yummy Yummy Hot Dogs – Food Truck (Cash and Credit)*

■ 9:00am to 2:00pm

* New this year: Coffee, Hot Chocolate and Curly Fries

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.

[CLICK FOR START/FINISH COORDINATES](#)

At Boogie headquarters you will enjoy:

- A beautiful view
- A Food Truck
- Lots of open lawn space
- Porta potties x 4
- 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!



PARKING

There is no on-site parking. The parking lot is ~500m beyond the start/finish. **Volunteers will be on-site to help you park.**

This year, we have a route that will safely lead you from the parking lot to race headquarters. 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 direction from volunteers.

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



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, Oct 31

- 11:00am to 1:00pm
- 4:00pm to 6:00am

Sat, November 1

- **17km:** 8:00am to 9:30am
- **9km:** 8:00am to 10:00am



[CLICK FOR START/FINISH COORDINATES](#)



RESULTS & TIMING

The 2025 Bootstrap Boogie will be chip timed by Saint John Trail Running. **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 2:00pm

Total Prize Purse: \$2700

1st Place

■ **17km:** \$350ea.

■ **9km:** \$250ea.

2nd Place

■ **17km:** \$275ea.

■ **9km:** \$175ea.

3rd Place

■ **17km:** \$200ea.

■ **9km:** \$100ea.

Prize money for both Male and Female in each category



MEDICAL SUPPORT

We will have a medical kit 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.**



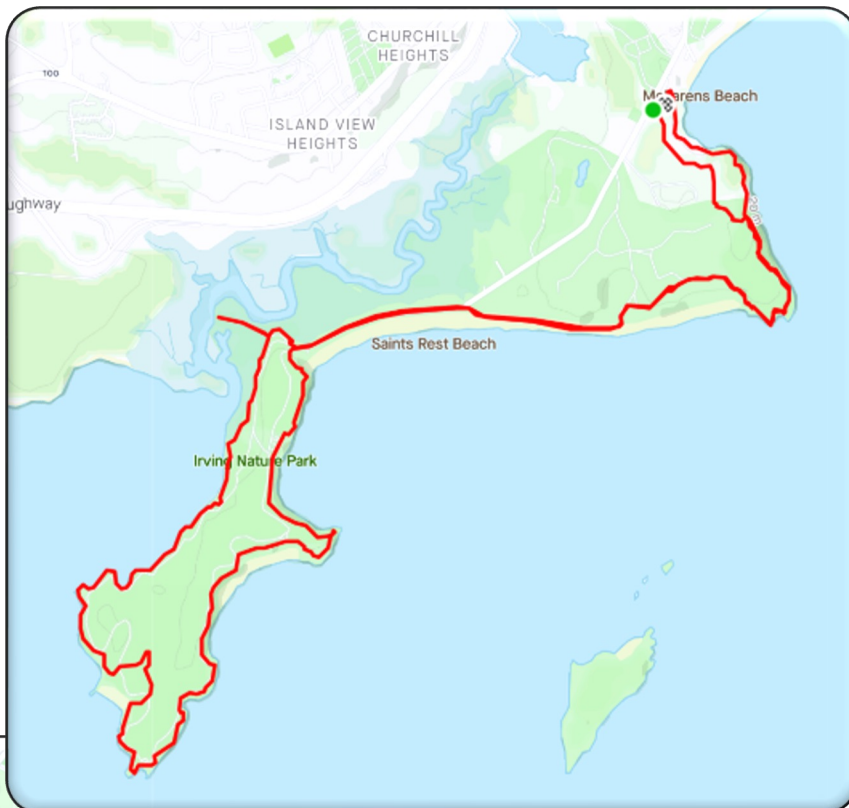
THE ROUTES

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.

17 KM

[CLICK FOR MORE
DETAILS](#)

Scroll down for turn-by-turn
directions & Strava link



9 KM

[CLICK FOR MORE
DETAILS](#)

Scroll down for turn-by-turn
directions & Strava link



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!**





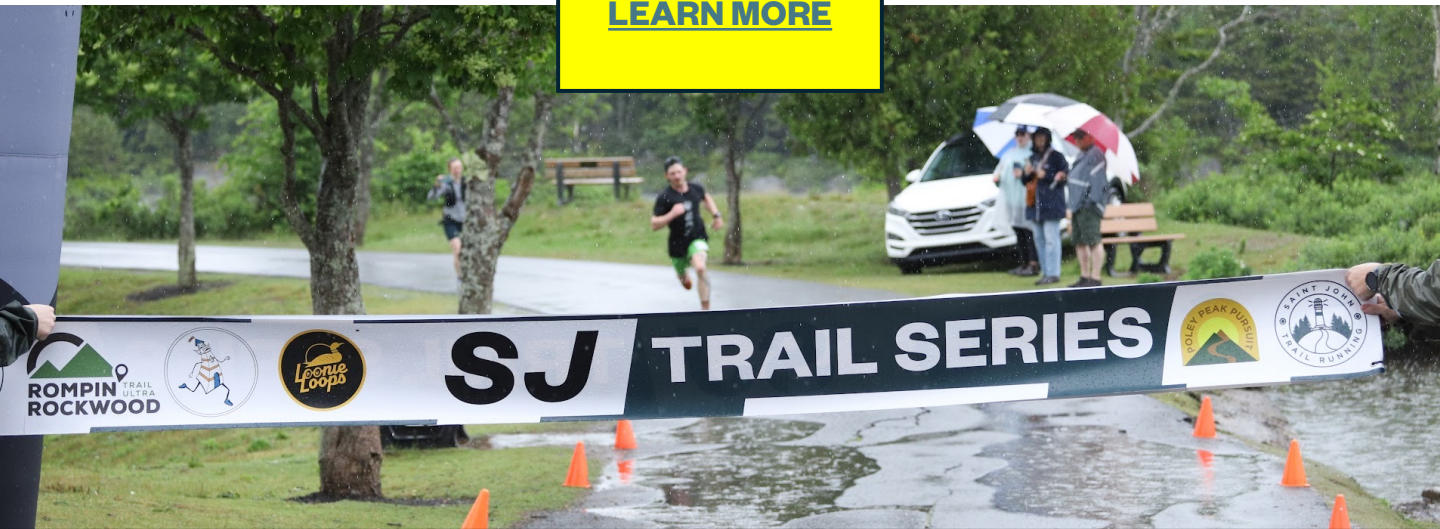
SJ TRAIL SERIES

The 2025 Bootstrap Boogie is the final race in the newly established 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 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!

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](#)

A close-up shot of a woman with curly brown hair wearing a blue zip-up jacket. She is holding a square, golden-brown energy bar with visible nuts and seeds. The bar is partially unwrapped from its packaging, which is blue and gold. The packaging features the text 'Made with Almond' and 'all good stuff' along with an illustration of a wooden honey dipper. The background is a soft-focus outdoor scene with green foliage.



towards a better world!

SHOP NOW



PARTNER OF THE BOOTSTRAP



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!

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

Achieve Your Best ... We Can Help!



[BOOK ONLINE](#)

PARTNER OF THE BOOTSTRAP



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](#)

PARTNER OF THE BOOTSTRAP



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



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Please email your questions, comments, concerns to:

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