



52km | 26km | 11km

2026 ATHLETE GUIDE



Saint John Trail Running

[VISIT THE EVENT WEBPAGE](#)

Welcome to the 2026 Rompin' Rockwood!

A little history. In 2016, local trail legend, Bryan Gagner launched what is still known today as the 'Rompin' Rockwood'. Frustrated that one of the largest municipal parks in North America didn't have a trail race, Bryan designed two challenging routes: 10km and 25km. With two loops of the 25km, he now had his ultra. Nine years later the Rompin' Rockwood is now considered one of the largest trail races in the Maritimes.

The route features primarily technical single-track trail with some crushed gravel, and very little pavement. Although there are no huge climbs, it is rarely flat, and your legs will feel the technicality of the trails. **You won't climb for long, but you will climb a lot!**

On May 23rd, we get to celebrate the 9th annual Rompin' Rockwood. This year we bring bigger cash prizes, amped up vibes, and the opportunity to earn International Trail Running Association (ITRA) points. It is such a great way for us to kick off the SJ Trail Race series – See below for all the details!

**Thank you so much for your interest and support.
We cannot wait for race day!**



EVENT SCHEDULE

RACE DATE: SATURDAY, MAY 23, 2026

- **6:45am to 9:30am:** Racer check-in– All distances
- **7:45am:** 52km pre-race briefing
- **8:00am:** **52KM RACE START**
- **8:45am:** 26km pre-race briefing
- **9:00am:** **26KM RACE START**
- **9:45am:** 11km pre-race briefing
- **10:00am:** **11KM RACE START**
- **12:00pm – 6:00pm:** BBQ will be fired up
- **12:45pm:** 1st loop cutoff for the 52km
- **6:30pm:** Course closed for all distances



Awards will take place after the top 3 in each gender category have finished their respective distance. See 'Awards' section below.



ROMPIN' HEADQUARTERS

The race takes place in Saint John at one of the largest municipal parks in North America, Rockwood Park. The start/finish is right next to the Fisher Lake beach.

At Rompin' headquarters, you will enjoy:

[CLICK FOR START/FINISH COORDINATES](#)

- A lake with a beautiful view
- A beach
- Lots of open lawn space
- Post-race BBQ
- East Coast Roasts Coffee
(Cash, Credit, Debit)
- Post-race Awards
- Porta potties x 4
- Check-in (Parking Lot)
- Some sweet tunes



PARKING

There is ample parking at the Fisher Lake parking lot, which is roughly 200m from the start/finish area. You are welcome to leave a bag at the start/finish for post-race hang-outs - **at your own risk.**



CHECK-IN & RACE-KIT PICKUP

The Check-in & Race-kit pickup will be in the Fisher Lake parking lot, at the entrance to the walking path that takes you to the start/finish.

52km Check-in

6:45am to 7:30am

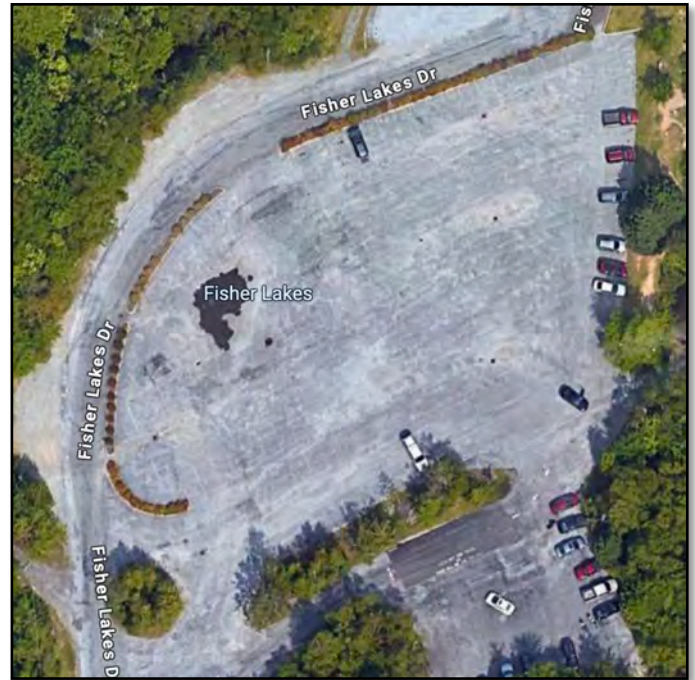
26km Check-in

6:45am to 8:30am

11km Check-in

6:45am to 9:30am

[CLICK FOR PARKING
COORDINATES](#)



RESULTS & TIMING

The 2026 Rompin' Rockwood 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 will start as soon as the top 3 in each category have finished. Estimates are as follows:

11km: 11:10am to 11:30am

26km: 12:10pm to 12:30pm

52km: 5:30pm to 6:30pm

*Based on 2024 results. Subject to change on race day.

Total Prize Purse: \$5000

11km 1st \$150 | 2nd \$125 | 3rd \$100

26km 1st \$300 | 2nd \$250 | 3rd \$225

52km 1st \$500 | 2nd \$450 | 3rd \$400

Same prize for Male & Female Categories



MEDICAL SUPPORT

Saint John Ambulance will be on-site to tend to any issues that may arise. **As a participant, if you see something, say something.** In the unlikely event that you come across a safety or medical issue, please inform the next volunteer you see, and we will deploy the necessary resources. **All points on the route have cell coverage.** Please save our cell phone number in the event of an emergency: 506-645-0780.



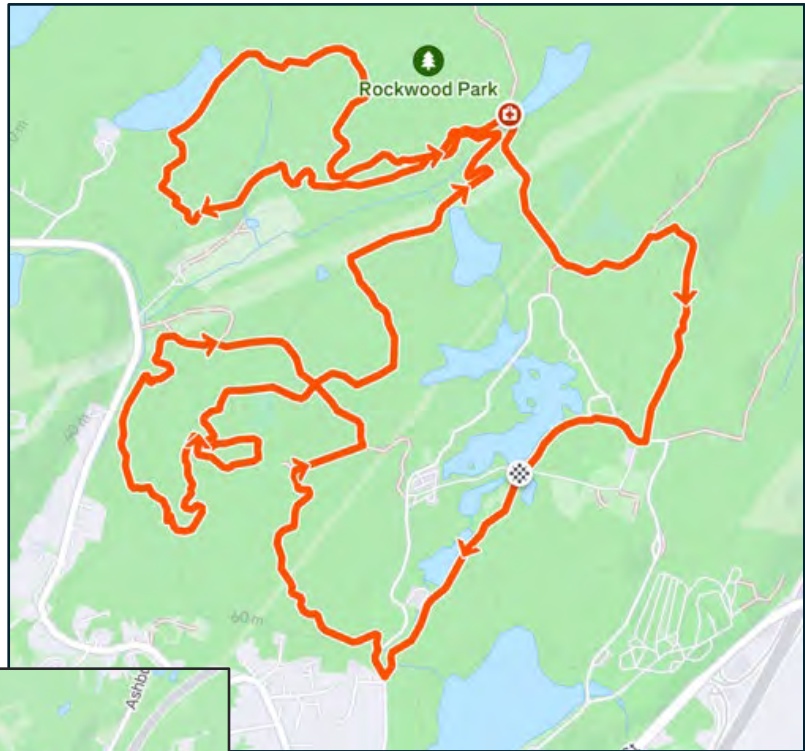
THE ROUTES

All routes will be clearly marked with flagging and signage. Volunteers will also be stationed at specific spots. Most of the route consists of single-track trail with short sections of gravel and paved paths. **The 52km is 2 loops of the 26km route.**

11KM

[CLICK FOR MORE DETAILS](#)

.gpx file , turn by turn directions, Strava link



26KM

[CLICK FOR MORE DETAILS](#)

.gpx file , turn by turn directions, Strava link



AID STATIONS

There will be one aid station near Frying Pan Lake for all distances. For 11km participants this aid station is deep into your race (~8.5kms), so please plan accordingly. **It is also important to note that 11km participants will need to go the wrong way on course for about 50ft to access the aid station.** We will also have hydration and nutrition at the Start/Finish area for all participants.

We will have a spot at the start/finish designated for 52km drop bags. These will be easily accessible when you transition between your first and second lap.

Aid Station Locations

(approx.)

11km: 8.5km, Finish

26km: 8.5km, 18.5km, Finish

52km: 8.5km, 18.5km, 26km,
34.5km & 44.5km, Finish

Found at Aid Station

Electrolytes: Fluid Hydration
(Blueberry Pom.)

Water, Pop

Oranges, Bananas, Watermelon

Candy, Chips, donuts, and more

* Although we do our best to be well stocked, it's always best to stick to what you know!

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



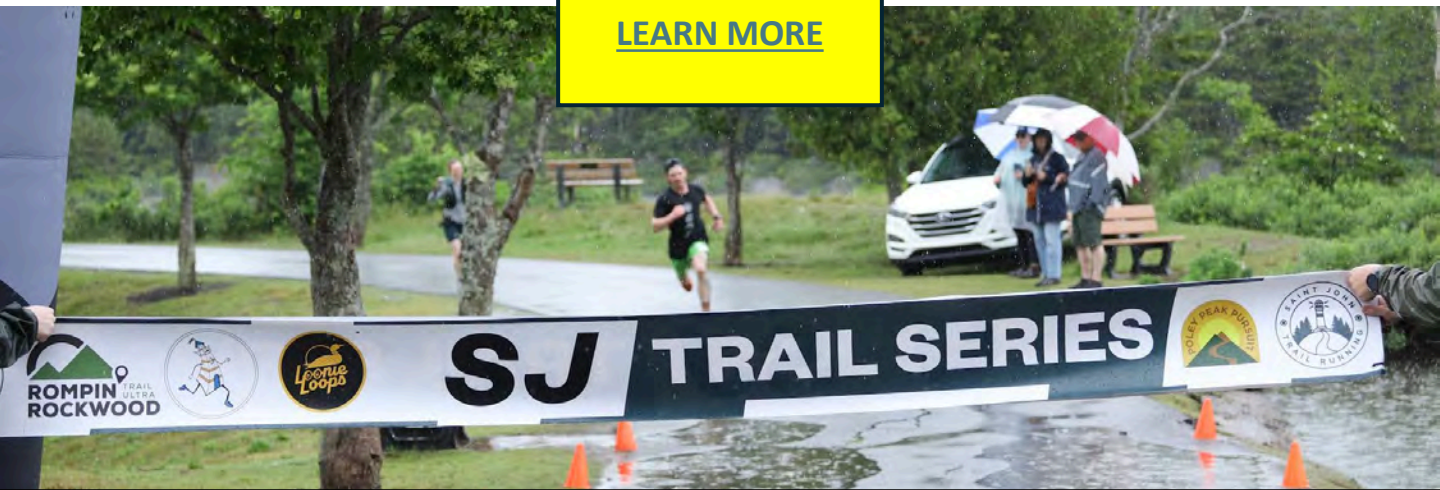
SJ TRAIL RACE SERIES

The 2026 Rompin' Rockwood is the first 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](#)



ITRA POINTS

International Trail Running Association (ITRA)

Those in the 25km and 50km will also earn ITRA points for completing the race under cutoff. You will receive 1 ITRA point for the 26km and 2 ITRA points for the 52km.





PET POLICY

We welcome your pets at the start/finish, if they are leashed and under control. **Pets are prohibited from running with you.**



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 ROMPIN



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 ROMPIN'



Anyone who has spent time on the trails knows it's about more than running. It's about community, trust, encouragement, and showing up for each other.

DR Docusafe is proud to support Saint John Trail Running and the people who make the trail community so special.

[Learn More](#)

DR **DOCUSAFE**
SHREDDING MADE SIMPLE

PARTNER OF THE ROMPIN'



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](#)

PARTNER OF THE ROMPIN'



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 ROMPIN'

CHASING TRAILS



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.

[LISTEN ON](#)
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CONTACT US

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Please email your questions, comments, concerns to:

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