



Presented by:
Fundy Coast Counselling & Therapy Services



2025 **6hrs | 12hrs | 24hrs**
ATHLETE GUIDE



Saint John Trail Running

[VISIT THE EVENT WEBPAGE](#)

Welcome to the 2025 Loonie Loops!

Alright crew, here we go! Welcome to New Brunswick's first-ever 24-hour trail race. You signed up for this madness, and boy, are we glad you did!

Here's what's waiting for you: a **3.1 km loop with about 90 m (295 ft)** up and down each lap. It's got just enough technical stuff to keep you honest, and plenty of flow to keep you smiling. You'll get to know this trail real well—whether you're hanging out for **6 hours, 12 hours, or the full 24.**

And the best part? This whole property is all ours. No hikers, no bikers, no interruptions—just you, your fellow runners, and a whole lot of loops.

Soak it in, push your limits, cheer each other on, and remember: this isn't just a race—it's a trail-running party, and you're the reason it's happening!

IMPORTANT:

Pets are not allowed to race. They are welcome in 'Downtown Loonie Loops', if they are on leash and under control.

If poop is found, we are charged, so please clean up after your pooch!



EVENT SCHEDULE

Fri, September 12

6:00pm to 9:00pm

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

Sat, September 13

7:30am to 9:30am

Racer check-in and race-kit pickup

9:45am

Race Briefing

10:00am

**RACE START - ALL
DISTANCES**

12:00pm – 5:00pm

Activities/Games
Hosted by the YMCA

1:00pm – 4:00pm

Balysto Steelband

4:00pm

6hrs race finish
Awards ~4:15pm

5:00pm to 7:00pm

BBQ for runners

6:00pm to 9:00pm

Frank James – Live Music!

10:00pm

12hrs race finish
Awards ~10:15pm

Sun, September 13

9:00am to 11:00am

Breakfast
Hosted by YMCA, by Donation

10:00am

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.



THE ROUTE

The route is a 3.1km loop around Ashburn Lake that consists of mostly single-track trail with some double track, and 300-400m of an old dirt road. The route also climbs & descends 90 meters per lap.

[Strava Segment](#)



Sadly, there are no streetlights on the route, so if you are running for 12-24hrs, don't forget those headlamps!

ROUTE PREVIEW





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. On Sunday morning, they will have 'grab and go' style breakfast, by donation only. **Don't forget your cash!**

Even if you don't run all night, you are encouraged to come in and join us for breakfast, and a super exciting end to the 24hrs event!



PARKING

The "Gear Shuttle" is back again this year to help haul your gear. Please find your parking spot first, unload your gear at your car, and the gear hauler will be along shortly. Please be patient, as there's typically lots of gear to haul.

Please no big RV's/Trailers, as parking is limited. Campervans are OK

[CLICK FOR PARKING COORDINATES](#)

It is recommended to purchase a camping spot for Friday night, even if you don't stay. That way you can setup your personal aid station early, then be worry-free on Saturday morning! If not, please arrive early enough on Saturday for check-in and setup.



CHECK-IN & RACE KIT PICKUP



Early Check-in & Camper Check-in

Friday, September 12, 2025

6:00pm to 9:00pm

Race Day Check-in

Saturday, September 13, 2025

7:30am to 9:30am

The check-in is at the 'Picnic Shelter' (building in the above photo). This is where you will pickup your bib, swag bag, and take a photo for the 'Runner Wall'. **When your race is done, the polaroid-style picture is yours to keep.** We recommend adding your laps, time, and/or distance– if you so wish.





DOWNTOWN LOONIE LOOPS

The race takes place at the Glenn Carpenter Centre in Saint John. This little slice of heaven is owned by the YMCA, and we have rented the entire space for this event.

In 'Downtown Loonie Loops' you will enjoy:

- A beautiful lake with a large field for camping & race day crew setup
- Picnic Shelter and Activity Shelter with four gender neutral toilet stalls
- Lawn Games & Sunday breakfast, hosted by the YMCA (By donation)
- A very well stocked aid station
- A BBQ & a Beer Station (Trailway Brewing)
- Early & Race day check-in
- Music: Live and Recorded
- Beach, docks, water toys
- A PR GONG!






Glenn Carpenter
Centre



CAMPING



RACE HEADQUARTERS

-  - Personal aid stations
-  - Overnight Camping
-  - Race Route



Camping Check-in

Friday, September 12, 2025

6:00pm to 9:00pm

**The cost to camp or setup Friday night is \$10 (plus Race Roster Fees).
100% of the funds go back to the YMCA Strong Communities Fund.**

If you have not purchased a pass for Friday access, you can do so via our registration page [here](#). We will also accept cash on-site Friday night.

TENTS ONLY! Personal Vehicles do not have access to 'Downtown Loonie Loops'. However, we will be running the 'Gear Shuttle' to help transport your gear.



AWARDS, PRIZES & 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 three contenders in each category.

Two categories for prizing: Open (Male & Non-Binary) and Female.

THE PR GONG: The gong is back this year to help celebrate all those personal distance records. As soon as you achieve your biggest distance ever (not just in Loonie Loops), please make sure to BANG THAT GONG!

When you do smash the gong, you will inspire so many, because it can be heard throughout the event.



TIMING & RESULTS

Loonie Loops is chip timed. The top 3 is determined by those who complete the most laps. In the event of a tie, the fastest time will be taken. **To help with accuracy, please wear the bib on the front of your body.**

Official results will be available after a full review. We expect this to be completed within 24 to 48hrs.



AID STATION

Our aid station in 'Downtown Loonie Loops' is where dreams are made and PR's are had. Your success depends on it, so feeding you like royalty is our top priority! And, in case you're not paying attention, the aid station is every 3.1kms.

Of course, you are welcome to setup your own little aid station/rest area, but just know, we aim to have all the goods

The menu...

- Water
- *Fluid* Hydration (Pre-mixed electrolytes)
- Pop (Ginger Ale, Coke, Pepsi)
- Dates
- Pickles
- Olives
- Sugary Snacks
- Salty Snacks
- Oranges, Bananas, Watermelons
- Grilled Cheese, pasta, perogies, etc.
- Mr. Noodles and Broth
- And much more!



**At suppertime, we will fire up the BBQ for some dogs and burgs
(Veggie and Meat)**



SJ TRAIL SERIES

The 2025 Loonie Loops is the 3rd race in the newly established SJ Trail Race Series. It's also, the best race in the series to accumulate a bunch of bonus points. So, you know what that means... GET AFTER IT!

This series of trail running events includes all five of our races that are held from May to November. No sign up is required!

[LEARN MORE & VIEW CURRENT STANDINGS](#)



LIMITED EDITION HOODIES

For the entire month of September, we will be selling limited-edition 2025 Loonie Loops hoodies in our online store, alongside our classic SJTR gear. **\$5 from every store purchase in September (not just the limited-edition hoodies) will be added to the YMCA donation.** This hoodie was uniquely designed by our good friend Amii-Grace Peczek, and we absolutely love it!

[SHOP THE
SJTR STORE](#)

Available Sept 1 to 30, '25





MEDICAL & SAFETY

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. **As always, if you see something, say something.**

Pacers are not permitted on the course at any time.

Crew are welcome in 'Downtown Loonie Loops.'



THANK YOU TO OUR SPONSORS

Partnering with companies who share our values means everything to us. **The folks we work with don't just talk about supporting their community — they live it every day.**

We're excited to share more about them below. If you're able, we'd love for you to support them in whatever way feels right.

TITLE SPONSOR OF LOONIE LOOPS



**FUNDY COAST COUNSELLING
& THERAPY SERVICES**

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](#)

PARTNER OF LOONIE LOOPS



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 LOONIE LOOPS



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.



[SHOP NOW](#)

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!

PARTNER OF LOONIE LOOPS



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 LOONIE LOOPS



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

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Please email your questions, comments, concerns to:

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