

2026 East Coast Beast Coast ATHLETE GUIDE





Saint John Trail Running

[VISIT THE EVENT WEBPAGE](#)

Welcome to the 2026 East Coast Beast Coast!

YOU DID IT! You signed up for the East Coast Beast Coast - and we love you for that! Race day is coming up on Saturday, June 27 at 10am!

A special race. Early this spring, 150 brave souls signed up for the 2026 SJTR Intro Group, which in turn gave them an automatic entry into the race. This crew joined us every Thursday for the next 8+ weeks to prepare for this race. If it's anything like all the previous years, it's bound to be an inspiring day!

We consider the ECBC to be our most accessible race in the SJ Trail Race Series. Registration fees are reasonable and the 8km distance is attainable. **We may keep the “frills” and sponsors to a minimum, but the stoke is still very high!**

Lastly, **\$5 from every entry will be donated to the Canadian Cancer Society in honour of Amber's mom, Susan Hachey.** It's all thanks to them for the beautiful trail conditions in Rockwood.



EVENT SCHEDULE

RACE DATE: SATURDAY June 27, 2026

■ 8:00am to 9:30am: Racer check-in

■ 9:45am: Pre-race briefing

■ 10:00am: **RACE START**

■ 11:00am: Awards

Awards will take place after the top 3 in each gender category have finished.

Schedule subject to change.





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.

[CLICK FOR START/FINISH COORDINATES](#)

At headquarters you will enjoy:

- A lake with a beautiful view
- A beach
- Lots of open lawn space
- Post-race Awards
- Porta potties x 2
- Music to help get your groove on!
- East Coast Roasts Coffee
(Cash, Debit, Credit)
- Check-in (Parking Lot)



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.

Check-in

8:00am to 9:30am

[CLICK FOR PARKING
COORDINATES](#)



RESULTS & TIMING

The ECBC will be timed via a chip timing tag that is placed on the back of your bib. **To help with accuracy and safety, please wear the bib on the front of your body.**

Race results are live and will be available immediately after you finish. The link will be available on our website as soon as the race starts.



AWARDS



Awards will start soon after the top 3 in each category have finished.

10:45am to 11:00am

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

Cash prizes for the top three Male & Female

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



MEDICAL SUPPORT

We will have medical support on site with basic medical supplies. **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. Please save our phone number in the event of an emergency: 506-645-0780 (call or text)

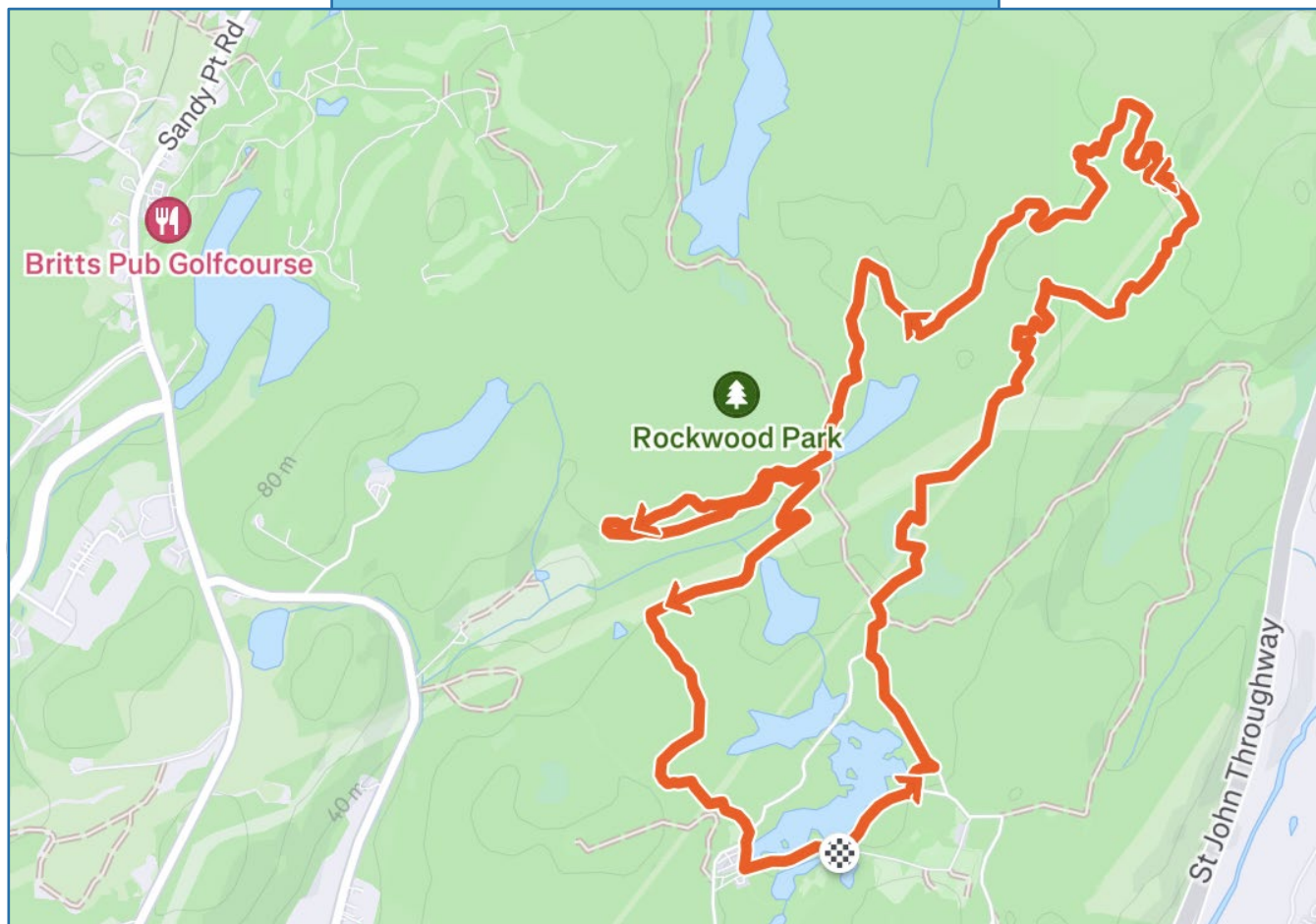
All points on the route have cell coverage.



THE ROUTES

The route will be clearly marked with pink 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 roads/paths. We pride ourselves on good course marking, but it is **always recommended to download the .gpx file to your watch as a backup.**

8 KM, 141m



[CLICK FOR STRAVA LINK, TURN BY TURN DIRECTIONS & GPX FILE](#)



AID STATIONS

There will be no aid station on course, but we will have one at the start/finish with water and snacks.

We will have a tent at the start/finish designated for your post-run gear.

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



SJ TRAIL SERIES

The 2026 East Coast Beast Coast is the second 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](#)



PET POLICY

We welcome your pets at the start/finish, if they are leashed and under control. That said, **no pets of any kind allowed on the race route!**



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!



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!

[SHOP NOW](#)

Made
WITH
Local

PARTNER OF THE ROMPIN'



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:

saintjohntrailrunning@gmail.com

