



ATHLETE GUIDE

10Km | 25km | 50km

2024



Saint John Trail Running

[VISIT THE EVENT WEBPAGE](#)

What is the 'Rompin' Rockwood', and where did it come from?

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 the largest trail race 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!**

This year we get to celebrate the 7th annual (two years lost to Covid) Rompin' Rockwood with fresh ideas and a whole lot of gratitude. The thriving trail community in Saint John showed up for registration, and 2024 is set to be the best one yet.

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



EVENT SCHEDULE

SATURDAY, MAY 25, 2024

6:45am to 9:45am

Racer check-in and race-kit pickup – All distances

7:50am

50km Pre-Race Briefing

8:00am

50KM RACE START

8:50am

25km Pre-Race Briefing

9:00am

25KM RACE START

9:50am

10km Pre-Race Briefing

10:00am

10KM RACE START

12:00pm - 6:00pm

BBQ TIME!

12:30pm

50km, 1st Loop Cut-off (After this time will result in a DNF)

6:00pm

Course Closed for all distances. (After this time will result in a DNF)

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



LOCATION

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 here for directions to the Start/Finish](#)

At the Start/Finish area you will enjoy:

- A lake with a beautiful view
- A beach & plenty of open lawn space
- Curbside Café - Coffee & baked goods for purchase (Cash & Credit)
- Porta potties x 5
- Lawn Games
- Post-race BBQ
- Post-race Awards
- Check-in/Race kit pickup (parking lot)
- Music from the 60's, 70's, 80's, and 90's to get your groove on!



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

NEW FOR 2024: 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.

50km Check-in

6:45am to 7:45am

25km Check-in

7:45am to 8:45am

10km Check-in

8:45am to 9:45am



RESULTS & TIMING

IMPORTANT: Please wear the bib on the front of your body. This ensures accurate timing and allows our volunteers to identify you.

Live results link is available on our website: [Rompin' Rockwood](https://rompinrockwood.com). Times will be updated when the runner finishes or when they pass the timing mat for lap two (50km).



AWARDS AND SPECIAL PRIZES

Awards will start as soon as the top 3 (open and female) in each distance are finished. The open division includes Male and Non-binary. Estimates are as follows:

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

25km: 12:10pm to 12:30pm*

50km: 4:00pm to 6:00pm*

*Based on 2023 results. Subject to change on race day.

Prizes for the top three in each category are provided by our title sponsor, [River & Trail Outdoor Company](#).



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 50km is 2 loops of the 25km route.

10km Route: [View Strava segment](#)

*** Number beside the trail names is the approximate distance in KMS to the next trail.**

STRAIGHT down the path and across the *Fisher Lakes parking lot*

HARD RIGHT to *Water Tower Road* *Continue straight through the gate (0.4)

MERGE RIGHT on *Ski Hill Road* (0.2)

HARD LEFT on *Simon Says* (1.8)

HARD RIGHT on *Ski Hill Road* (0.6)

HARD LEFT on *Old Race Course* (0.3) * Directly across from where you went in at *Simon Says*

MERGE LEFT onto *Crystal Lake* * **KEEP LEFT** until you hit the *Power Lines* (0.4)

HARD RIGHT on *Crystal Lake Power lines* (0.4) * Just after the bridge, follow the single track on the left

HARD LEFT on *It's Gotta Go* (0.9)

MERGE LEFT on *Rockpile Road* (1.1) *If you see a huge cave on your right, you just passed the turn to stay on Rockpile Road

HARD RIGHT on *Mayflower Lake* (0.8)

HARD RIGHT on *Splenda* (0.2) *Commonly missed trail

MERGE RIGHT onto *Sweetness* (1.2)

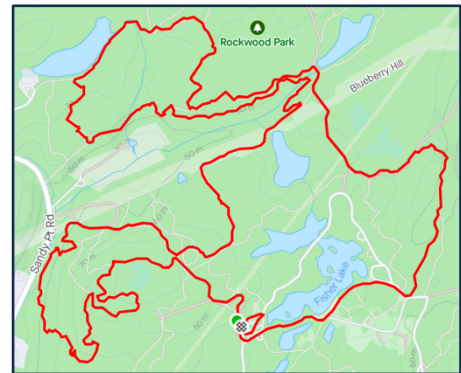
HARD RIGHT on *Zoo Trail* (1.0)

MERGE LEFT on *Carriage Rd* (0.8)

HARD RIGHT on *Pugsley* (0.4)

MERGE RIGHT on *Clean Air* (0.3)

FOLLOW the paved path on the **LEFT** to the **FINISH** (0.4)



[Download Turn Sheet .pdf and/or .gpx for the 10km](#)

25km Route: [View Strava segment](#)

* 50km = 2 x 25 loops.

STRAIGHT down the path and across the *Fisher Lakes parking lot*

HARD **RIGHT** to *Water Tower Road* *Continue straight through the gate (0.4)

MERGE **RIGHT** on *Ski Hill Road* (0.2)

HARD **LEFT** on *Simon Says* (1.8)

HARD **RIGHT** on *Ski Hill Road* (0.6)

HARD **LEFT** on *Old Race Course* (0.3) * Directly across from where you went in at *Simon Says*

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HARD **RIGHT** on *Splenda* (0.2) *Commonly missed trail

MERGE **RIGHT** onto *Sweetness* (1.2)

HARD **LEFT** on *Zoo Trail* (1.0)

AID STATION

HARD **LEFT** on *Mayflower Lake* (0.2)

HARD **RIGHT** on *9th Hole* (0.7) *At ~400m, you will take a hard right on a double track trail

HARD **LEFT** on *Golf Trex/Donnie's Detour* (0.8) ***KEEP LEFT** at *Donnie's Detour* Intersection

HARD **RIGHT** on *V-Dub* (0.5)

MERGE **LEFT** on *Donnie's Detour* (0.2)

HARD **LEFT** on *Zoo Trail* (0.4)

HARD **LEFT** on *Golf Trek* (0.8)

HARD **RIGHT** on *Tour de Pants* (0.4)

HARD **RIGHT** on *Zoo Trail* (0.2)

HARD **LEFT** on *Sponge Bob* (0.5)

HARD **LEFT** on *Owen Lake* (1.1)

HARD **RIGHT** on *Moose Trax* (2.3)

MERGE **LEFT** on *Newfoundtrail* (0.6)

HARD **LEFT** on *Long Lake* (0.2) *There is a little Hut on your right at this turn

HARD **LEFT** on *Ginger* (0.3)

HARD **RIGHT** on *Maryanne* (0.6)



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AID STATION

HARD **RIGHT** on *Shyzer* (0.5)
HARD **LEFT** on *Corduroy* (0.3)
HARD **LEFT** on *Horse Trail* (0.3)
HARD **RIGHT** on *Shyzer* (0.2)
MERGE **RIGHT** on *Carnage* (2.6) *HARD **RIGHT** at roughly 1.2km. aka bottom of hill. ***New in 2024: A new re-route on Carnage adds ~0.2km.**
HARD **LEFT** on *Corduroy* (0.2)
HARD **LEFT** on *Trans Canada Trail* (1.0)
HARD **RIGHT** on *Skywalker* (0.2) *Ouchy time! ;)
HARD **LEFT** on *Our Compliments* (0.7)
HARD **LEFT** on *Enthusiast Path* * **New in 2024**
HARD **LEFT** on *Trans Canada Trail* (0.7)
HARD **LEFT** on *Tall Grass* second entrance (0.1) * **New in 2024**
MERGE **RIGHT** on *MacKay Skyway* (1.3)
HARD **RIGHT** on *Old Carriage Road* (0.4)
MERGE **LEFT** on *Trans Canada Trail* (0.2)
MERGE **RIGHT** through Parking Lot towards the sidewalk (0.1) * watch for traffic!
CONTINUE **STRAIGHT** on sidewalk to the finish (0.3)

*** Number beside the trail names is the approximate distance in KMS to the next trail.**

[Download Turn Sheet .pdf and/or .gpx for the 25km](#)



AID STATION

There will be one aid station on the *Zoo Trail*, at the intersection of *Maryanne*, for the 25km & 50km participants only. We will also have hydration and nutrition at the Start/Finish area for all participants.

**DROP BAGS CAN BE STORED IN AND AROUND OUR TENT AT THE START/FINISH.
AT YOUR DISCRETION!**

Aid Station Location	Found at the Aid Stations
<ul style="list-style-type: none">• 10km: Start/Finish only• 25km: 8km & 16km• 50km: 8km & 16km & 25km & 33km & 41km	<ul style="list-style-type: none">• Tailwind (Caffeinated & Not Caffeinated)• Water, Pop• Oranges, Bananas• Candy, Chips and more

- **Although we try to be well stocked, stick to what you know!**
- **This is a cup-less event, so please bring your own vessel.**
- **At the Maryanne aid station, volunteers will be recording bib numbers for all 25km & 50km participants. Please confirm with a volunteer that they got your bib number. We don't want anyone lost out in no man's land!**



A BIG 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](#)



PARTNERS OF THE ROMPIN'



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 actively 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](#)





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](#)





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**♥



Karma Campervans is built by adventurers, for adventurers. Launched in 2018 in Calgary, Alberta and with a fleet of more than 100 rentable campervans, we offer adventurers a modern-rustic and simple way to road trip around Western Canada and the US. We've made it easy for locals and inbound travellers to enjoy camping whenever and wherever they like with all-season, 100% off-grid campers and a convenient automated rental process. With depots across Canada, we are one of the largest custom-manufactured rental outfits of our kind in North America.

With operations now in Atlantic Canada, we are super excited to support events that align with our values. When we think trail running, we think adventure!

[BOOK YOUR NEXT ADVENTURE TODAY!](#)





RACE DIRECTORS

Boon Kek, Marc Gallant, Mark McColgan

Questions?

Please email us directly at saintjohntrailrunning@gmail.com