



PARTICIPANT'S GUIDE

HALIBURTON FOREST TRAIL RACE



Pictured: Jack Judge, Haliburton 100 Legend

Courtesy of: Laura Pedersen / National Post

Race Established 1993

3rd Edition – Revised February, 2019

1095 Redkenn Road, Haliburton, Ontario, K0M 1S0 Canada

www.haliburtonforest100.org

800-631-2198

hfultra@haliburtonforest.com

Race Schedule

Friday

2:00 PM – 8:00 PM

- Race packets must be picked up at the Boiler Room (Race HQ), Base Camp, Haliburton Forest for the 100 Mile, 50 Mile, 50 km, 26 km, 12 km, (25 km/ 12 km can also be pick-up Saturday, however Friday is the preferred time for pick up – see below)
- 100 Mile runners MUST drop off your drop bags at the Boiler Room.

6:00 PM

- MANDATORY dinner for all 100 Mile entrants (included in their entry fee). Last chance to get those questions answered. All other racers, crew, and others welcome for \$20.00 per person (payable in advance, limited seating, please book early).

Saturday

5:00 AM - 5:45 AM: Cookhouse Restaurant open for coffee and bagels.

5:30 AM: 100 mile and 50 mile will assemble at the Main Office for Haliburton Forest

5:45 AM: Roll call will commence with walk together to the start line (100 yards away).

6:00 AM: 100 Mile and 50 Mile start.

7:00 AM - 8:30 AM: 25 km, 12 km - Race Packet Pickup.

8:00 AM – 50 km start

9:00 AM: 26 km, 12 km races start.

1:00 PM:

- 50 km awards @ finish line
- 25 km, 12 km awards @ finish line

6:00 PM:

- 50 Mile awards @ finish line

Sunday

1:00 PM: 100 Mile awards & brunch @ The Cookhouse

Participation

There are no limits on participation in any of the events. There are no qualification requirements for any of the race distances. **EACH PARTICIPANT IS RESPONSIBLE FOR ENSURING THAT THEY ARE ABLE TO PARTICIPATE IN THE EVENT THAT THEY ENTER.**

Due to rising organizational and supply costs, this event carries a no-refund policy. Any participants who withdraw from the event prior to, or during Race Day, will not receive a refund.

Course and Trail Descriptions

The Haliburton Forest Trail Race will take place exclusively on Haliburton Forest property. We ask that you respect the property as if it were your own.

As a private property of over 100,000 acres, Haliburton Forest has gated access. **All cars entering the property will be required to pay a \$25.00 refundable deposit to obtain a gate key. This deposit will be refunded upon return of the key to the appropriate event staff.**

Please keep in mind that you will be running on trails through the wilderness, and you may encounter a variety of wildlife (deer, raccoon, bear, fox, porcupine, etc.). **If you encounter wildlife, make a lot of noise and do not approach any animal.** You may choose to carry bear bells to ward off critters. You could also sing loudly or jingle a ring of keys to warn wildlife of your presence in the forest.

Course and Trail Markings

All racers follow the same course. The turnarounds for the shorter races (12 km, 26 km, 50 km) will be clearly marked. The 50 milers will run the full course once, while the 100 milers will run the entirety twice.

Trail Markings will consist of surveyors flags in the ground.

Runners are ultimately responsible for following the correct course.

Familiarity & Running After Dark

Please be aware that as a trail race, much of the course is rugged, and some areas are only accessible by foot or ATV. Please use caution, particularly in darkness.

It is highly advised that racers familiarize themselves with the course before the race.

Knowledge of the trails offers both mental and physical advantages during the official race. Racers are encouraged to make reasonable effort to run as much of the trail as possible before the event, with particular attention to the portions of trail that they expect to be running in darkness, when their mental and physical energy may be lagging.

All 100 Mile runners are recommended to carry at least 2 flashlights/headlamps with sufficient power to last 10 hours. It is not recommended for racers to attempt to change batteries in the dark. This can be difficult when one is tired, so it is advised that a small extra flashlight is carried in your fanny pack. If your light fails, wait for another runner with a light. **DO NOT TRY TO FIND YOUR WAY IN THE DARK.**

Weather

In September temperatures can range from a high of about 25 degrees celsius during the day to a low of about 2 degrees celsius at night. Be prepared for both the high and low temperatures. Some past races have been around 18 degrees celsius and sunny. There could also be rain (and with it, mud), wind or cooler temperatures. Be prepared for all types of weather regardless of what is forecast, as weather conditions can be unpredictable and rapidly change. Sunrise is typically just after 6:30 AM, and sunset is usually shortly after 7:30 PM. For the most local weather report, search Kennisis Lake on The Weather Network.

Risk Factors

Participation in this event is at the risk of each individual runner. Lack of familiarity of the course, running in the dark, rugged trails and weather conditions are all increased risk factors. Other risks include, but are not limited to: renal shutdown, heat stroke, hypothermia, effects of low sodium/chloride counts, muscle necrosis, overuse injuries, fatigue, injury incurred from falling, wildlife hazards, vehicle hazards, and getting lost.

Runners should appreciate and acknowledge the risks associated with the run and prepare accordingly. Runners should keep all of these things in mind while running the race as well. Due to remoteness and/inaccessibility of some parts of the course, it may be difficult to provide immediate help to those in need of medical assistance.

Know your body--if you are not sure, please do not hesitate to ask for help.

Trail Etiquette

During the event, racers do not have exclusive use of Haliburton Forest trails. Be aware, and be courteous to others using the trails. If you wish to pass another runner, ask for "trail right" or "trail left". Slower runners must yield to those wishing to pass.

When passing or interacting with volunteers or event organizers at aid stations or anywhere on course, please be polite. Without these amazing individuals, there would be no race! They are a huge part of the culture of this event, and they are there to help YOU!

Cut-offs

There are no cut-offs for the 12 km, 25km 50km, or 50 Mile runners. The cut-off for the 100 Mile race is at the 75 mile mark. If a racer has NOT reached the 75 mile mark by 4:00 AM Sunday morning, they will not be allowed to continue. At the discretion of race officials, runners may not be allowed to embark on the final Normac loop. All runners must be off the course by noon on Sunday.

Dropouts

If you should need to dropout at any point during the race, we will make reasonable effort to return you to the start/finish, particularly if you are in need of medical attention. In non-emergency situations, you may have to wait to be evacuated. Aid stations will provide reasonable support in the meantime.

You must notify the Finish Line as you pass, if you are leaving the race.

FIRST AID

If you have special medical needs, please let event organizers know during registration and check-in. The more we know, the better we can help you to have an amazing run. If you know for example, that you have had a past knee injury, bring a brace or whatever tools you may need to prevent or treat further injury, in your drop bag. While there will be bug spray, sunscreen and band aids available at aid stations, there will be **NO DRUGS ON THE COURSE**. If you want/need any drugs (pain killers, allergy pills, or other over the counter meds), please bring your own.

If you need medical attention, please stop at an aid station or Base Camp. There are people there to help you. All Haliburton Forest staff are trained in first aid. There is an AED located in the main office at Base Camp. There will also be a trauma nurse on site during the race. **Race officials are authorized to pull a runner from their race if they deem that runner to be incapable of continuing. Their word is final.**

AID STATIONS

There will be 7 aid stations along the course, approximately 5 miles apart. Aid stations will be fully stocked with water, e-load/Gatorade (*bring your own bottle, reusable cup*), cola, snacks, fruit and other yummy foods. Boiled potatoes and more hearty foods will be available from morning until the end of the race. Warm soup will be available later in the day.

Aid stations will also have basic first aid kits, and may assist with minor medical issues. Beyond that, racers must return to Base Camp for further medical attention.

In an effort to make the event greener we are trying to work our way towards a cup free event please plan accordingly with reusable bottles, cups, etc...

DROP BAGS

Runners may have a drop bag at any/all of the 7 aid stations, **please only one per station**. You may be passing the same stations up to 4 times. **The start/finish line does not allow drop bags as the first aid station is only a mile away.**

Drop bags must be securely sealed, and clearly labeled with the runner's name and entry number. Please do not use paper bags, shoe boxes, or other similar casements that could be easily compromised by water. No hard boxes. *Please only use distinctive plastic bags or dry sacs that are easily identifiable. Also note that drop bags may not be returned until Sunday at noon.*

Please **NO** glass or perishable items in your drop bags. Be considerate of the size of your drop bags --you will not be staying long at each station.

In an effort to make the event greener we are trying to work our way towards a cup free event please plan accordingly with reusable bottles, cups, etc...

It is strongly recommended that you pack warm clothes and an extra flashlight in the drop bags for the stations you anticipate reaching during the night.



Drop bags are to be deposited at the appropriate collection stations marked outside the Boiler Room/Race Headquarters **NO LATER THAN 6:00PM ON FRIDAY.**

Drop bags will be returned to the finish line as soon as possible but may be as late as noon on Sunday. It is the responsibility of each runner to claim their drop bag/s. If you do not reclaim your bag/s following the race, we cannot guarantee that everything you left behind will be returned to you.

EVENT MANAGEMENT IS NOT RESPONSIBLE FOR LOST OR DAMAGED PROPERTY, DROP BAGS AND/OR THEIR CONTENTS.

PACERS AND CREWS

Pacers

Pacers are “trail companions” who may accompany 100 mile runners on foot, at any time **after 8:00 PM Saturday night, from the closest aid station. All racers over the age of 65 may be accompanied by a pacer at any time during, or for the entirety of the race.** Pacing by bicycle or any other mode of transportation is not permitted. Each runner is permitted one pacer at any given time (following the above time restrictions). Pacers must stay with their runner at all times and should enter/leave each aid station **WITH** their runner. Pacers may aid in replenishment of supplies while in the aid stations, but may **NOT** arrive before or depart after their runner to speed up the replenishment process.

Pacers are allowed solely as a safety consideration and may not provide any physical or mechanical aid to the runner (except in medical emergencies). Pacers must **NOT** carry supplies for the runner and should have their own supply of flashlights, food and water, though pacers may accept aid at aid stations. **“Muling and tethering” is expressly prohibited.**

Pacers are only allowed for the 100 Mile race, not for any of the others.

As the race is on private property, all pacers must sign a property use/ liability waiver, no exceptions. Waivers will be available at the start line for those arriving later in the day.

Crews

Crews are welcome, but required to follow the below guidelines. “Crew” is anyone giving material support to a runner during their race, at aid stations **ONLY.**

Crews may only meet or assist runners at designated aid stations, and must adhere to instructions of all aid station personnel, including requests to vacate certain areas of a checkpoint. **A runner may be disqualified if crew meet and/or assist a runner away from an aid station.**

Crews must not park in such a way that blocks traffic, access to trails, aid stations or other cars. Crew access to certain aid stations may be restricted depending on weather and road conditions. This restriction will be finalized before the pre-race dinner and is non-negotiable. This is for the safety of runners and race volunteers.

PERFORMANCE RULES

The purpose of the rules is to ensure the run's integrity as a test of individual performance, providing equal condition for all. The basic principles of the rules: play fair, be safe, and respect each other and Haliburton Forest. **Violation of any rules may be grounds for disqualification from Haliburton Forest runs or other such sanctions as deemed appropriate by race officials.**

1. There will be no unofficial/unregistered runners.
2. Race numbers must be visible and worn prominently on the front of the body at all times.
3. Runners must follow marked trails at all times. **Any runner departing from the official trail must return to the point of departure ON FOOT, before continuing.**
4. Each runner must complete the entire course under their own power. No physical or mechanical aid are permitted. NO "muling" or "tethering" by pacers or crew is permitted.
5. Poles are allowed on course, however, no runner using poles will place in their respective event. The highest placing a runner using a pole can earn is 4th place.
6. Except in the case of an emergency, runners may not accept aid or assistance **OF ANY KIND, FROM ANYONE** between aid stations.
7. Runners may not store supplies of any kind along the trail, aside from supplies in their drop bags at official aid stations.
8. Runners are responsible for the actions of their pacers and crews. Everyone associated with the race must comply with all rules, including parking and access instructions, or risk disqualification of the runner.
9. Each runner must be checked IN and OUT of all checkpoints. It is YOUR responsibility to make sure you are checked at the aid stations.
10. Injection or use of any performance enhancing drugs during the event will result in immediate disqualification.
11. Littering of any kind is prohibited. All runners, crews and pacers need to respect the natural beauty of the race course and the right of everyone to enjoy it. **Littering can be grounds for disqualification of a runner on the spot, for the race at hand, and all future races at Haliburton Forest.**
12. Runners must refrain from any act of poor sportsmanship.
13. Any runner who is unable to finish their race must **PERSONALLY inform the personnel of the nearest aid station** of their decision to withdraw. Runners who leave the course without informing aid station personnel will be considered LOST and subject to search and rescue efforts. Time spent searching for any such runner will be billed directly to the runner. ***When returning to Base Camp, the runner MUST also notify the timing crew at the finish line of their withdrawal.***

AWARDS

All 100 mile finishers will receive a belt buckle to commemorate their achievement at the Awards Brunch 1:00 PM on Sunday.

The first place male and female 100 mile finishers will receive a distinctive award to recognize their performance. 2nd and 3rd place will also receive awards to commend their efforts.

For all other races, the number of awards will depend on the number of runners. First place male and female runner, under and over 50, will receive awards for each race under 100 miles.

GETTING HERE - BASE CAMP, HALIBURTON FOREST

All roads in the world lead to Haliburton Forest!

From Toronto (or surrounding area): Take 401 EAST to 400 NORTH. Follow this highway to 11 NORTH, and exit onto highway 118. Continue east on 118 to Kennisis Lake Road/County Road 7, turn left and pass through West Guilford. This road will take you about 20 km to Redkenn Road. Turn right and you will see Base Camp dead ahead. Allow a minimum of 3 hours for travel time.

From anywhere: You can use a GPS to search the Town of West Guilford. No matter where you are coming from, you will be turning off of Highway 118 into West Guilford, on Kennisis Lake Road/County Road 7, and following this road all the way to Redkenn Road. Once you turn right on Redkenn Road, you will see Base Camp straight ahead.

Please be aware that GPS does not always work well near Haliburton Forest, and may not correctly lead you to your location (1095 Redkenn Road, Haliburton, Ontario).

WHEN YOU ARRIVE please park in front of the Boiler Room for check-in. It will be open starting at 2:00 pm on Friday. PLEASE DO NOT GO INTO THE MAIN OFFICE OF HALIBURTON FOREST, unless you have reserved accommodations or a private campsite.

LODGING/ACCOMMODATIONS

Haliburton Forest offers 2 and 3 bedroom accommodations at Base Camp, as well as open loft log cabins or tent/trailer campsites. You can reserve these online at www.haliburtonforest.com, or by calling the Main Office at 1-800-631-2198. Reserve your spot early, as these accommodations typically fill up quickly.

In addition to the above options, during the race group camping will be available at Base Camp for the price of \$18/per person, per night. This fee is payable alongside the entry fee, at the time of registration. Any racers who do not sleep in their tent/trailer Saturday night, but leave their tent/trailer set up, will still be required to pay for that night.

When parking in the designated location for campers/trailers, please park as far back from the road as possible, and be mindful/leave space for other campers.

OTHER OPTIONS:

There are many other accommodations in the local area. Please visit <https://myhaliburtonhighlands.com/where-to-stay/> to find a complete list of nearby (20-30 minutes away) hotels, motels and B & Bs.

FOOD

There will be a pre-race dinner at The Cookhouse Restaurant at Base Camp at 6:00 pm on Friday evening. This dinner is mandatory/included for all 100 Mile runners, as it will be followed by a race briefing and a question period. Other racers and family/friends are welcome to join in for \$20.00 per person payable in advance. Please reserve your space in advance, as seats are limited and will be given on a first come first serve basis.

Restaurants: The Cookhouse Restaurant will be open during their regular hours while the event is taking place. To see a list of other restaurants in the area, please visit

www.myhaliburtonhighlands.com/great-food---drink.

Grocery: The closest grocery store is the West Guilford Shopping Centre, which you will pass on your way here, shortly after turning onto Kennisis Lake Road. It has all basic food needs. For larger grocery selection there is an Independant Grocer and Foodland in the town of Haliburton (approx. 30 minutes away), or a Valu-Mart in Minden (approx. 40 minutes away).



A NOTE FROM EVENT ORGANIZERS

We wish you the best of luck both in preparing for and participating in the Haliburton Forest Trail Race. If you have any questions, please do not hesitate to contact us. We are here to help you have the best race possible.

We look forward to meeting and greeting both new and returning runners.

See you out there!



Tegan Legge – Race Director

Cameron Ferguson – Volunteer & Sponsorship Coordinator

Marena Wigmore – Race Admin

Don Kuzenko – Director of Trails

Email: hfultra@haliburtonforest.com

Phone: 800-631-2198 option 1

International: 1-705-754-2198 option 1 ask

Facebook: <https://www.facebook.com/groups/33598268550/>