



Race Participant Guide

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RUSSELL  RUN CLUB



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2024 Prescott Russell Trail Relay

Participant Guide

A Message from the Race Director

I am excited to welcome you to the first Prescott-Russell Trail Relay race. Thank you for being a part of this event. I have dreamed of holding an event like this since 2020, when I did the [Fastest Known Time](#) on this trail. This race was also inspired by the [Prairie Spirit Ultra](#) in Kansas, which was also run on a former railroad trail through many communities. My husband and I enjoyed the event, as well as the energy and support from the volunteers. We hope to bring the embracing and supporting environment of the ultra community I have been a part of for many years to the Counties of Prescott-Russell.

Since the spring, we have been working with Eric Collard, Executive Director of the Prescott-Russell Trail, to bring this event to life. He works hard to promote and build community connections to ensure its growth. We are happy to be part of this network. For more information on the trail's development check this [article](#) in the Ottawa Citizen

This relay is a test run for future events on the trail. We'd love to bring an ultrarunning event to the trail. It'd be an opportunity to showcase the trail, our county, and the Russell Run Club to runners from this area and beyond. This event will also bring the community together along the trail through volunteering and sponsorship.

I'd like to thank the volunteers from the Russell Run Club who will be on the road for a long time jumping from the Exchange Stations. They want to ensure that everyone has fun and is safe during this event. Make sure you return their energy and spirit to them as you pass them along the trail.

This booklet contains information that will help you have a successful race. If you do not find the answers to your questions in this booklet, please let us know, and we will be happy to provide further details. Your questions and input will help

Get excited, have fun and be awesome. See you on the trail
Michelle and the gang from the Russell Run Club

If you enjoy being part of this event and spending time with the Russell Run Club, we encourage you to join us for one of our many events and programs. If you want to get all the updates in real-time, follow us on Social Media or sign up for weekly emails.

[Facebook](#) - [Instagram](#) - [Newsletter](#)

Join the [Russell Run Club Community Facebook Group](#) to see what's happening with our Members



Schedule

Saturday, November 2, 2024

Time	Activity	Location	Notes
7:00 AM	Volunteers and Race Director at Location	St. Eugene Pavillion	Last-minute questions, coordination
7:30 AM	Pre-Race Briefing	St. Eugene Pavillion	
7:45 AM	First Leg Runners to Start Line		
8:00 AM	Relay Start	Trail @ La Grande Montee Rd.	
4:00 PM	Estimated first finisher	Hammond Golf Course	
6:00 PM	Estimated last finisher	Hammond Golf Course	

Cut-Offs

There are no cut-offs for the exchange station or relay this year..

Course Description

Start/Finish Location

Pre-Race Briefing: [St. Eugene Pavillion](#)

Start: [Trail @ La Grande Montee Rd.](#) (North of Stodidakis Farm)

Finish: Hammond Golf Course

The following link will take you to a Google Map showing the locations of the Start/Finish and the ten (10) exchange stations. For mileage between legs and total milage, refer to the table below.

[Relay Map](#)

The majority of the course will be on the Sentier Prescott-Russell Trail. The trail is a 72 km former trail road running from St. Eugene, ON, to just past Hammond, ON. The trail is flat, and its surface consists of crushed stone except through the villages of Bourget and St. Eugene, which are paved. This landscape ranges from urban areas to farmers' fields to forests.

The relay starts near the Quebec border at La Grande Montee Road and continues west along the trail. The relay remains along the trail except for Leg 3, which goes onto the road for a few 100 meters. At the Hammond Pavillion, Leg 11 runs off the trail going north along Gagne Road

towards Hammond Hill. At the end of Gagne Road, the runner(s) will turn left on du Golf Road and go towards the golf course. Just before the 4-way stop you will turn right to the driveway of the house at the golf course and run towards the finish line. There will be signage along this area to direct the runners.

Here is a link to download the “Ride Eastern Ontario” map, which shows the entire trail and its roads: [Prescott-Russell Cycling MAP](#)

Exchange Stations

Links to each station are also provided below

Exch. No.	Location	Leg Distance (km)	Total Distance (km)	Point of Interest
Start	Chemin Grande Montee	0	0	North of Stodidakis Farm. Parking on the side of road.
1	St. Eugene Pavilion	4	4	Parking available
2	County Road 12	9	13	North of 417 on-ramp. Parking on the Road.
3	Vankleek Hill Pavillion	6	19	Highway 34 1km North of Vankleek Hill. Parking available.
4	Caledonia Springs	12	31	Regional Road 20. Parking available
5	Alfred Pavillion	8	39	Cty Rd. 15
6	Plantagenet Pavillion	7	46	Regional Road 9 Plantagenet 2 km north. Parking available.
7	Pendelton Stn	8	54	Plantagenet Conc. Rd. 9. Parking on Road.
8	Boat Launch off CtyRD2	4	58	Around the bend on Cty Rd 2 Parking Available
9	Bourget Pavillion	5	63	Levis St., Bourget. Parking available.
10	Hammond Pavillion	6	69	Parking available.
Finish	Hammond Hill/Hammond Golf	4	74	Gendron & Gagne Rd. Running on the road against traffic. Parking is available at Golf Course.



Timing

Times will be recorded manually and uploaded to a shared spread.

If your team decides to run with a GPS beacon or cell Phone, you are encouraged to share this information with the Race Director and Volunteers. It helps us plan for the runners' arrival.

You are expected to check in with the Race Crew at each Exchange, even if you are continuing on to the next leg.

Pre-Race Briefing

The team Captain (or representative) is required to be at the pre-race briefing at minimum. Due to the length of the event (time and distance), not all participants are required to be at the start. They can join later on in the day at their planned exchange.

The Team Captain/Representative is expected to relay the information to the team.

You will be expected to know and follow all rules/guidelines, which are not necessarily all contained within this booklet or discussed at the briefing.

Post-Run Venue

The race will finish at the Hammond Golf Course. We have a small banquet hall rented for the post-race celebration. The restaurant will provide a la carte meals. The runner will have a \$30.00 voucher to go against this meal. This voucher is valid for that date and can be transferred to another team member or crew member.

Awards

To be determined depending on sponsors. It is guaranteed that the first team/solo runner to finish will get bragging rights.

Aid Station

Volunteers will setup an aid station at each exchange. We will offer **some** aid: such as water, electrolytes, fruit, candy, chips, cookies. Since everyone is unique in their requirements, we strongly encourage you to bring your own fluid and nutrition.

We will have first aid kits available. When the last runner passes, the aid station will move to the next open exchange station.

Teams

- Each team will consist of 2 to 11 runners. Teams will assign a “Team Captain”
- At least one team member must be on course. Teams can have multiple runners on each leg. Members can run multiple legs either consecutively or non-consecutively.
- Bikes pacers are allowed to keep the runner company.
- At the pre-race briefing, the Team Captain will provide a list of each team member assigned to the legs. It is understood that this list is not final and may change.

Solo runners are allowed at the discretion of the Race Director. Contact Michelle (michelle@russellrunclub.ca) for coordination.

Team Guidelines

Team/Crew access runners at Exchange Stations only. Aiding the runners between Exchange Stations is allowed in extenuating circumstances.

Where parking is limited, Team/Crew must park on one side of the road. Team/Crew must not park in such a way as to block traffic, access to the trail or aid or other parked cars. If a race official or local law enforcement asks to move, the Team must comply with requests immediately. Vehicles will be towed at the owner’s expense.

Smoking is permitted (as allowed by by-laws); however, be courteous and move a reasonable distance away (at least 100 feet) from the trail/aid. Remember, most runners find smelling smoke while running offensive, and race day is about the runner.

The Team is solely responsible for locating Exchange Stations as needed. GPS/Google locations have been provided in this document. Contact the Race Director if lost or running late to the scheduled aid station.

Runner Guidelines

Runners must fully adhere to the following guidelines/rules and the Prescott-Russell Recreational Trail guidelines for use (<https://www.sentierprtrail.com/en/home>).

Race officials reserve the right to pull any runner/pacer in this race for any reason whatsoever (e.g., health or safety), solely at our discretion. Race officials' decisions are final.

Please respect the trails and city streets. Littering of any kind is strictly prohibited.

A light and reflective vest is mandatory and required for all runners heading out of Exchange Stations after 5:00 PM

Each runner's official race bib must be worn prominently on the front of the body and easily visible at all times. Runners must check in at each exchange station. Please make sure if you are a runner that you receive verbal confirmation from the staff member recording runners' check-ins that you have been successfully tracked.

Runners, you and you alone, are responsible for yourself and your well-being during the event. Race officials and volunteers are under no obligation whatsoever to assist you with anything involving physical contact, such as taping your feet, massaging your legs, etc. In addition, they are not obligated to provide medical advice and can't make any medical decisions for you. They are there to track/verify your progress and provide fuel/hydration and encouragement only.

Motor vehicle traffic is not permitted on the Prescott-Russell Trail. However, the trail crosses numerous roads. Most of these crossings are gravel roads with very little traffic, but be sure to use extreme caution when crossing each road. Look both ways and remember, the car will win every time. Stay alert at all times! These are country roads, and the locals do not know that there is a race in progress. Crews are not allowed at any of these crossings.

Dogs are allowed with runners on the course; however, they must be on a leash and not interfere with other runners, aid station workers and/or their supplies. Dogs are not allowed near the aid station food table.

Runners must follow the course trail at all times. Any runner departing from the official trail must return to the point of departure on foot before continuing. Each runner must complete the entire Leg under his power. No physical or mechanical aids are allowed.

Dropouts

If you need to drop out at any point during the run - notify your Team Captain and Race Director. We will make reasonable efforts to return you to the finish or vehicle. Another runner can replace team members.

Runners must not drop out of the race by abandoning the course between exchange stations and going home. If you must drop, please report to a volunteer at the closest aid station. Failure to do so may result in search/rescue costs for you.

Race Etiquette

Mile Markers – This race does not have mile markers. There are trail markers along the route which may or may not correspond to the race route distances. It's a good idea to track your own distance and to be familiar with the basic course map to know when aid will be available to you.

Bathrooms – Nature is your bathroom. Carry toilet paper. Please discard toilet paper in trash cans when available. There are bathrooms at the pavillions; however, you may need to “go” in between.

Yielding to Other Runners – During the event, racers do not have exclusive use of Prescott-Russell Trail. Be aware, and be courteous to others using the trails. If you wish to pass another runner/pedestrian, ask for “trail right” or “trail left”. Slower runners must yield to those wishing to pass.

Trash – Never throw your trash on the ground.

This is not a certified course. The distances reported in this guide are based on mapping. They may vary when on course.

Open Course—The course crosses some paved and unpaved roads. A major difference between trail/ultras and road races is that trail/ultras are not traffic-controlled. Follow pedestrian laws when crossing any and all roads and running on city streets. When waiting for traffic, take advantage of that time to refuel, rehydrate, or just enjoy Mother Nature.

The majority of the course is on trail. The last 4 km turn onto Gagne Road towards Hammond Hill. The runner must run against traffic.

Weather

We are in Eastern Ontario in early November, plan for anything. Then, check it again - then plan for anything.

Relay will occur regardless of weather conditions. Please dress accordingly.

Sunrise: 7:44 AM Sunset 5:47 PM

Safety

Each runner is responsible for their actions. You must be physically and mentally prepared for the stresses of this race. We will utilize the local EMS services in case of a medical emergency. While the course is easily accessible on roads, the remoteness of some areas and the distance between towns could result in a substantial amount of time before EMS could arrive to provide assistance. Please keep an eye out for a fellow runner in distress.

Each runner needs to recognize the potential physical and mental stresses that may evolve from participating in this race. These include, but are not limited to, extreme temperatures of heat and cold, hypothermia, dehydration, heat stroke, disorientation and total mental and



physical exhaustion. Each participant must continuously monitor himself/herself and understand their limitations. Remember that you, the runner, are ultimately responsible for your well-being during this race.

Any medical expenses incurred are the sole responsibility of the individual runner. Any runner having medical conditions that may arise (such as a bee sting allergic reaction) should include that information on the back of his/her race bib number.

Emergencies

Ensure the Race Director's Phone number is programmed in your phone:

Michelle Leduc 613-223-4889

In the case of an emergency, call 911

- Try to be aware of the cross-streets closest to you at all times. Most intersections along the trail should have street signs.
- Notify race staff of situations ASAP

Nearest Hospitals

Hawkesbury District Memorial Hospital

1111 Ghislain St. Hawkebury
613-632-1111

[MAP](#)

Glengarry Memorial Hospital

20260 Cty Road 43, Alexandria
613-525-2222

[MAP](#)

Hopital Montfort

713 Montreal Road, Ottawa
613-746-4621

[MAP](#)

Ottawa Hospital

501 Smyth Road, Ottawa
613-722-7000

[MAP](#)

Ottawa Hospital Civic Campus

1053 Carling Ave
613-722-7000

[MAP](#)

The guidelines outlined in this document are NOT all-inclusive and are subject to change without notice, at the sole discretion of the Race Director.