



OUTRACE

ONTARIO ULTRA & TRAIL RACE SERIES



Note: There are many changes for 2015, including a new date (early August) and a 75K distance. Please read the Creemore Info Page (below) for details on the changes.

Date: Saturday **August 8, 2015**

Start Time: **06:00** for the 75K, **08:00** for the 50K and **09:00** for the 25K

Registration: Online: <https://onlineregistrations.ca/or/events/142022411134352>. Mail in: See below.

Pick-up: Race kits can be picked up the morning of the race from 05:00 until 08:45.

Start: Race starts at Nottawasaga Concession 3 and 6/7 Sideroad, just south of Creemore.

Course: 25 K hourglass loop with 50% trail, 50% country road and almost no cliffs. The course is hilly, climbing the Niagara Escarpment twice with about 875M vertical ascent per loop.

Records:

25K:	Mike Tickner	1:42:46	Chantal Warriner	2:09:36
50K:	Calum Neff	4:01:44	Tanya Porcellato	4:40:24
75K:	Insert your name here (new for 2015)			

Directors: Lee Anne Cohen and Pierre Marcoux. Vertical.Pierre@gmail.com

Time limits: 75K: 12.5 hours. Must complete 50K in under 8 hours to continue.

50K: 8.5 hours. Must complete 25K in under 4 hours to continue.

Entry limit: 250 entries. **No race day registration.**

Fees: 75K - \$90. 50 Km - \$80. 25 Km - \$70. **Maple syrup for the first 100 who sign up!**

Facilities: Washrooms at start/finish, no showers, but Mad river massages are available to all!

Aid Stations: Start/finish and roughly every 5 km. Water, sport drink and snacks.

Drop Bags: For 50K & 75K runners only. Drop bags will be placed at station #3 (the 12 & 17 K point). Clearly mark "50K" on your bag if you want it returned to the finish at 3:30 PM.

Awards: First male & female overall (25K, 50K and 75K), then:

25K: Top 3 male/female for 4 divisions (under 30, 30's, 40's, 50+).

50K: Top 3 male/female for 3 divisions (under 40, 40's, 50+).

75K: Top 2 male/female for 3 divisions (under 40, 40's, 50+).

Prizes: Finishing medal and tech T-shirt. Age category winners: Maple syrup and pottery.

Post Race: Post race pizza and refreshments available at the event site.

Directions: From Airport Road and highway 89, take Airport Road north 15 minutes to the first road north of Avening. Travel west on Sideroad 6/7 to the private drive at the first bend.

Supporting: Association of Canadian Ultrarunners (the national ultra teams)

Sponsors: Hammer Nutrition, Trail Runner, Creemore Springs Beer and Perfect Pizza.

Tents: **New for 2015: There are no tents at the race site.** <http://newlowellcampground.ca>

B&Bs: http://www.bbcanada.com/ontario/southwestern_ontario/creemore

Hotels: <http://www.collingwoodhotels.worldweb.com/index.htm>

Volunteers: Please! Contact the race director if you can help with one of Ontario's most challenging events!

Creemore Vertical Challenge 25 km, 50 km and 75 km TRAIL RUN, August 8, 2015

REGISTRATION FORM

Please check desired event:		
<input type="checkbox"/> 25km	<input type="checkbox"/> 50km	<input type="checkbox"/> 75km

Name: _____

Address: _____

City: _____ Prov/State: _____ Postal/ZIP: _____

Phone: (____) _____ E-Mail: _____

Date of Birth MM ____ DD ____ YY ____ Gender: Male ____ Female ____

Shirt Gender: Male ____ Female ____ Shirt Size: S M L XL

Previous Best Marathon/Ultra Time _____

Occupation: _____

Release Waiver and Indemnity

To participate in the Creemore Vertical Challenge on Saturday August 8, 2015, I accept, have read and understand all rules and regulations of the Ontario Ultra/Trail Series and of this specific event that I am entering and will comply fully with them. I am aware that a run of the distance and conditions specified for the specific event I am entering, may be extremely difficult and hazardous even for well-conditioned athletes under the most favourable conditions. I am also aware of the risks of adverse weather conditions, which may accompany the event on the day of my participation. I understand that I should not participate in this event unless: (1) I am in excellent physical condition, (2) I have trained adequately for this event, and (3) I have no medical condition that might be worsened by vigorous activity. Knowing these facts, and in consideration of your accepting this entry, I hereby for myself, my heirs, executors and administrators waive, release and discharge the Ontario Ultra/Trail Series and all its officials, Altheltics Ontario, The OUSer committee, all of the various sponsors, the Race Director and their staff, agents, officials, volunteers, or any other person involved in this specific event, and all government or private jurisdictions in which the specific event may take place including all Ontario Ultra and Trail events in the series, but not limited to the Ontario Provincial Government, The Ganaraska Trail Association, Simcoe County, Dufferin County, Clearview Township, Mulmur Township, Messrs Rene Petitjean, Charlie Tidd, Cliff Weston, Stuart Lombard, Jeanette Poste, Ken Day, Paul Carruthers, Ron Flack and Enfield Timing from any and all claims of liability, for any and all injuries to me (including, but not limited to death), or my property arising out of, or in connection with, this event and covenant not to sue for damages with respect thereto. This release extends to all claims of every kind and nature whether foreseen or unforeseen, known or unknown. I declare that I have sufficiently trained to participate in this event and assume all risks associated with such participation in such an event. The race director(s) and/or executive members of the Ontario Ultra/Trail Series Board hold the right to cancel any event should weather or any other condition make it potentially unsafe for the participants and/or event volunteers, and reserve the right to remove any participant from a race for any reason including but not limited to infraction of rules or for medical reasons. Finally, I hereby grant my permission to the race organizers and Ontario Ultra and Trail Series sponsors to use my name, mailing address and any photographs, videotapes, recordings, or any record of my participation in this event for any purpose. My personal information will not be sold by either the Ontario Ultra and Trail Series or their sponsors.

Signature _____ Date _____

Mail to: Pierre Marcoux, RR 3 Box 30, Creemore, Ont. L0M 1G0

Cheque: Payable to Pierre Marcoux

Race Details, Hints and Tips

We Are Not Happy Until You Are Not Happy!

Updates

Please check <http://www.runnningchallenged.blogspot.ca> for any updates during the 2 weeks prior to the race. I will endeavor to include trail conditions and the weather forecast. I might lie about the weather...

New for 2015 is the 75K distance, which will result in more people hating me, and many changes to the number of prizes, cut-off times and unfortunately, the entry fee. More about this below!

Race Limits

The race is capped at 250 for the 25K, 50K and 75K combined. No changes will be made the week prior to race day. I will be busy weed whacking the cliffs and swamp.

The minimum age is 12 for the 25K and 15 for both the 50K and 75K. Runners under 18 years of age require permission from a parent to enter the race. Although not mandatory, it is expected that younger runners have trained and completed a shorter race. Example: If signing up for the 50K, the runner has at least completed a half marathon.

Cancellations

No refunds will be given for cancellations, however the entry can be deferred to the following year. Please note that if some issue arises and the entire race must be cancelled, there will be no refunds. Races are cancelled very infrequently, but the reality is that the money is spent well ahead of race day. If the race is ever canceled, a special communication will be sent out with details on why it was canceled, if/when race kits would be available, etc.

Race Kits

Runners will be given their bib, tech T-shirt and early-bird sign-up prize (if applicable) on race day. Runners can gather brochures at their discretion. This should reduce the number of fliers that end up in the garbage. Registration is open from 05:00 until 08:45.

Please pick up your kit at least 15 minutes prior to race start. This avoids any issues directly before the start. The race will not be delayed due to late issues with the kits.

6:00 AM: 75K start

8:00 AM: 50K start

9:00 AM: 25K start

Race Course

The course is a 25K loop comprised of about 50% dirt roads and 50% trail. The uphill's are predominantly long but not steep and on dirt roads. Downhills are typically steeper and many are on moderately technical trails. 250 meters from the finish is an option of running straight across the suspension bridge or left, through the Mad River. After a torrential downpour, the river crossing can be a real challenge! Keep apprised of the rain patterns

in Creemore before and during the race.

Entry Fee

The first 100 people signing up will receive a 250 ml jug of maple syrup. Please note that during bad sugaring seasons, the early-bird maple syrup jug might have to be replaced with a different perquisite. Most of the profit is used to support the Canadian ultra teams. The remainder is discretionary (special donation, complimentary entry, etc.).

Raising the entry fee caused me considerable angst. I deplore the concept of charging \$100 to run a marathon. I understand first-hand that the cost of security, insurance and traffic control have gone ballistic, but the cost still seems excessive. Doug Barber talks of running the Boston marathon in the 1970's for about a \$5 entry fee. My wife recently ran Boston and with travel and hotel (\$400 a night) her total was north of \$2000. Crazy!

The alternative was to reduce costs, such as prizes. 60 is an inordinate number of prizes for a race capped at 250. Although we make most of the prizes (I make maple syrup and Lee Anne makes the pottery) the expense is considerable. Another option is to introduce a shorter race distance, such as 10K. These changes would adversely affect the spirit of the Creemore Vertical Challenge. The CVC is seen as a tough race with great swag and a great after-race venue. The "short" 25K is an incredible challenge. You need to come prepared, or you are in for a punishing day! Every year a few people mention that the CVC is one of the few races where they stay long after finishing their race. Most likely the reason is my incredible personality, but it might have to do with sitting in the Mad river, with a slice of pizza and a Creemore Springs...

Camping

There is no camping at the race site. This is new and is a result of starting the 75K race early the next morning. Camping is available nearby in New Lowell for about \$25 per night. Phone 705.424.2942 or surf their website at <http://newlowellcampground.ca>.

Weather

2015 will be the first year that CVC (the race) will be held in August. Similar to July, August tends to be hot in Creemore. The heat, hills and high speeds transforms the course into something ugly and has been known to take a toll on runners. Please be prepared for a "challenging" race. Although many wish for rain on race day, those who ran it in 2012 now know that running the course when wet is no picnic. The ropes on the cliffs are there for a reason! Bring extra fuel and salt, if running the 50K or 75K.

Cut-offs

25K: Start is at 09:00. Cut-off is 7.5 hours. Plenty of time to walk the course!

50K: Start is at 08:00. Cut-off is 8.5 hours. Runners must complete 25K in under 4 hours to continue.

75K: Start is at 06:00. Cut-off is 12.5 hours. Runners must complete 50K in under 8 hours to continue.

Race Hints

I made the mistake of mentioning to a friend that there are only three hills on the Creemore course. She was almost successful in her manslaughter attempt. There are actually four hills. This does not include the valley, grades, inclines, pitches and cliffs, which by definition (mine), do not constitute hills. Hills start within 100 meters vertical of the Mad River and end above the Pearson Airport flight path. You are on a hill when there is an Airbus A340 below you.

I used to recommend that racers take it easy during the first 5K, then open it up... This had little effect other than slower finishing times. I have changed my mind on how to attack the course!

25K Race Hints: (1 loop of the 25K course)

Run fast when approaching odd numbered aid stations. In the Mulmur Township, run relaxed when going downhill in an easterly direction and power walk when climbing in a westerly direction. Push hard directly after getting your feet wet. Slow down on the first half of the suspension bridge, but power upon the second half.

I did not say the hints would be of any use.

50K Race Hints: (2 loops of the 25K course)

For the first loop, run relaxed, minimizing time spent near your max VO₂, but keep up a good pace. You want to be 6K into the second loop before the warm weather hits. This is not especially good advice on days that are hot before the race starts...

The 50K race starts at 30K (second time at aid station #1). After passing AS #1, do not reach your max VO₂ again, but continue to run relaxed. If you are debating between a power hike or running, choose the former. Once you crest Top Hill for the second time, choose running over walking, as it is almost seemingly downhill to the finish!

75K Race Hints: (3 loops of the 25K course)

The 75K is new in 2015, so I don't have any feedback on racing strategy for that distance. No, I'm never going to run 75K near Creemore - have you seen the hills? Due to the heat and hills, treat the 75K as you would a much longer race. If you have trouble at the 50M (80K) distance, sign up for the 50K. Some of the seasoned ultra runners I talked to have stated that 12.5 hours for 75K at Creemore might not be enough time to finish, for the slower runners. The 75K cut-off will be reviewed after 2015, but don't count on a more lenient cut-off. Extending it much further is not a wise solution – exhausted runners sharing the roads with Saturday night racing car enthusiasts... Note that you must complete the first 50K in under 8 hours to continue!

If a 50 miler is no problem, run the 75K, but be careful during the first 41K. It has roughly 1 mile of vertical ascent. If you over-amp, the remaining 34K will hurt you. Note the 75K starts at 6:00 AM, 2 hours before the 50K.

Training

I endeavor to schedule a training run in late June or July. This can become complicated when trying to avoid other races and fitting the dates into everyone's schedules. The training run is very handy for first time runners, who have already signed up. Warning! So far, no first-time runner has signed up for the race after a training run. I do not understand why, but it is obviously some supernatural jinx...

Whether you join us for a training run or not, you should include hills as part of your own training. Train on a medium sized hill (about 1 kilometer long, 5% gradient) 2 – 3 times per week. If you do not have any hills nearby, set your treadmill between 5 and 8 percent and run two 30-minute intervals, with 5 minutes recovery. This is good conditioning for all but the big hills.

Pacers

Pacers are not allowed in the 25K or the first 25K of the 50K or 75K race, except in special circumstances approved by the race director. This avoids crowding, strain on the aid stations and contravening trail usage limits set by the land owners. Pacers cannot mule (carry anything for the runner) or physically assist the runner in any fashion.

Pacers must sign a waiver form before pacing their runner. Pacers can join their runner at any point of the course, but the Start/Finish is recommended. Pacers are requested not to park near an aid station, to avoid creating blind spots for the cars traveling at 100 KPH on the race course.

Poles

Since the CVC is not very technical, poles are of limited use. Due to 2-way traffic in areas and single track trails, use of poles is discouraged, except in special situations (knee surgery, etc.). Anyone using poles is requested to **step off the trail** when meeting or being passed by a runner.

Earphones

Earphones are fine, but runners are encouraged to leave an ear open when on single track, to facilitate passing. Please be aware that there is vehicular traffic on the roads. When wearing earphones on road sections, please run as if on a training run (stay on the left, look both ways before crossing a road, etc.).

Drop Bags

Drop bags are for the 50K and 75K runners. You should mark your name on the bag. Volunteers have been asked to place the drop bags in some logical order. The bags will not be protected from rain. Before the race starts, place your bag in a box labeled "DROP BAGS" near the starting line. They will be delivered to aid station 3, which is at the 13K/18K point of the 25K course.

Drop bags for the 50K are delivered to aid station 3 at 08:30 and returned to the start/finish at 3:30 PM. Clearly mark your bag with "50K" **or it will be returned to the S/F at 5:30 PM.**

Drop bags for the 75K are delivered to aid station 3 at 06:30 and returned to the start/finish at 5:30 PM.

It is possible to drive to aid station 3 to pick up your drop bag, if you need to leave early. Ask a volunteer for directions. Please park a safe distance from the aid station as the speed limit is 80 KPH.

Prize Structure

New prize structure for 2015!

Each race has a prize for overall winner (M & F), then age category prizes. There is no double dipping. Please note the first place for an age category might be the second place finisher for that age category, if the overall winner is in that AC. This has always confused me; let's move on:

25K: 26 prizes

First Place overall, M & F

Top 3 per age category, M & F (under 30, 30 – 39, 40 – 49, 50+)

50K: 20 prizes

First Place overall, M & F

Top 3 per age category, M & F (under 40, 40 – 49, 50+)

75K: 14 prizes (Note! Top 2 only, for age category prizes)

First Place overall, M & F

Top 2 per age category, M & F (under 40, 40 – 49, 50+)

Total prizes for the race is 60.

Please note that except the 50K, the Creemore age categories do not match the series age categories. Please refer to www.outrace.ca for the Ontario Trail and Ultra age categories.

It is possible to pick up your prize early, if you need to leave before the awards ceremony. Just ask a volunteer, who will probably have to get in touch with me, to figure out the award.

Prizes will hopefully consist of a jar of maple syrup and pottery. I say hopefully because maple syrup is dependent on the weather and pottery is dependent on my wife Lee Anne's schedule. I would now like to take this opportunity to avoid drawing parallels between my wife and the weather...

Aid Stations

There are fully stocked aid stations at the start/finish, 5K (AS1), 8K (AS2), 13K (AS3), 18K (AS3 again) and 22K (AS2 again). Having aid stations at course intersections reduces the number of volunteers needed during the race, but can cause some confusion exiting the AS. If you are not sure which way to go **ask a volunteer**. The CVC course has no turn-around spots, so you typically continue in the direction you were running.

Aid station will have water, sport drink, coke, ginger ale, ice, fruit, chips and sweets. A first aid kit, ibuprofen and gels are available for runners in distress. Please note that salt pills, vitamins and special electrolyte products are not available. “Experimenting” with these during a race is not such a great idea! Aid stations tend to run out of an item on occasion, but there is a roving car to replenish the AS supplies. They should never run out of water (it happened once).

Aid stations will also have a container of water and sponges for cooling down or cleaning hands, suntan lotion, paper towels and knives for cutting off broken limbs. The last bit is meant as a joke, I hope. AS 3 also has the drop bags. Volunteers will assist the runners with locating their bag and any other help that might be required.

I'm in Trouble

Heat and hills can be a tricky combination. I run hills on almost every run and I still get into trouble on hot days. If you are experiencing distress, please talk to a volunteer. They can help, provide a chair in the shade or contact medical. If you decide to drop, please inform a volunteer. They can arrange a ride back to the S/F.

If your heart rate increases while maintaining a steady pace, you are entering the wonderful world of overheating. Drink more fluids and switch from running to walking for 5 – 10 minutes. Put ice in your water bottle, or simply carry ice in your hands until it melts.

Please note that “getting into trouble” is not something that only happens to the odd unprepared neophyte. Here

is an excerpt from a seasoned ultra runner's blog, with one word changed:

A few weeks ago, I ran the Creemore Vertical Challenge, in oppressive heat. It was horrible. I don't want to talk about it. It's the second time in a row that I stagger through 30C+ weather while baking under the sun on those f***ing rural roads. This is it. I'm never going back. Even the joy of sitting in the river after the race felt wrong. It reminded me too much of the joke: "Why do you keep hitting you head on the wall? Answer: Because it feels so good when I stop!" I love the people there, but enough is enough. One can only take so much character building.

Race Day Itinerary

05:00 Registration opens
06:00 Start of 75K race
08:00 Start of 50K race
08:45 Registration closes
09:00 Start of 25K
10:40 First 25K finisher (circa)
11:30 Pizza should arrive
12:00 First 50K finisher (circa)
12:00 25K cut-off for 50K runners (who must complete 25K in 4 hours)
12:30 25K awards
1:00 First 75K finisher (estimated)
1:30 50K awards
2:00 50K cut-off for 75K runners (who must complete 50K in 8 hours)
3:00 Aid station #1 closes
4:30 25K and 50K cut-off
4:45 Aid station #3 closes
5:00 75K awards
5:30 Aid station #2 closes
6:30 75K cut-off
7:00 End of race!

Volunteering

There is a long list of reasons why runners cannot participate in a run. Being injured is one of the worst, but it can also be due to the proximity of a target race. Whatever the reason, volunteering at the Creemore Vertical Challenge is very much appreciated by everyone. Creemore has no running group, so the RD (me) has trouble sourcing vollies outside of friends and family. On occasion, my family has had the temerity to schedule a vacation during the race weekend, leaving me to struggle for replacements. Runners truly appreciate the time given by vollies, which allows the race to proceed. The land owners appreciate the efforts of those who clean their trails after the race. They then allow me to hold the race the following year.

There are many tasks that a volunteer can assume. We all see the aid station attendants, who seem to anticipate our needs. At times while racing, I've had vollies make suggestions or offer encouragement that helped me to finish. I was under too much stress the figure out what to do. Vollies also prep trails. Many are quite happy to clear branches, whipper-snip and flag the trails. Registration can also be a fun time. At Run for the Toad, I handed Ellie Greenwood her race kit. We chatted for a bit and she agreed not to lap me 3 times during the race, the following day...

Volunteers are provided with lunch and refreshments. We also endeavor to provide a tech T-shirt and/or pottery and/or maple syrup, depending on how chaotic it is on race day. The biggest reward is still the heart-felt thanks from many of the runners!