



COURSE CARAQUET

2022 Schedule

Saturday, August 6th, 2022 (at Club Plein Air de Caraquet)

6:00 pm to 8:00 pm – Bib pick-up (for all races).

Please pick up your bib on the eve of the race to avoid being stuck in line at the last minute!

Sunday, August 7th, 2022 (at Club Plein Air de Caraquet)

50 km Schedule:

4:00 am – Bib pick-up

4:30 am – “Drop bag” pick-up for aid station in the woods (half-way into the 5km loop)

4:45 am – Starting line instructions

5:00 am – Race start

25 km Schedule:

7:00 am to 7:30 am – Bib pick-up

7:45 am – Starting line instructions

8:00 am – Race start

100m and 1 km (kids’ races) Schedule:

7:00 am to 8:15 am – Bib pick-up

8:20 am – Guided Warm-up and instructions for 100m

8:30 am – 100m Race Start

8:35 am – Guided Warm-up and instructions for 1km

8:45 am – 1 km Race Start

10 km Schedule:

7:00 am to 9:00 am – Bib pick-up

9:15 am – Starting line instructions

9:30 am – Race start

5 km Schedule:

7:00 am to 9:30 am – Bib pick-up

9:45 am – Starting line instructions

10:00 am – Race start

5, 10, 25, and 50 km Races:

11:00 am – Medals ceremony (medals for the first 3 males and the first 3 females)

3:00 pm – Course closure (time limit for 25 km and 50 km)*

*The time limit can be extended upon request. Please contact race director.

EXTRA INFORMATION

All races will take place in the trails of the **CLUB PLEIN AIR DE CARAQUET**, 52 rue du Colisée.

- Strollers and pets are prohibited on the course, due to Run NB insurance rules.
- Participants are invited to bring their water bottles or hydration packs to help us reduce the event's environmental impact. Re-usable glasses will also be available at the water stations.
- Walkers and kids are advised to choose the family oriented 5 km race. It will take place on a wider trail with more secure footing than the longer races. A water station will be located at 2.5 km on the course.
- The 10 km, 25 km, and 50 km races are for more experienced runners. The trails for these races will be narrow (single-file) and challenging because of the many protruding rocks, roots, sharp turns, ups and downs, etc.
- The 10 km, 25 km, and 50 km races will take place on the same 5 km loop where there will be aid stations every 2.5 km with water and snacks. Participants in the 50km can also leave drop-bags at the aid stations.
- Earbuds are prohibited in the 10, 25, and 50 km races because the trails are narrow and passing runners need to be heard. Listen to the sounds of nature! 😊
- Medals will be awarded to all participants for every race.
- The first 3 males and first 3 females of the 5, 10, 25, and 50 km races will receive specially marked medals to celebrate their accomplishments.
- Kids' race entries are free! The 5 and 10 km cost is 25\$, the 25 km is 45\$, and 50 km is 75\$.
- Course Caraquet is a non-profit organisation led by volunteers. All proceeds will be re-invested in equipment or initiatives that will serve to ensure the survival of the organisation and/or to promote running in the Caraquet region.

For more information:

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