



# ***COURSE CARAQUET***

## ***2023 Schedule***

### **Saturday, August 5th, 2023** (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 6th, 2023** (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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