

Don Farquharson Memorial
4km Cross Country Race

Date: Sunday October 1, 2023

Organized By: Newmarket Huskies Track Club

On Behalf of: Canadian Masters Athletics (CMA)

Location: Sheppard's Bush Conservation Area, 93 Industrial Parkway, Aurora, Ont.

Start Times: **1:00 PM** (4K=Masters & Open/U20/U18/U16), **1:45 PM** (2K=U12 & U14), **2:00PM** (1K=U8 & U10)

Cost: **\$30.00** (4K event), **\$15** (2K event), **\$10** (1K event).

Awards: CMA medals will be awarded to the top 3 finishers in each 5-year age group, from 30-34 and up, plus special category for the family of Don Farquharson. Race medals will be awarded to top 3 finishers overall in 2K event as well as the 1K event.

Registration: Entries for the event are open on Trackie. To register, go to <https://trackie.com/event/2023-df4k>

Entry Deadline: The deadline for entries is 11:59PM on Wednesday, September 27, 2023.

Starting Procedures: Customary cross country mass start will be implemented for each of the three races. Chip timing will be used.

Directions: From the Southeast - Take the 404 Hwy north to Bloomington Sideroad. Turn Left and go west to Yonge Street. Turn right and go north to Industrial Parkway. Turn right and go north to the park entrance on the right, into the South parking lot. (About 33 Km north of the 401.)

From the Southwest - Take the 400 Hwy north to King City Sideroad. Turn right and go east to Yonge. Turn left and go north to Industrial Parkway. Turn right and go north to the park entrance on the right. (About 39 Km north of the 401.)

From the Northwest - Take the 400 Hwy south to Hwy 9. Turn left and go east to Bathurst. Turn right and go south to Wellington. Turn left and go east to Industrial Parkway. Turn right and go south to the park entrance, which will be on the left.

From the Northeast - Take the 404 Hwy south to Aurora Sideroad (Wellington). Turn right and go west to Industrial Parkway. Turn left and go south to the park entrance, which will be on the left.

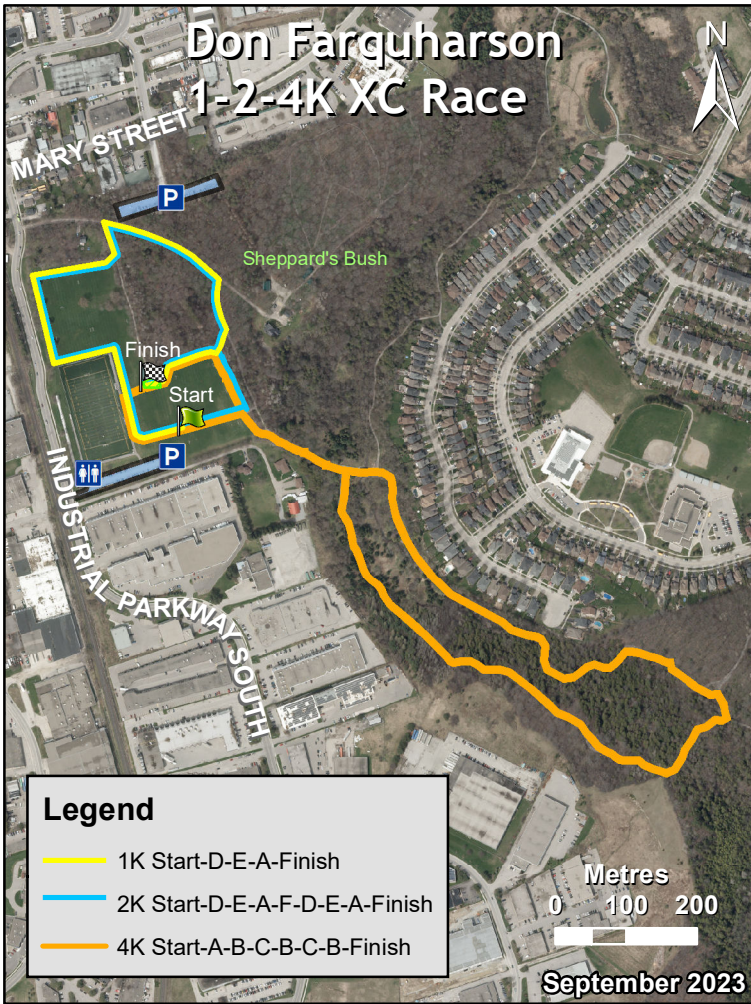
Parking: There are two parking lots in Sheppard's Bush park. The south parking lot is on the east side of Industrial Parkway near the washrooms. The north parking lot is off Mary Street. See details on the map.

Course: The course will be run on a series of crushed stone paths that run throughout the Conservation area. The start is flat for approximately 400m, then a downhill to the trail system. 2 counterclockwise loops of the trail system, back up the same hill you went down, then back to the finish. Please see the map below for details.

Athletic Therapist: There will be an athletic therapist in attendance for those that require it. They will be stationed at the picnic shelter that serves as the registration area and start/finish.

Washrooms: There is a permanent structure that has washrooms next to the south parking lot.

Map: See next page.



Don Farquharson 4K XC Race



Legend

- 1K Start-D-E-A-Finish
- 2K Start-D-E-A-F-D-E-A-Finish
- 4K Start-A-B-C-B-C-B-Finish



September 2023

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