

Don Farquharson Memorial 4K Cross Country Race (+ 1K & 2K Allcomers)

Date: Sunday September. 29, 2024

Organized By: Newmarket Huskies Track Club

Location: Sheppard's Bush Conservation Area, Industry Street, Aurora, ON L4G 7B3

Race Schedule: 1:00 pm 4K race (Masters, U20, Open)
1:30 pm 1K race (U10 = 9 and under)
1:45 pm* 2K race GIRLS (U14 = 10 to 13)* **NEW**
2:00 pm* 2K race BOYS (U14 = 10 to 13)* **NEW**

Cost: \$30.00 (4K race), \$15.00 (1K and 2K races)

Awards: CMA Medals will be awarded to the top 3 finishers in all 5-year age categories from age 30. Medals will be awarded to the top 3 finishers in both the 1K and 2K races.

Entry Deadline: Enter online at trackie.com/event/2024-df4k by Wed Sept 25, 2024.

Starting Procedures: Mass start for all races

Directions: *From the Southeast - Take the 404 Hwy north to Bloomington Sdrd. Turn Left & go west to Yonge Street. Turn right and go north to Industrial Pkwy. Turn right & go north to park.*

From the Southwest - Take Hwy 400 north to King Road. Turn right & go east to Yonge. Turn left & go north to Industrial Pkwy. Turn right & go north to park.

From the Northwest - Take Hwy 400 south to Hwy 9. Turn left & go east to Bathurst Street. Turn right & go south to Wellington Street. Turn left & go east to Industrial Pkwy. Turn right & go south to park.

From the Northeast - Take Hwy 404 south to Aurora Road/Wellington Street. Turn right & go west to Industrial Pkwy. Turn left and go south to park.

Parking: There are two parking lots associated with Sheppard's Bush. The south parking lot is on the east side of Industrial Pkwy near the washrooms. The north parking lot is off Mary Street.

Course: The 4K course will be run on crushed stone paths that run throughout the Conservation area. The start is flat for 400m, then goes downhill into the trails. **2 clockwise** loops of the trail system, back up the same hill you went down, then back to the finish. The 1K and the 2K races will be run around the soccer fields and through the bush briefly.

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.