

# Endurance Whitehorse 2025

June 14-15 2025

## Race Rules and Information

### About the Race:

This footrace challenges you to run or walk as much distance as you can. Select a 6, 12, or 24-hour time limit, and see how many laps you can do on the race course.

### Location:

Millennium Trail, Whitehorse, Yukon.

### Race Headquarters (HQ) and Checkpoint:

The checkpoint at Race Headquarters (HQ) is where every racer must stop after each lap, at least briefly, to have their lap counted. The checkpoint is at the start/finish line. If the checkpoint is backed up with other racers, you may need to wait to get your lap counted.

### Start time and starting lap:

The race begins at 10am on Saturday June 14. All racers must check in at HQ before then.

For the first lap of the race, all racers will head south on the long route. This will let racers get familiar with the course, and also help to avoid big crowds at the checkpoint after the first lap.

### End time:

Each racer will choose a duration: 6, 12 or 24 hours.

The end times are therefore 4pm June 14, 10pm June 14, or 10 am June 15.

Only laps completed by your end time are counted. So, if you are still out on the course when your time ends, that lap will not count.

All racers must check in at the checkpoint no later than 15 minutes after their end time.

## Race Route:

The race course is on the Millennium Trail, a scenic paved walkway that goes along the Yukon River.

The race course is open to the public during the race. Racers must be polite to other trail users such as walkers and bikers.

The race course offers a long route to the south, and a shorter route to the north. After the first lap, racers can choose either loop, or both, on each lap.

The distances provided by the race are the official distances that will be used to total each racer's distance. Your phone, smartwatch, GPS or tracker might not register the exact same distance as the race measured.

## Long Route:

From the checkpoint, head south on Millennium Trail. Stay on the trail to run underneath the roadway. Continue along the west (right) side of Yukon River, past the Klondike river boat. Cross a small parking lot alongside Robert Service Way (watch for cars!), then continue along the trail until it turns left, away from the road and into the woods. Follow the trail across a footbridge, with the hydroelectric station to your right. Turn left at the end of the bridge, and follow the trail back to the road. Turn left on the sidewalk to cross the Yukon River. Do not run across the road! Take the steps or ramp to your left, then another immediate left before the river boat, to cross under the road. Follow the trail back to the checkpoint.

After the first lap, you can go either way around the trail. This means you can either pass under the road on the way out, or you can go up to the road and cross the river to the east side and proceed in a clockwise direction.

## Short Route:

From the checkpoint, head north on Millennium Trail. Just before getting to the Quartz Road intersection you cross railroad tracks. There is a flower planter in the middle of the trail, with an Endurance Whitehorse sign. Run around the planter and return back to the checkpoint along the Millennium Trail.

## Super Route:

You can run the short route followed immediately by the long route, or the long route followed immediately by the short route. Your distance is the total of both routes. Tell the checkpoint that you have run the super route, to make sure you get credit for the distance completed.

For each lap, you can choose either of the three routes. You must stop by the checkpoint after each lap, to ensure your distance is counted.

## Race bibs:

Your race bib must be worn and visible from the front of your body. at all times during the race.

Race bibs are non-transferable. You may not have someone else run with your bib. Relay team members each get their own bib.

## Counting laps:

Racers must stop by the checkpoint to have their lap counted, after each lap.

## Resting and resupply:

Racers do not need to move continuously, and do not need to start a new lap immediately after finishing a lap.

Solo runners (not relay teams) can store a bag, backpack or cooler in a solo tent area, near race HQ. This tent is for resupply only, not taking a rest break.

There is space at Race HQ to set up a personal rest and resupply area, including a tent or awning up to 10 feet square. Racers are encouraged to ensure someone is keeping an eye on their stuff - the race is not responsible for the safety or security of anything you leave.

Racers may use their personal vehicles to store resupply items. There is free parking nearby race HQ.

## Overnight running:

Headlamps or flashlights are required for all laps after approximately 11 pm and before 5 am. The race volunteers will remind you of this. Even though it does not get fully dark in Whitehorse on June 14, it gets dark enough to need a light to see and be seen.

Racers are encouraged to wear reflective clothing, flashing lights, reflective vests, and/or clothing and footwear with reflective accents at night, to make it easier to be seen.

## Weather and Weather Delays:

This race will take place whether rain or shine. In the unlikely event of dangerous weather, such as thunderstorms, the race may be temporarily delayed by race officials.

## Withdrawing and Finishing Early:

The object of the race is to go as far as you can within the allotted time. If you decide to not continue with more laps before your time ends, be sure to let the race officials at the checkpoint know.

## Helpers:

Racers can have helpers at Race HQ. Helpers can assist with resupply, encouragement, wellness, etc.

Helpers should not give assistance on the race course. Instead, this should be at and around Race HQ.

## Pacers:

A pacer is someone who walks or runs alongside a racer, to help them to maintain speed and alertness during a long race.

Pacers are allowed only for 24-hour racers and only after 11pm June 14. All pacers must register and get a pacers bib. Pacers' race distances are not logged, and pacers are not eligible for prizes or awards. Pacers do not need to pay the registration fee.

Pacers are not allowed for 6- and 12-hours racers, nor before 11pm June 14.

Two or more registered racers running together is not pacing. Registered racers can run together and encourage each other as desired, at any time throughout the race.

## Pets:

Racers may not be accompanied by dogs or other pet animals.

## Relay Teams:

Relay teams are a great way to work together to achieve maximum distance. Relay teams may consist of 2 to 4 people.

Relay teams may only have one racer on the course at a time. They do not need to have a racer on the course all the time, though - it's ok for the whole team to take a break.

## Sportspersonship and Fair Play:

All racers must behave in a sportspersonlike manner. This means being polite to other racers such as allowing passes by other racers and giving space to public trail users who are not racers.

This race happens on the honor system. All racers are trusted to finish the full course before being credited with a lap, and may not receive outside assistance or travel other than on foot.

## Safety and First Aid:

A first aid station will be available at Race HQ for the duration of the race. If you need first aid, or become aware of a medical emergency, they are there to help.

If you have or observe a medical emergency on the race course, dial 911 for assistance.

## What to Bring:

There is no required gear for this race, except that a headlamp or flashlight must be used by 24-hour racers between 11:00 pm Saturday and 5 am Sunday.

Racers should have enough food and drink for their full planned duration. Race HQ will have water and energy drinks, as well as some assorted light snacks. Anyone planning more than a few hours of racing should bring snacks.

## Recommended gear includes:

- Good running or walking shoes, socks, shorts and a top.
- A light jacket and cap for cool mornings and overnights, and in case of rain.

## Additional gear to consider:

- Sun and rain gear, including a hat.
- Cool weather gear including light gloves, a jacket, long pants and a long sleeve shirt.
- Sunscreen or suntan lotion.
- Spare shoes, shirts, socks, and shorts.
- Towels or wipes.
- A reflective vest or similar reflective attire for overnight racers.
- An awning, tent or sun shade for resting between laps, as well as a shared space for relay teams and helpers.
- A cot, chair, sleeping bag, or similar system for sitting and resting when needed.
- Any regular medications you take, if you are due to take them during the race.