<u>Don Farquharson Memorial 4k Cross Country Race</u> (+1km and 2km All Comers)

Date: Sunday Sept. 28, 2025

Organized By: Newmarket Huskies Track Club Location: Sheppard's Bush, Aurora, Ontario

Race Schedule: 1:00 pm 4km race (Masters, U20, U30)

1:30 pm 1km race (U8, U10) 1:45 pm 2km race (U12, U14)

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

Awards: This is a CMA event. Medals will be awarded to the top 3 finishers in all 5 year age categories starting at age 30. Medals will be awarded to the top 3 finishers in both the 1km and 2km races for the listed age groups.

Entry Deadline: Please complete entries on trackie.ca by Wednesday Sept. 24, 2025.

Starting Procedures: Mass start for all races

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

From the Southwest - Take the 400 HWY north to King City Sdrd. Turn right and go east to Yonge. Turn left and go north to Industrial Pkwy. Turn right and go north to the park.

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 Pkwy. Turn right and go south to the park.

From the Northeast - Take the 404 Hwy south to Aurora Sdrd. (Wellington) Turn right and go west to Industrial Pkwy. Turn left and go south to the 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 St.

Course: The 4km 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 downhill into the trail system. 2 clockwise loops of the trail system, back up the same hill you went down, then back to the finish. The 1km and 2km 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.