

Creemore Horizontal 100 Miler

Practically Downhill All the Way!

- Dates:** November 27/28, 2010
- Start Time:** 06:00 . Race starts at Nottawasaga Concession 3 and 6/7 Sideroad, just south of Creemore.
- Style:** **Fat Ass!** You are responsible for every aspect of this race, including, but not limited to insurance, adequate training, nutrition, clothing and safety.
- Course:** 15 loops of 10.8K, with 40% trail, 60% country road.
- Note:** There will be vehicular traffic on the roads. Run with safety in mind!
- Description:** Follow the 3rd line north into Creemore, then west via side streets. **Cross the main street** and turn south at Collingwood Street, climbing the base of the Niagara Escarpment before turning east onto a private trail. The trail travels east, then south and exits onto 3rd line, still going south. Turn east onto Concession 3/4, then north on Airport Road to the Ganaraska Trail. Follow the Ganaraska trail west to the start/finish. Repeat 15 times.
- Director:** Bernadette Kennedy. berniekennedy@sympatico.ca
- Time limit:** 30 hours.
- Timing:** Loops with time written on a progress board.
- Entry Fee:** Free
- Refunds:** 100% refund up to and including after the race ends.
- Cap:** Entry will be capped at 30.
- Facilities:** Washroom, pot luck aid station and warming room at start/finish.
- Aid Station:** 5K with water, sports drink and snacks.
- Pacers:** Pacers are allowed at any time during the race.
- Awards:** There might be some!
- Prizes:** Clay finishing belt buckles.
- Post Race:** Post race refreshments available at the event site.
- Directions:** From Airport Road and highway 89, take Airport Road north 15 minutes to the first road north of Avening. Travel west on Concession 6/7 to the private drive at the first bend.
- Volunteers:** Most welcome and very much needed! Please contact:
Bernadette: 416.487.8027
Pierre Marcoux 705.466.3253
- Sign up:** <http://ultrasignup.com/register.aspx?did=10932>