



RUNNER'S GUIDE!

RACE WEEKEND
MAY 24TH & 25TH, 2025

RACE DISTANCES:
100MILES 100K 50MILES
50K 20K 10K
100MILE RELAY

**FROM THE GUYS AT
STRAW DOG RACING**

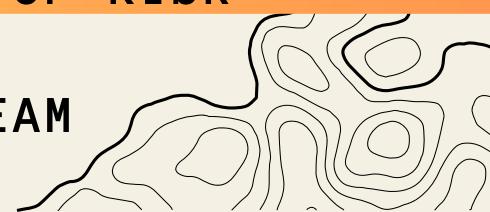


**A BURLINGTON
RUNNERS CLUB EVENT**



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1. RACE OVERVIEW

The Sulphur Springs Trail Race (SSTR) weaves its way on a 20K loop through the beautiful trails of the Dundas Valley Conservation Area in the City of Hamilton, Ontario. The race offers events for everyone, from the weekend warrior to the hard-core racer or the corporate team looking for a challenge. Straw Dog Racing and the Burlington Runners Club come together to make sure this weekend event is memorable for all.

It's our hope that you will enjoy the beautiful Dundas Valley on race day, just like our club runners do throughout the year. Registration for each race has a capped number of participants, as does the event overall. Be sure to register early to avoid disappointment.

Follow us on our social media channels for updates on the event: [Instagram](#):
[@sulphurspringstrailrace](#) [Facebook.com/sulphurspringstrailrace](#)

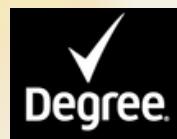
2. RACE PARTNERS & SPONSORS



skratch^{LABS}



TORONTO



The Sulphur Springs Trail Race is proud to partner with Arc'teryx Toronto to bring you an amazing weekend of racing. Skratch Labs Hydration will be our on-course fuel, along with Dare foods - we want you to feel strong from start to finish. Fenix headlamps should be lighting your way through the night, and Sakura Gardens is responsible for our 'Green Finish Line' of Juniper trees, which are donated to and planted in Dundas Valley by the Hamilton Conservation Authority, right after your race.

DK Orthotic Solutions will keep your feet supported during your training, while Sue Sitki Photography will capture the great moments of your weekend. MEC helps to make sure you have the supplies to get it done. Coastal Coffee keeps our volunteers alert, and we all know the 'Highest Degree of Difficulty' on this course!

You can check them out at our vendor village on race weekend!





3. RACE RULES

Violation of any race rules or directives may be grounds for disqualification from this race and future BRC events. Any inquiries that you have will be directed to the Race Directors, and all decisions made by the Race Directors are final.

1. There will be NO unofficial runners. Registered runners only.
2. The official race Bib contains a timing chip and must be worn on your front while racing. Relay runners will ALSO use an ankle strap to pass to the next runner.
3. Runners must follow the marked trail at all times. Any runner departing from the official trail must return unassisted to the point of departure prior to continuing.
4. Each runner must complete the course under their own power.
5. Poles are only permitted for the 50Mile, 100K & 100Mile runners.
6. Earphones and music players are heavily discouraged.
7. Runners may not accept assistance in ANY FORM from anyone between aid stations.
8. Runners may not store supplies of any kind along the trail.
9. All runners are responsible for the actions of their support crew & pacers.
10. Doping during the event will result in disqualification.
11. Littering of any kind is grounds for permanent disqualification.
12. Runners can be disqualified for any act of bad sportsmanship.
13. We all rely on volunteers - please respect them and thank them.
14. Pacers may accompany runners under the guidelines shown in the PACERS section.
15. Runners & Pacers on the trail at night, must have no less than 2 light sources.

4. REFUNDS, DEFERRALS, TRANSFERS

Refunds - NONE are offered for this event.

Race Deferrals - NONE are offered for this event.

Transfers and Race Distance Changes:

\$15 fee to transfer/change on or before April 18, 2025.

\$20 fee to transfer/change April 19 - May 11, 2025.

No transfers/changes after midnight on May 11, 2025.

For all transfers/changes - if the registration fee at the time of change is higher than what you originally paid; you are required to pay the difference PLUS the change fee.

Transfer Entry to another runner - Pay Transfer Fee.

Change Relay Team Member - Please contact Race Director Prior to May 22nd, 2025.



5. START/FINISH LINE

All races start behind the:

MORGAN FIRESTONE ARENA (ANCASTER COMMUNITY CENTRE) at 385 Jerseyville Road, Hamilton, Ontario, Canada L9G 3L5

The Start/Finish line & registration area are at the rear of the property in the last parking lot off Martin Road. There is NO parking directly at the Start/Finish area.



6. PARKING

Event parking is available at Morgan Firestone Arena. Additional parking is available across the street at Ancaster High School (374 Jerseyville Road).

****There is NO parking allowed on Jerseyville Road nor on Martin Road - including on the grass. Cars will be ticketed!**
Please do NOT block personal driveways on Martin Road.

There is no reserved parking and all parking is on a first come, first served basis. Trailers/RVs/motorhomes are not allowed on-site.

Runners and Relay Teams are allowed to set up rest tents on the grassier area near the Start/Finish area. This is NOT for camping – there is no electricity nor running water. Alcohol and open fires are also prohibited.

7. WEATHER



Seasonal temperatures in May will range from 10-25 degrees Celsius. The majority of the trail is under forest cover which can offer relief on hot sunny days. Rainfall can impact trail conditions. We have had very hot and very cold years.

In cases of force majeure, particularly unfavourable weather conditions or any other circumstance creating a safety risk for athletes, volunteers, or safety personnel, the Race Directors reserve the right to change the course and/or delay or cancel the race. Such changes may occur at anytime, even after the start of the race.





SSTR 2025

8. RACE KIT PICK UP

Wednesday May 21st - Location TBD

Thursday May 22nd - Location TBD

Friday May 23rd: race kit pickup 17:00-20:00 On-site @ registration tent

Saturday May 24th: race kit pickup 05:00-06:30 On-site @ registration tent

Sunday may 25th: race kit pickup 05:30-07:30 On-site @ registration tent

****All pre-purchased merch form the SSTR Swag Shop available for pickup @ registration tent from Friday 17:00 to Sunday at 10:00 am.**

9. RACE WEEKEND SCHEDULE

Friday May 23rd

16:00 site opens for runner rest tent set up

17:00 100 Mile Club officially opens

Saturday May 24th

05:30-05:40 Pre-race announcements for ultra and relay runners

5:45 am 50 Mile runners START

6:00 am 100K Runners START

6:15 am 100 Mile solo & 100 Mile relay runners START

06:45 Pre-race announcements for 50K runners

07:00 am 50K runners START

21:00 50K ultimate cut-off (14 Hours)

24:00 100K cut-off for WSER qualifying (18 hours)

Sunday May 25th:

07:15 Pre-race announcements for 20K runners

07:30 20K runners START

08:15 50M, 100K, 100 Mile, & relay runners - LAST LAP Cut-off

08:15 Pre-race announcements for 10K runners

08:30 10K runners START

10:30 10K & 20K Podium awards

10:45 10K & 20K Age group awards

12:15 10K, 20K, 50M, 100K, 100 Mile & 100 Mile relay
ultimate cut-off (30 Hours for ultra runners)



10. TRAIL MARKING & MARSHALS

Trail marking will begin on Friday afternoon, and will include caution tape, road crossing signs, directional arrows and reflective strips hanging from tree branches.

Double ribbons are placed on the same side as the turn of the race route. Always look down the trail to see the next ribbon ahead on your path.

On Saturday & Sunday from 6:00 -11:00 am, course marshals will be in place to guide runners, after this time, runners will use trail markings, trail knowledge, pacers & GPX files to guide them.

Race management strongly recommends studying the course map and downloading the GPX course files ahead of your race. Especially for later relay team members.

11. START/FINISH LINE BAG DROP



Start/Finish line bag storage areas are available for the 50K, 50 Mile, 100K & 100 Mile runners.

A covered space will be provided for these runners to store ONE clearly labelled race bag for easy access after each lap.

In addition, these runners may also use the rest tent area for crew, supplies and fuel.

12. RACE COURSE

All runners (including relay runners) will start and finish their races/loops at the Sulphur Springs Trail Race Parking Lot behind Morgan Firestone Arena.

It is the responsibility of each participant to be familiar with the course and the trail markings along each 20K loop or 10K course as applicable.

The basic course is a 20K loop and has a 520m elevation gain per loop.

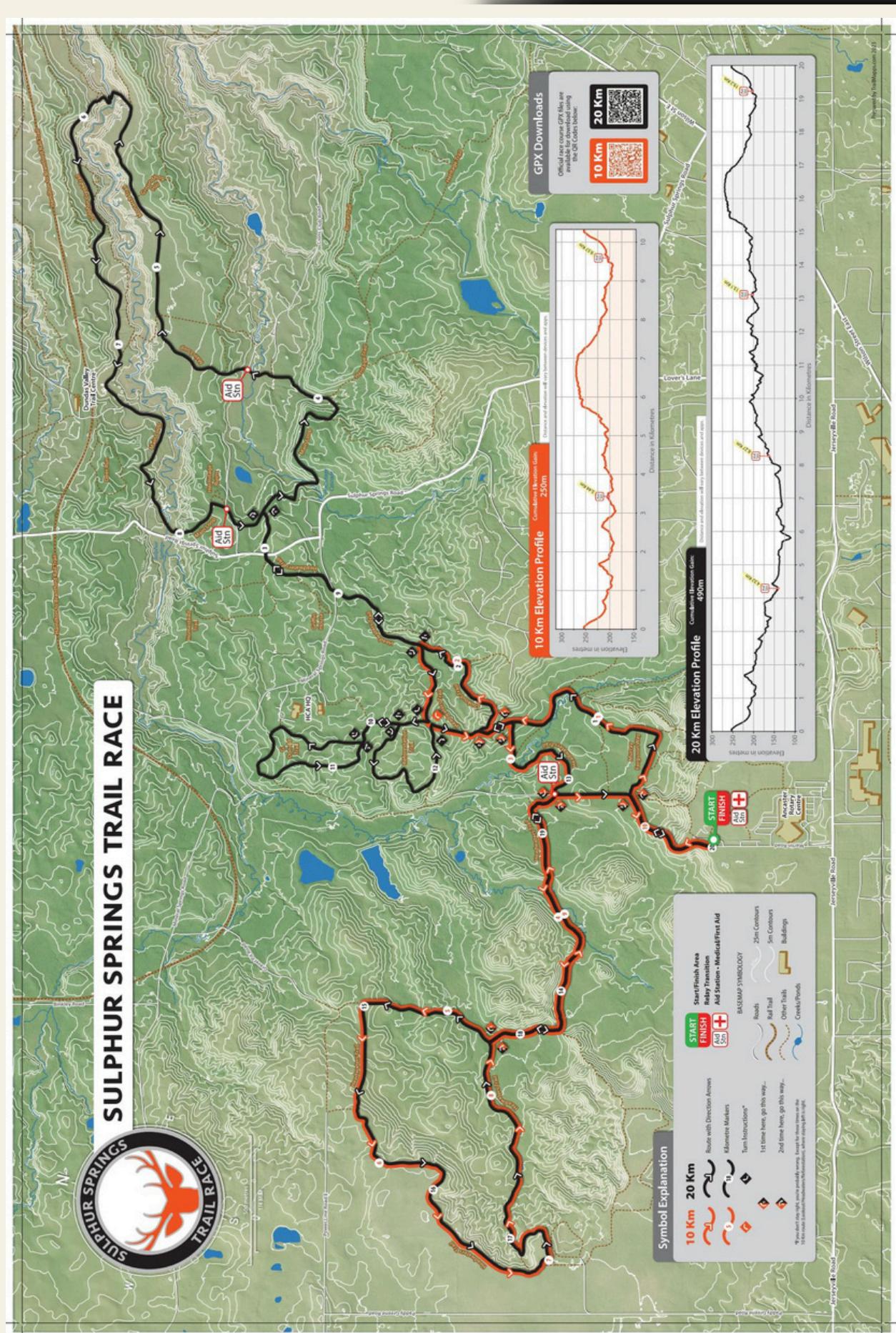
The 20K GPX File is [HERE](#)

The 10K Loop used during the 10K Race as well as once during the 50K Race has a 273m elevation gain per loop. The 10K GPX file is [HERE](#)



COURSE MAP

SSTR 2025



13. AID STATIONS

We aim to keep the trails beautiful, so runners are encouraged to use a reusable water vessel for use at Aid Stations. **We are a CUP-FREE event.** We will have limited paper compostable cups, and we'd prefer not to use them.

**Hot soup cups will be available for the night time runners.

Aid stations are staffed and available from Saturday @ 6am to Sunday @ 12pm and are stocked with a range of fluids and foods. As night approaches, hot food/drinks and heartier food will be available for ultra runners.

Aid stations supplies are not guaranteed to be allergen free, and we cannot cater to special dietary requirements, it is your responsibility to have the fuel you need for race weekend success.

Aid Station #1 – Start / Finish Area

Aid Station #2 – Merrick Parking Lot approximately 4.4K

Aid Station #3 – Hermitage Lot approximately 8.2K

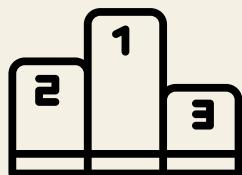
Aid Station #4 and #5 – Martin Road approximately 13K and 19K



14. RACE RESULTS

Results will be posted on-site during the event as they become available. Please check at the Enfield Results Tent in the vendor village.

Live Race results will be available online at
EnfieldTiming.com



15. RACE DAY AWARDS

10K, 20K, 50K, 50M, 100K and Relay Finishers will receive a Sulphur Springs Trail Race Finisher medal, while 100 Mile Finishers will receive an SSTR belt buckle.

The Top 3 Female, Male & Non-Binary finishers in each distance will win special awards. First to Third awards for the 100M, 100K, 50M & 50K athletes will be presented to the winner upon crossing the finish line. No podium presentation for these awards.

ONLY The First Place Relay Team will receive a Team Award.

First to Third awards for 10K and 20K runners will be awarded at 10:30 am on Sunday. Overall 10K & 20K winners are NOT eligible for age group awards.

Age group awards for the 10K and 20K Races will be presented at 10:45 am on Sunday morning. Categories are: Male, Female & Non-Binary, Age Groups: 18-39, 40-54, 55+. **Age group awards ONLY for the 10K and 20K races**.





SSTR 2025

16. THE TRAIL (& AFTER DARK)

This is indeed a TRAIL RACE, and much of the area that you will be traversing is runnable but relatively rugged. The area between aid stations is accessible only by foot, horse, ATV or mountain bike. Please exercise caution.

Knowledge of the trail offers both physical and mental advantages during the run. Participants should make a reasonable effort to run as much of the trail as possible prior to race day. Participants in the 100 Mile event should give particular attention to the course, considering that most runners will do 3 loops in the dark.

We DO NOT have exclusive use of the Dundas Valley Conservation Area during this race. Please be courteous and cautious of hikers, bikers and horses. be particularly careful passing horses, as they can be spooked easily; with dangerous consequences to the rider and to you. STOP, step off the trail to let oncoming horses pass or notify the rider if you are approaching the horse from behind.

You may also encounter deer, coyotes, raccoons, skunks, and other wildlife.

Each 100K and 100 Mile runner is required to carry at least two light sources with 10 hours of power. If your light fails, wait for another runner with a light. DO NOT TRY TO FIND YOUR WAY IN THE DARK.

Fenix Lighting & Headlamps sponsors ONE guided Night Training Run - close to race day. Follow us on our social media channels to see the date posted.

17. RISK FACTORS FOR RUNNERS

Participation in this event is at the runner's own risk. The inaccessibility of much of the course might make it difficult for medical assistance to reach a runner immediately. Every effort is made by our First Aid team (Odyssey Medical) to reach runners in need of assistance as quickly as possible. In addition, emergency services are aware of our event.

Runners should appreciate the risks associated with the run, and prepare accordingly. Risks include slip and fall injuries, overuse injuries, poison ivy and poison oak exposure, wildlife exposure, vehicle hazards, heat stroke, hypothermia, risks associated with low sodium chloride counts, muscle necrosis, renal shutdown, as well as getting lost on the trail system.



18. SAFETY & FIRST AID

We will have on-site safety and first aid services - provided by Odyssey Medical. This first-rate safety company has provided us with support for many years, and they have been highly reviewed by our past runners. We hope they will have a very quiet weekend, however, they will be on-site with multiple paramedics available, for our entire event.

The base for Odyssey Medical is near the start/finish line area; plus paramedics will be stationed at the on-course Aid Stations through the night time hours.

19. SULPHUR SPRINGS - SWAG SHOP

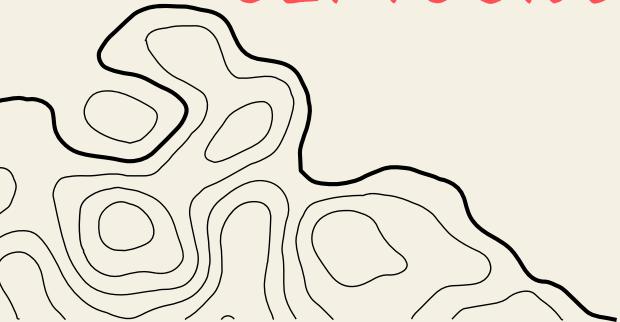
Sulphur Springs Swag can be pre-ordered online and picked up on-site on race weekend. This eliminates the emissions created from shipping your product to you. Purchases will be processed through the website, gathered and labelled, and you can collect your Swag Friday through Sunday at the Swag Shop Tent. Our labels are compostable wildflower seed tags - plant them!

We encourage you to order your SSTR Gear ahead of time in order to guarantee the colours and sizes that you want. [ORDER HERE](#)

We will offer some of the most popular items for sale on race weekend at our Swag Shop Tent inside our Vendor Village. Cash and E-transfers only for onsite transactions.



GET YOUR DRIP!





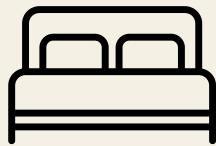
20. PACERS

ONLY 100 Mile solo runners can use Pacers. All runners, including Pacers must sign a waiver to participate. Online waivers are available on the Race Roster website. Paper waivers and and Pacer bibs are available at the start/finish area.

Pacers are there for the safety of their runner, but may not provide physical or mechanical aid to their runner. Pacers must not carry supplies for their runner and must have their own equipment and fuel to finish their own run safely.

Pacers may only be on foot, and can join their runner after 8pm Saturday or at the start of their 7th loop; whichever comes first. Pacers may only join their runners at the start/finish area.

Pacers must remain with their runner at all times. Pacers may assist runners with supply replenishment whilst in the aid station; however, they may not enter the aid station ahead of the runner or depart after their runner in order to speed up the replenishment process.



21. LOCAL LODGING

Please consult Greater Hamilton Tourism:

as well as Burlington Tourism: for nearby Hotels, Motels & Camping in the Hamilton, Ancaster and Burlington areas.

There is NO overnight camping allowed at the race site.



SSTR 2025



WESTERN STATES ENDURANCE RUN QUALIFICATION

The Sulphur Springs Trail Race (SSTR) is the ONLY WSER Qualifying Race in Ontario, and we look forward to seeing our athletes on the start line of the WSER100 as early as June, 2025!

At our May, 2025 Sulphur Springs Trail Race, you may earn ballots for the 2026 running of the WSER 100. This lottery takes place in December 2025.

To earn a Lottery Ballot at SSTR, you must complete one of the following:

100K RACE WITH A FINISHING TIME UNDER 18 HOURS

100 MILE RACE WITH A FINISHING TIME UNDER 30 HOURS

Please familiarize yourself with the lottery and ballot process on the Western States Endurance Run website.

The best news we have to share is that our status as a WSER Qualifying Race will remain in place for years to come, and we expect to see many runners use our race to qualify for and to prepare for the Western States Endurance Run.





23. COURSE RECORDS

CURRENT COURSE - SINCE 2017

Race	Athlete	Current Course - 2017 To Present			
Distance	Gender	Athlete/Team	City	Time	Year
200 Mile	F	Debbie Bulten	Cambridge, ON	69:51:20	2017
200 Mile	M	George Kunzfeld	Frankfurt, Ger	51:00:02	2017
100 Mile	F	Amanda Nelson	Woodstock, ON	17:18:57	2024
100 Mile	M	Elias Kibreab	Vaughan, ON	16:58:22	2024
100 K	F	Christina Clarke	Guelph, ON	10:29:39	2017
100 K	M	Paul Vanoostveen	Etobicoke, ON	8:26:02	2024
50 Mile	F	Julie Hamulecki	Toronto. ON	7:08:00	2024
50 Mile	M	Gabe Miller	Boston, MA	6:28:05	2023
50 K	NB	Pike Krpan	Hamilton, ON	6:36:27	2023
50 K	F	Tanis Bolton	Paris, ON	4:10:55	2023
50 K	M	Charlie Sikkema	Hamilton, ON	3:33:40	2017
25 K	F	Kait Toohey	Princeton, ON	1:52:14	2019
25 K	M	Reid Coolsaet	Hamilton, ON	1:27:14	2018
20 K	NB	Tai Hollingberry	Toronto, ON	2:07:14	2024
20 K	F	Allison Thompson	Victoria, ON	1:29:26	2022
20 K	M	Robert Brouillette	Cambridge, ON	1:16:28	2022
10 K	F	Jane Castelli	Dundas, ON	0:41:25	2022
10 K	M	Robert McCann	FontHill, ON	0:32:36	2019
100 Mile Relay	All	Don't Get Lost	Dundas, ON	12:08:13	2017





24. RACE DAY PHOTOGRAPHY

Professional race day photography will be provided by Sue Sitki Photography and with special thanks to Arc'teryx Toronto, all runners will receive high-resolution digital images which may be downloaded after the event. Should you wish to purchase additional photos, they will also be available for purchase in the Sue Sitki store.

Links to photo gallery will be posted after processing. Photos are indexed by bib number and by using facial recognition. Race galleries are posted: suesitkiphoto.shotsee.com

25. RACE WEEKEND VIDEOGRAPHY

We are excited to once again work with Jeremy Schaller @silverschaller, to help produce our video content with the aid of his incredible land and drone videography.

26. INTELLECTUAL PROPERTY & COPYRIGHTS

The Sulphur Springs Trail Race (SSTR) and the Burlington Runners Club (BRC) retain all rights associated with the event, including and without limitation, the rights to organize, use, broadcast and publish the photos and videos taken during the events. These rights pertain to, without limitation; all digital content (photo, audio, and video) captured or produced during an event organized by BRC, regardless of the owner of the recording device. All personal information provided by the Athletes, all data recorded by spectators during the event and any other data that is made public (including, but not limited to, the results) may be used by the SSTR and BRC for any reasonable purpose, in order to assess, execute or market a future BRC event.

Upon registration, the athletes are deemed to have authorized the BRC to take photos and videos during the event and to have consented to all distribution and publishing of these photos or videos. The BRC, its beneficiaries, successors and assignees can use, reproduce or publish any image taken during the event, in print and/or digital form. The Athlete agrees that the BRC use these photos and videos, with or without the name of the Athlete, for legal purposes, including, but not limited to, activities such as publicity or illustration of web content, including on the SSTR and BRC social media accounts.





27. WAIVER OF LIABILITY & ACCEPTANCE OF RISK

An Athlete that voluntarily registers and participates in any BRC event is deemed to have read and accepted the Rules and Regulations, including all modifications to said Rules and Regulations before the event.

The Athlete recognizes that trail running has inherent risks, including but not limited to: major or minor injuries, hypothermia, run-ins with dangerous wildlife, and conditions or injuries that could potentially cause death. The Athlete accepts entire responsibility for any **BODILY OR MATERIAL DAMAGE** resulting from the aforementioned risks and inherent dangers, and releases and exonerates the SSTR and its race directors, the BRC board, contractors and volunteers of all responsibility. For all legal purposes, the Athlete agrees to elect domicile in the province of Ontario, the seat for any claims, and Ontario's laws apply.

Furthermore, the athlete assumes all responsibility for damage of any nature resulting from a disregard of the Official Rules and Regulations and releases and exonerates the Sulphur Springs Trail Race and its race directors, the BRC board, contractors and volunteers for all damages incurred.

The Athlete declares that he/she/they:

*Has full knowledge of the length and difficulty of the event to which he/she/they has registered and is fully prepared for said event, notably is in good general health and has trained appropriately for the distance being run.

*Has acquired a true capacity to autonomously manage any problems arising from this type of wilderness race, including, but not limited to, the capacity to deal with extreme weather conditions, physical or mental problems, muscle pain, or minor injuries, etc.

*Is fully aware that the role of the SSTR is not to help an athlete deal with his/her/their problems and that in an activity set in such a remote area, the Athlete's safety depends on his/her/their own capacity to handle any problems that arise.

28. PERSONAL INSURANCE

All Athletes who do not reside permanently in Canada must be covered by a personal travel insurance policy for the duration of their stay in Canada as it relates to the event; at their own cost.



THE STRAW DOG RACE DIRECTORS

The Straw Dog Racing team consists of (left to right)

Russell Thacker - Mauro Campanelli - Steve Connor

We have been working hard to make sure your race is safe, enjoyable and successful. Look out for us on Race weekend, we are never too busy to chat with the runners - tell us what you love about the race, and what you think we could improve upon, we are always looking for feedback!

We set our minds to bringing Western States Qualifying to Sulphur Springs in 2024, and with your help we did just that. Our 2025 goal is to build up the runner experience to another level. We hope you love it!

Race Director Email: sulphursprings@burlingtonrunners.com

Race Director Telephone: 416-709-7309 (Mauro)

Straw Dog Racing Email: strawdogracing@gmail.com



GOOD LUCK RUNNERS!!