



2022 Halloween Hustle Oct 29, 2022

This annual trail running race will be a spooktacular event for any level of runner. Come dressed in your best costume to win prizes and join the fun!

Registration: 8:15am-9:30am

- Registration will be open by 8:15am.
- Day of registration will NOT be available.
- Registration will be in the main chalet.

\$35 (plus hst) per race.

\$20 for the 1.5km kids race.

Format

Oct 29, 2022 Mass Start

- Racers will line up at the start line 2 minutes prior to race time.
- 1.5km Kids race 9am
- 5/10km race 9:30am
- Costume Contest will be judged at the Start line

Course Details

Course will be a combination of singletrack and double track trails. The course will be closed to day traffic during the race. Course will be marked with **PINK** signs.

The 1.5km course will be on **Little Pushers**

Passing

Runners are NOT to closely follow other runners. Runners should not follow within 2m. Passing runners must warn the runners they are approaching before coming within 5m, and call which side they will pass on. The faster runner must wait for the runner they are approaching to move to one side of the trail. Faster runners must move to the opposite side of the trail to pass the slower runner.



Start

COSTUME CONTEST: 2 minutes prior to start, all those in costume will be judged- in a good way! (make sure your bib number is visible) Winners will be announced at the podium.

Runners are required to be at the start area 2 minutes prior to their start.

Finish

Runners will complete one lap of the 5km course and turn right into the lap lane for the 10km participants OR run straight through to the EXIT area. Water and bananas will be at the feed station below the timing building.

Results and Awards

Results will be posted live at zone4.ca on your personal device. No paper results will be posted for viewing. Podium awards will be at **9:40am (kids) and 11:15am (5/10km)** (fire pits and sponsors will be on site). Masks must be worn on the podium and if gathering.

Draw prizes are provided by [Salomon](#) and Lakeside Optometry.

Toilets

Indoor washrooms are available but are not to be used as a body washing station.

Medical/First Aid

Trained and experienced medical crew will be onsite during peak hours in May and during the events of Aug and Oct. They will have transport onto course when necessary. All medical crew must have proper PPE. Please report to the timing building to report or request First Aid.

Retail/Repair Shop

The retail shop will be open during regular operating hours. There are running shoes and running apparel available.

Food Service

Grab 'n' Go items are available in the chalet.



Directions

For directions to Hardwood Ski and Bike please go to [Plan Your Trip](#) or google "Hardwood Ski and Bike."

For more information call or visit our website.

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HardwoodSkiandBike.ca



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