

Athlete Guide 2025



Sunday, June 22, 2025

Welcome Athletes, Volunteers, Sponsors and Spectators!

Welcome to our inaugural Kawartha Sun Run race. We fell in love with this area for its quiet beauty and lakeside trail, so decided it would be a perfect addition to the spring/summer race calendar. And, like our other races, it is fast, flat and scenic...and follows the shoreline of a lake.

This guide covers important information for athletes, volunteers, and spectators, so please take the time to read through it so you know what to expect on race day. Your patience and kindness towards each other, event staff and volunteers will make this a great day for everyone.

A special thanks to our friends and family – many of whom 'volunteered' to help us out. And to our sponsors and the community who continue to help make our races successful.



Your Co-Race Directors,
Sandie Orlando & Cindy Lewis-Caballero
Endurance Event Productions



The Office of Mayor and Council
P.O. Box 9000 26 Francis Street West
Lindsay, ON K9V 5R8
705-324-9411 extension 1310
www.kawarthalakes.ca

Welcome to Kawartha Lakes and the Inaugural Kawartha Sun Run!

We are so glad that you've decided to support and participate in the first Kawartha Sun Run right here in Fenelon Falls. It's a great place to connect to nature, get active, and have fun.

Good luck to all the runners today who are heading out on the wonderful Victoria Rail Trail to complete 5K, 10K, and half-marathon races. On behalf of the City and Council, I would like to thank the organizers and sponsors for putting together a great event, and one that is sure to become an annual favourite.

After the races have concluded, I encourage everyone to slow down, take a breath, and enjoy Fenelon's natural attractions, including the lovely falls. There is much to take in and explore in the immediate vicinity and across Kawartha Lakes. Jump In to all that we have to offer and come back again next year.

Happy racing!

Doug Elmslie,
Mayor



Thank you to the community sponsors and supporters of the Kawartha Sun Run





Charity

We are proud to be supporting a charity that provides tangible help to those in need. [KAWARTHA LAKES FOOD SOURCE](#) is a not-for-profit distribution centre which supplies food and personal care items to member organizations that provide support to individuals in need. Donations can be made online or by bringing non-perishable goods or personal products to race day.



Race Kit Pick Up

Athletes will have **three** opportunities for advance race kit pick-up.

Lindsay - Monday June 16th 5:00 - 7:00 pm, Crossfit Lindsay, 205 St George St Unit #5 Building 2, Lindsay

Toronto - Thursday June 19 4:00 - 7:00 pm, Culture Athletics, 972 Queen Street East, Toronto

Fenelon Falls - Saturday June 21 11:00 am - 2:00 pm, **Garnet Graham Park, 98 Francis St W, Fenelon Falls, ON K0M 1N0** (Due to construction at the Public Library, Kit Pick up has been moved to Garnet Graham Park.)

You can look up your bib number on the event [race roster page](#) - you will see a tab near the top right that is called "[bib number lookup](#)". When you arrive for kit pick up, you will be asked for your bib number. **You may arrange for a friend to pick up your kit for you, provided you signed your waiver when you registered, they have your bib number, and you have given them permission by email (that they can show us) to pick up for you.**

If you purchased the mail out option on Race Roster

Due to the unstable situation at Canada Post, we are NOT mailing out bibs. If you have already purchased a mail out race kit, you may pick up your race kit in advance at any of the advance kit pick up options, or on race morning at Garnet Graham Beach Park between **6:00 - 7:30 am**.

Last Minute Registrations

Athletes registering last minute will see their bib number assigned in the confirmation email for their registration - or can see it on the bib look up tool. Registration closes on Saturday, June 21st at 12:00 noon.

****If you are picking up for a large group of 8 or more, please email us ahead of time so we can set aside those bibs and t-shirts for you.** kawarthasunrun@gmail.com

Plan Ahead for Race Day

Before you leave home...gather up your old shoes. We have **BioPed** collecting gently used shoes for [Soles4Souls](#) on site. You know you have one or two pairs ready to pass along! While you are at it - pack some non-perishable food or personal care items to donate to the [Kawartha Lakes Food Source](#). Doing good feels good - and gives back to our communities!

The course passes through several treed areas, and along wetlands which may mean mosquitos. There are many open areas as well, so bug spray and sunscreen are both recommended.

Parking

Option A - A generous amount of parking is available on race day at the **Fenelon Falls Community Centre**, 27 Veterans Way, Fenelon Falls, K0M 1N0. It is a 20 minute walk to Garnet Graham Beach Park, past **White Cottage Cafe** and **Tim Hortons** and over the bridge with a spectacular view of the famous falls over Lock #34.

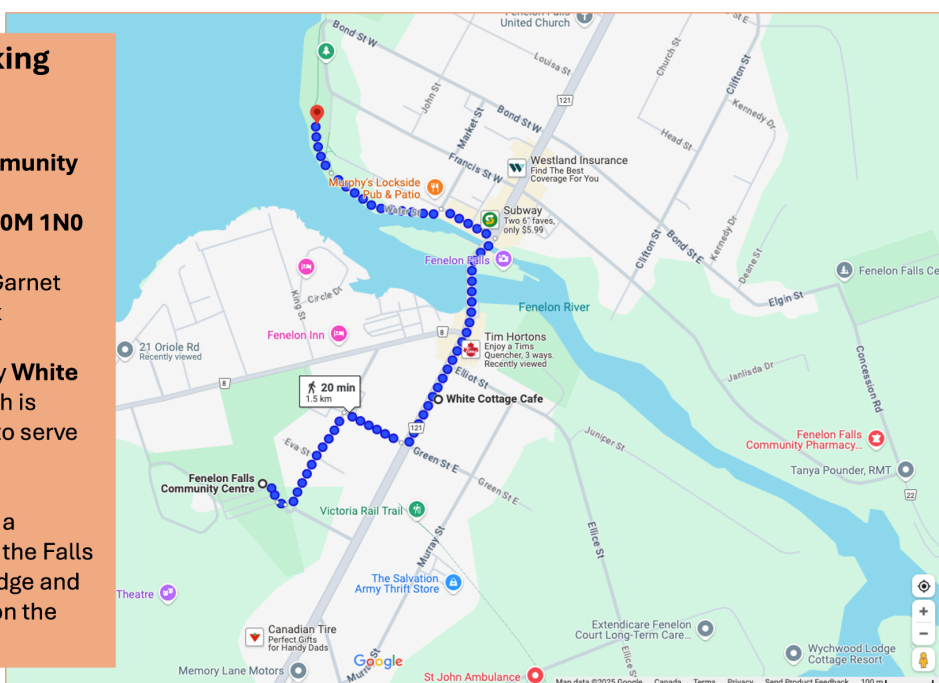
Race Day Parking Option A

Fenelon Falls Community Centre
27 Veterans Way, K0M 1N0

20-minute walk to Garnet Graham Beach Park

This route passes by **White Cottage Café**, which is opening at 5:30am to serve athletes.

This route gives you a spectacular view of the Falls as you cross the bridge and avoids traffic jams on the streets.



Option B & C - There are a few lots available in the 'downtown' area of Fenelon Falls closer to Garnet Graham Beach Park with access off Francis Street or Bond Street, and some street parking. Traffic may become backed up along these streets so be patient. Please do NOT try to access the parking at Garnet Graham Beach Park or drop off runners by passing through as the lot is reserved for crew, volunteers, race vehicles and vendors.

Note: Do NOT try and access Garnet Graham Park via Water Street. Sometimes your GPS will take you that way - Water Street is a DEAD END and you CANNOT park there - and you may get stuck in there as there is not much space to turn around and have traffic going both ways. So do NOT turn onto Water Street in Fenelon Falls at any time.

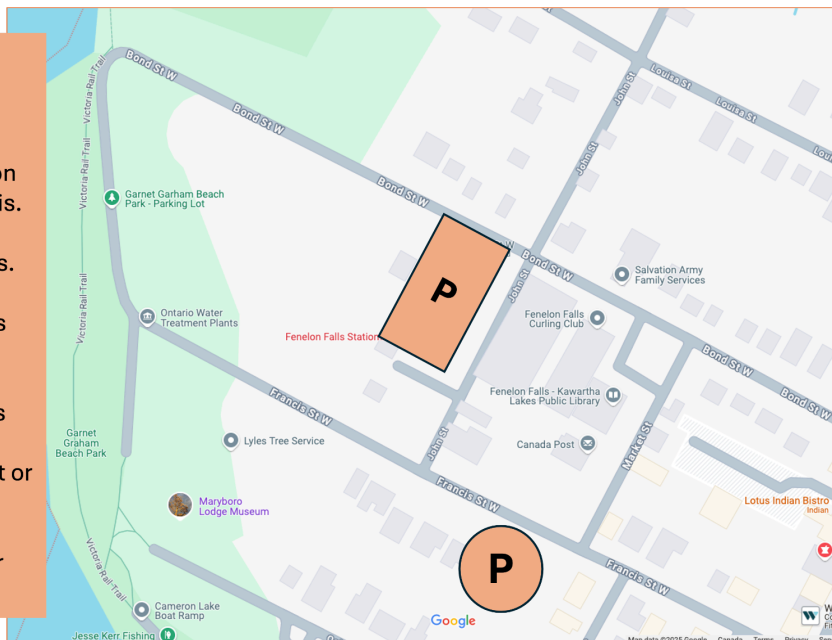
Race Day Parking Option B & C

Parking lots are available on first come/first served basis.

Some lots may require fees.

Limited on street parking is available in the area.

Please do not try to access parking at Garnet Graham Beach Park via Bond Street or Francis Street – through traffic will be restricted. Parking will be reserved for race crew and vendors.



The Race Site – Garnet Graham Beach Park

The race will start and finish in [Garnet Graham Park](#) at 98 Francis Street West, Fenelon Falls, On KOM 1N0 at 8:00 am. A water station, portable toilets and bag check will be available in the park. Our vendors and sponsors will also be set up in the park on race day. Post race massage & stretching is being offered by **The Well Body Group**. **Big Event Floral** will also be on site to sell flowers to congratulate your finishers. Run clubs are welcome to bring their team tent to set up in 'tent city' in the park to cheer their team mates on.

Race Start

Listen for the race announcer to call you to the starting corrals. Please seed yourself accordingly based on your anticipated finish time. We will be releasing runners in waves to prevent undue congestion as the course narrows on to the Victoria Rail Trail.

The out and back course is narrow - be aware of runners coming from behind to avoid blocking faster runners trying to pass you. Runners will be returning to the finish on the other side of the trail. There will be a lead bike for each race distance.

Race Day Venue

Start/Finish Chute
Timing & Announcer

Medical
Medals/Water/Food

Big Event Floral

Awards Podium

EEP Tent – VIP Kit Pick Up & Merch Sales

Volunteer Check In Tent

Well Body Massage

Bag Check Trailer





Race Day Schedule

This schedule may change according to weather or other circumstances. Please pay attention to the race announcer on race day.

	Sunday, June 22, 2025
5:30am	Race site opens for staff, volunteers & vendors
6:00-7:30 am	VIP Kit pick up for mail out kits and VIP race day kits only at EEP tent
7:00 am	Race announcer begins
7:45 am	Half marathon runners will be asked to line up for the race start
8:00 am	Half marathon waves start
8:05 am	10k runners line up in chute followed by 5k runners
8:10 am	10k runners start
8:15 am	5k runners start
8:30 am	5k winner approaches finish
8:45 am	10k winner approaches finish
9:15 am	Half-marathon winner approaches finish
10:00 am	5k & 10k award presentations
10:30 am	Half-marathon award presentations
11:30 am	Welcome final half marathon finisher & course closes

Race Announcer & Timing

Our race announcer will start at 7:00 am – please listen for directions and the call to get into the starting chutes. Your official race time will be your chip time and will start as you cross the starting line mat. Your bib has a programmed sticker on the back that is your timing chip. No bib = no chip = no time.

You **MUST** have a bib number with a timing chip in order to take part in the race. Pacers, friends and anyone else running without being registered for the event are NOT allowed and risk being banned from running future Endurance Event Productions races. This is important for your safety!

Additional timing mats will be placed at the turn around for the 10k and at the turn around for the half-marathon. Spectators may follow runners and results will be posted at www.EnfieldTiming.com.

On The Course

The course starts and finishes in Garnet Graham Beach Park. The start chute will be on the paved bike trail and will continue to the Victoria Rail Trail at the north end of the parking lot. Please follow the instructions of the marshals and starting line manager.





The Victoria Rail Trail is a packed gravel trail that was built to service a cottage community for ATV, bicycle and pedestrian traffic. The course is out-and-back for all distances, and crosses some local roads that provide access to the cottages along the lake. Marshals will be positioned at those crossings to ensure safety for runners from any vehicular traffic. However, please keep your eyes and ears open and make sure there is no oncoming traffic approaching before you cross these intersections.

Please be mindful of not blocking the way for runners coming from behind trying to pass you – and watch for runners coming towards you.

The half marathon, 10k and 5k courses are professionally measured, but are not certified.

Aid Stations

Aid stations serving water and Gatorade hydration are at approximately every 2.5km on the course. There will be no gels or other nutrition available; runners should carry their own nutrition. ***Please do not leave your garbage on the trail along the course - be respectful and keep your garbage with you until you get to an aid station.*** Portable toilets will be available at each aid station and at the half marathon turn around.

Note: Support is to be provided only by those registered or officially volunteering/working for the race. Accepting support otherwise can result in a disqualification.

Medical Support on the Course

Odyssey Medical is providing medical aid on the course and at the finish. They will have a 'gator' vehicle and medics on bicycles patrolling the course. If you become injured or are unwell, let a course marshal know so they can alert the mobile team. If you are between aid stations, look for a zone marshal or ask another runner to carry the message forward. There is an AED defibrillator on the course at every aid station. Watch for other runners who may be in distress and let someone know!

In the event of active weather, we will communicate this. Please check the weather forecast in advance to dress appropriately and be sure to pack warm/dry clothing to change into after the race.

Finish Line and Finish Chute

After you cross the finish line, you will be awarded your finisher medal and collect a bottle of water, banana and bagel. Athletes who have purchased a late, no-medal entry may check with race organizers before leaving if there are medals left over.



Timing, Awards & Prizing

Timing is provided by **Enfield Timing**. Chip time will be your official time. You must wear your race bib clearly visible on the front of your body. Do not fold, cut or damage your race bib.

Results will be posted at the race site and are available online at www.EnfieldTiming.com. Athlete splits will be available at EnfieldTiming.com. Final results will be posted on RaceRoster.com upon completion of the event.

The awards presentations will take place in the park- stay and enjoy the celebration.

Awards	Half-Marathon male & female	10k male & female	5k male & female
Overall	1/2/3	1/2/3	1/2/3
Age* groups <small>10-year increments, as at the end of the calendar year</small>	1/2/3	1/2/3	1/2/3

Prizes must be picked up on race day for age group categories - they will not be sent out afterwards. Overall winners will be contacted to receive the prize if they aren't present for the award presentations.

Spectators

Family and friends are welcome to cheer for you on race day in Garnet Graham Park. **Athletic Brewing** will be offering samples of their non-alcoholic beer, and Big Event Floral will be on site selling flowers to congratulate your finishers. Post race discounts at **The Locker by the Falls** are available to all runners and volunteers by presenting your finisher medal or bib.

Photography

Mike Cheliak Photography will be on the race course and at the finish line to capture your race images. You will receive an email after the race with a link to where images can be found, and they will be **free** to all athletes in the race to download. A link will be mailed out to the photo's about 24 hours after the race. Be sure that your race bib is visible!

Post-Race Party

Join us at the finish of your race in Garnet Graham Park to celebrate your accomplishment. Dan Pollard of **KCountry 93.7 Radio** will be doing a live broadcast and looking for stories to share. Awards will be presented to overall and age group winners. Share your selfie on social media and tag [#kawarthasunrun](#) [#enduranceeventproductions](#).





Race Souvenirs

Celebrate your accomplishment with something special. Check out the **EEP Tent** for race merchandise on race day. Don't forget to order your **CelePLATE** ribbon clip to mark your accomplishment. They will be mailed directly to you after the race with your official time. You can pre-order yours on Race Roster or by using this link.

https://celeplate.ca/cp_partner_events/kawartha-sun-run-2/

Run Crews

Bring out your run group and put your tent or flag in our tent city at Garnet Graham Park. Make some noise and support your fellow runners.

Some Final Thank You's

The staff and businesses of Kawartha Lakes Region and Fenelon Falls are an important part of making this race possible. Take some time before or after the race to explore the area and visit the restaurants and shops in the area.

A Huge Thank You to our Volunteers

We wouldn't be able to put together this event without the support of our volunteers. Please take a moment to thank them for getting up early and standing all day to make sure you have a safe and supported race experience.

Plan Ahead for Fall 2025 and Beyond

Registration for the [Georgina Marathon](#) on September 7th and the [Nutrifice Oakville 21.1 Half-Marathon](#) on October 5th are open for you to join us. For 2026, the [Georgina Spring Fling](#) will be on Sunday, May 3rd and is open for registration with early bird pricing in effect.

Follow us on YouTube, Instagram, Facebook, LinkedIn – or opt in for our newsletters.

Feedback

Thank you for joining us. We do our best to provide a quality experience for the running community and are happy to hear your comments and feedback. Share your thoughts with us at kawarthasunrun@gmail.com.