

From: Ashley Rolfe <ashleylynnrolfe@gmail.com>  
Subject: Fwd: CTRR Need to Know Info!  
Date: May 14, 2026 at 12:35 PM  
To: Brandon <mail@brandontoner.ca>

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----- Forwarded message -----

From: Cabot Trail Relay Association <ctrr89@gmail.com>  
Date: Thu, May 14, 2026 at 12:17 PM  
Subject: CTRR Need to Know Info!  
To:

Hello runners!

Here is the first of two lengthy, but extremely important emails that I will be sending you today. This one focuses on all the important things to know and remember for next weekend, so please read carefully. We will also be sending out a road report sometime before next weekend.

**\*WHAT TO BRING\***

May in Cape Breton can take a person by surprise – even for those of us who have lived here for our entire lives! It is not uncommon for us to experience every season in a span of 24 hours, in fact, there might even still be some snow up in the highlands. Furthermore, the temperature can still drop quite low at night – we still have frost warnings this time of year. It might be 17 during the day, but it'll still go down to 2 degrees once it gets dark out, so we want you to be prepared for anything! So here is the Cape Breton Survival Guide for Runners:

- Sunscreen
- Layers upon layers
- Blankets
- Dry/warm change of clothes for right after your leg
- Clothes that will protect you from the rain and cold – a lot of this event goes along the coast where you will be subject to ocean winds, and they can be very chilly!
- Food and water – there are many opportunities to replenish around the trail, but you don't want to get stuck on French Mountain in the middle of the night with nothing to eat or drink, so best to have a stash with you!
- Toilet paper – the portapotties that we station around the trail run out very quickly, and although we supply each team with two rolls, we still recommend bringing more

**\*WATER STOPS\***

If your team is in charge of a water stop this year, please pay close attention to this section. We will provide you with all of the cups, water,

and garbage/recycling bags that you will need – the rest is up to you. Water stops on legs 12-15 are QUIET water stops, meaning no music, cheering, or loud noise of any kind. We must respect the fact that we are running through communities where people are sleeping. When you go to set up your water stop, you do not need to be at the exact distance that is listed, because safety is a priority. As long as you are within the general area of your distance mark, you are to set up your water stop in an area that will not obstruct runners or other vehicles (ie, not directly on the road), and you should have a pretty clear line of sight in both directions so that you are visible to cars and runners. Finally, you must leave the area exactly as you found it, if not better! This means that all garbage needs to be picked up and placed in the provided bags, then disposed of properly. \*Please remember to send me your team's theme (if you have one) by the end of the day on Friday May 22! \*

#### \*THE WOODS ARE NOT YOUR BATHROOM\*

There will be bathrooms and/or portapotties located at each leg – PLEASE USE THEM. We will provide each team with two rolls of toilet paper; however, we strongly encourage you to bring more because the portapotties can run out very quickly. The lines at the portapotties can get to be very long, so we ask that you give priority to runners who are getting ready to run their leg. There will also be washrooms available in Cape Breton Highlands National Park at the main campgrounds.

#### \*RACE PACE & DNFs\*

The Cabot Trail Relay Race is by no means an easy event and it has become very competitive for teams to even earn a spot on the roster. Due to this, and as was the case this year, DNFs became one of the determining factors of whether teams made the selection list. As a reminder, in order to 'make the mat' or finish a leg with a qualifying time, runners should be able to maintain an ~9:00 min/mile (~5:35 min/km) pace. This will help ensure you make the mat and leave some wiggle room in case of a bad run. Anyone who does not make the mat will be assigned the slowest recorded time plus five minutes and will be considered DNF (did not finish). Please remember that we have new DNF rules going into effect with the 2026 results, they can be found here: <https://cabottrailrelay.com/registration/>. On the same topic, if you do have a runner who is still running after the finish line has been packed up – DO NOT ABANDON THEM. You are now responsible for that runner and cannot leave until they have been picked up and are safe. No matter what happens, someone from your team needs to be at the finish line waiting for that person.

To maintain consistency, the mat will be pulled as soon as the time allocated for each leg has elapsed. These times remain the same as they have always been. The time allotted per leg is as follows:

Leg 1 – 1:40:00

Leg 2 – 1:45:00

Leg 3 – 1:20:00

Leg 4 – 2:00:00

Leg 5 – 1:45:00

Leg 6 – 1:50:00

Leg 7 – 1:20:00

Leg 8 – 1:15:00

Leg 9 – 1:45:00

Leg 10 – 1:30:00

Leg 11 – 1:25:00

Leg 12 – 1:40:00

Leg 13 – 1:35:00

Leg 14 – 1:55:00

Leg 15 – 1:30:00

Leg 16 – 1:30:00

So, for example, once 1 hour and 40 minutes have elapsed since the gun went on Leg 1, the mat will be pulled, and anyone who has not crossed the mat at that point will be assigned a DNF. You will notice that Leg 17 does not have an allotted time, and that is because the chip timers do their very best to stay at that finish line until every runner has crossed.

#### \*SHOWERS\*

Showers will be available at Cabot High from 3-6pm on Saturday, and at Baddeck Academy from 8am-12pm on Sunday.

#### \*HEADPHONES/EARBUDS\*

Headphones, earbuds and music are NOT PERMITTED while running. This includes bone conduction and open ear headphones, as well as music playing through phone speakers (ie without headphones). Because we do not fully close the roads, you need to be listening to and aware of traffic that will be coming through so that you can step onto the shoulder and continue running safely.

#### \*VESTS AND HEADLAMPS\*

Reflective vests are MANDATORY for all night legs. Please show the tech crew your vest for approval. If you do not have a vest, you can rent them

from the tech crew for \$20 (CASH ONLY), but please keep in mind that the tech crew has a very limited number of vests, so please try to bring your own. You will get your \$20 back when you return the vest at the banquet. Noxgear and LED vests are acceptable, but PLEASE make sure they have a full battery before you start your leg, and it would also be good to have a backup option ready just in case the LED vest fails.

Headlamps are not mandatory; however, they are *strongly* recommended as there are some dark stretches of road. The tech crew may have some that you can use, but they will not have many, so please bring your own if you can.

#### \*MAGNETIC SIGNS\*

During registration, we will give you a packet containing 3 magnetic signs (1 yellow, 2 white) and a time tag. This packet will be \$20 (CASH ONLY), but you will get that \$20 back when you return the signs and time tag to us - undamaged - at the banquet. This packet will also contain the pass needed for going through the Cape Breton Highlands National Park.

#### \*EXTRA MEALS\*

Some of you asked to order extra meals - these will be \$25 (CASH ONLY) each and can be paid for at registration on Friday. There will also be a limited number of extra meals available for purchase at the banquet on Sunday.

#### \*WAIVERS\*

Waivers can be emailed to me or submitted in person at registration. If your team is signing multiple waivers (if members are spread out and each signing their own copy) please email them to me as one single document. Similarly, if submitting in person, please make sure that all pages are stapled or held together in some way. *Your waiver must be signed and submitted in order to pick up your shirts and race kit. \*Waivers can be emailed to me up until 4pm on the 22nd. You can access the waiver form on our website, and we will have blank ones at registration should you need them.*

#### \*MERCH PICKUP\*

For those of you who ordered our CTRR merch, it will be organized per team and ready to be picked up by your captains during registration.

#### \*SCHEDULE\*

Registration: 5-7pm at Gisele's

Captain's Meeting: 7-8pm at Gisele's

\*You will want to bring someone with you to registration because there is a lot to carry - but we ask that only ONE PERSON per team attend the captain's meeting due to the small size of the room in which it is being held. Furthermore, individual team members do not have to come register – this registration period is simply for team captains or a team representative to come, let us know that the team is here, and to pick up all the stuff you'll need for the weekend. This will also be your last chance to change the names assigned to each leg, as Atlantic Chip will be present and ready to accept those last minute changes.\*

**\*BANQUET\***

As some of you may be aware, the Victoria County Civic Centre (AKA the rink) is getting ready to be demolished and rebuilt. This means that we aren't able to host our banquet inside the rink this year. Instead, we will be hosting the banquet in a tent in the rink parking lot. Because it's in a tent and not a closed building, we recommend wearing layers as the weather could be cold and rainy or sunny and warm. The ground also may be relatively mucky, so don't wear your good shoes! We will have 6 portapotties and two portable handwash stations available. Otherwise, the banquet will proceed as normal!

**\*A MESSAGE FROM THE TECH CREW\***

The Cabot Trail Relay team of volunteers – affectionately known as the “Tech Crew” are some of the best, resilient, energetic and dedicated people to ever wear a volunteer moniker at a running event. From 5:30 am Saturday morning until 10:30 Sunday morning, this hardy group of awesome people act in unison to keep the event not just running smoothly, but also safely throughout amazing terrain, all sorts of different weather events, and tirelessly through daylight and darkness making this incredible event happen! When we say they work in unison, we also mean they work cohesively. They are assigned jobs that they do diligently, but they also help their fellow crew members to fill in roles, when the need becomes apparent. They don't wait to be asked to go that extra mile (so to speak!), they keep their eyes open and they themselves offer to help other members of the tech crew, if need be. This incredible group of relay volunteers work nearly 30 hours straight – without sleep, to make this world-renowned event a success every year. If you are part of this event, please thank those volunteers! Without them, the event would simply not happen. Don't be a reason why they need to impose penalties on teams. We, the tech crew, along with our dedicated first responders, are there to make the event happen – once again, safely and successfully.

The volunteer Tech Crew works as a tight-knit group. And it's up to them and you – the participants – to make this year another successful year of outstanding athleticism and unbelievable fun, safely travelling the entire length of the famous and most certainly unique Cabot Trail. Run hard. Have fun. Be safe. Soak up the amazing camaraderie between the 1,190 entrants (70 teams) and the Tech Safety Crew! The safety of the event depends on us

and all of YOU.

Cheers,

Grace