

From: Ashley Rolfe <ashleylynnrolfe@gmail.com>  
Subject: Fwd: 2026 CTRR Road Report  
Date: May 20, 2026 at 10:09 AM  
To: Brandon <mail@brandontoner.ca>

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

From: Cabot Trail Relay Association <ctrr89@gmail.com>  
Date: Mon, May 18, 2026 at 11:10 AM  
Subject: 2026 CTRR Road Report  
To:

Well Captains, here we are again with less than a week to the start of the 36th running of the Cabot Trail Relay Race. As always we look forward to seeing you and the enthusiasm and excitement you bring to this fantastic event!! However, also PLEASE remember that the race course is on an open road that will not only have traffic related to the race, but local traffic. Some of the local traffic drivers will not necessarily be aware of this event until they come across the runners. So...all runners must always yield to oncoming traffic, and step to the left of the white line. Now here are some things to consider:

1. Some portions of the Cabot Trail have a wide paved section to the left of the white line. Where these sections are available runners are to run in this paved area and not to the right of the white line, and therefore not in the path of oncoming vehicles.
2. Some portions of the Cabot Trail DO NOT have a paved section to the left of the white line. In these areas runners are permitted to run to the right of the white line, and in single file. When facing oncoming traffic the runner MUST get off the road and run on the shoulder.
3. Some portions of the shoulder of the Cabot Trail are fine for running, and others are not. Where they are not, and in the face of oncoming traffic runners may need to adjust their pace as they step onto the shoulder. In some cases runners may need to walk to avoid tripping or falling due to poor shoulder conditions.
4. Runners can expect random areas with poor shoulders at any point along the Cabot Trail. However, some specific areas of concern are:
  1. Leg 4: top of Smokey to the finish line at Ski Cape Smokey;
  2. Leg 5: first several km's until you are up the large hill, and into Ingonish;
  3. Leg 12: first 5-7.5km there are culvert additions planned that won't specifically affect the race, but could leave areas with saw cuts in the pavement and gravel on the road surface; and
  4. Leg 15 & 16: large sections of both legs are in poor condition. This includes both the road surface and shoulder.
5. Some of our team have travelled around the trail and other than what is noted above, haven't seen anything that is "out of the ordinary". Of course the ordinary condition includes random areas of poor shoulders. While we endeavour to indicate all possible significant issues along the route, we can't always be certain that there are not more issues like washouts, potholes, rock falls etc., which may occur between the day this email is sent out and race weekend. Runners must always be cautious of the road and shoulder conditions in front of them, and possibly make adjustments to their pace, to ensure they have a safe run.

## Leg 7 SINGLE LANE REDUCTION

About 1.5 to 2km from the finish of Leg 7 the Cabot Trail is reduced to a single lane. The single lane area is for work on a small bridge. The single lane area is very short at about 100m. The CTRR has hired a traffic control firm to manage the flow of runners and vehicles. Runners will have priority for access to this single lane area, and cars will be held back when a runner is present in the single lane area. Also, cars will be held back when runners are approaching, but not yet in the single lane area. The traffic delay could be short, or long, depending upon how many runners are clumped together. Given how close this single lane closure is to the end of Leg 7 we **STRONGLY, STRONGLY** recommend that all teams get to the finish area of Leg 7 well ahead of when the runners arrive.

Please pass along this message to your entire team, and ask them to read carefully so they are aware of the conditions along the Cabot Trail (our race course).

Thanks,  
Grace