

Plan B Marathon and Half Marathon

Old Trans Canada at the Pokiok Exit (near Nackawic)

May 9, 2021

Start time – To be determined

Many of us were looking forward to a possible spring marathon but due to COVID-19 restrictions it looks as though there won't be any mass-start events in our area until later in the year. We thought it would be fun to hold a COVID-friendly event for a few interested runners on the same day as the original date for the Fredericton Marathon.

Here are the general details so far (subject to input and more discussion):

- Potentially a staggered start depending on the number of interested runners. We may be able to all start at the same time and be physically distanced. If we stagger the start, one runner every 1-2 minutes would likely work.
- The route would start in the parking lot of what used to be the Pokiok Irving. This is an ideal place to start because there's plenty of space for parking and keeping physically distanced. Each runner could set up their own aid station if they want, and if they have a crew, they can also stay distanced from others as well.
- From the start, the route goes toward the Shogomoc (please see first picture, you may have to zoom in to see better) on a 7 km "out and back". This is a dead-end section of the Old TCH and quite quiet (with the exception of those travelling to the Shogomoc suspension bridge). This section has a few rolling hills but is mostly flat. When the runners finish the out and back after 7 km, this will be a good opportunity for them to hit the aid station in the parking lot before starting the second out and back.
- Then the route takes us on a 14 km "out and back" towards King's Landing (please see second picture). Once again, traffic is typically light on this section of the Old TCH and there is a wide paved shoulder to run on. It is quite flat. My hope is that we can have a water station at the 7 km turnaround spot so that there is an aid station every 7 kms.
- One full loop (both out and backs) is a half marathon; two full loops would be a full marathon.
- I have a couple volunteers in mind but it may be nice to have a few more as well. As I said, runners could also have their own crew as well.

Please email me at scarbro@stu.ca if you are interested in running or helping out. I will create an email list of interested people and perhaps we can work out the finer details together as we get closer to May 9th.

