



[www.bayoffundymarathon.com](http://www.bayoffundymarathon.com)

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*Co-Chairs:*  
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11 June 2019

Dear Runners,

In just over a week our small fishing communities will be welcoming you to our quiet and scenic corner of North America: - Campobello Island, Canada and Lubec, USA. You will be joined by approximately 650 other discerning runners from all over North America, Europe and beyond.

As our event is complex please read the following important information carefully. We suggest you print it out too and bring it with you for reference:

**Time Zones and Cell Phones:** Campobello is in the Atlantic (“Canadian”) Time Zone - AT. Lubec is in the Eastern (“American”) Time Zone – ET one hour “behind” Atlantic time. 8:00am in Lubec is 9:00am in Canada. We list the time for anything happening in Canada in Canadian time and the time for anything happening in the USA is listed in American time. If you rely on your phone or your GPS watch to know what time it is, be careful. If your phone connects to a Canadian tower it’ll show the time in AT. If it’s connected to a US tower it’ll show you in ET. And phones are prone to switch on their own without you actually moving and which country you are in at the time is often irrelevant!

**Weather:** Because we are at a very complex land/water interface the weather is very variable and can change rapidly. It can go from a cold wet and windy 4°C / 40°F to a bright sunny, dry or humid, 27°C / 80°F, and back, all during the space of a couple of hours.

#### **Check-In and Bib Pick-up.**

For **10K** runners this is a simple one step process – simply go to Lubec School where you pick up your bib, tee-shirt, any swag we’ve had donated, etc. Please note that you must present a standard photo ID in order to collect your bib. You cannot pick-up a bib for someone else and no-one else can pick up your bib for you. You must appear in person.

For **marathon, half marathon, and ultramarathon** runners - in order to run across the Canada-USA international border during the race without stopping you have to be pre-cleared by both border agencies. This makes check-in and bib pick-up a little complicated. Please bear with this. We hope you will find the benefits of being able to run in this unique event far outweigh any minor hassles.

#### ***If coming from the USA:***

**Step 1:** Check-in at Lubec School, Lubec, USA – site of the Expo and 10K Bib Pick-up.

Lubec School (there is only one school in Lubec) is on South Street. If you are coming up Rt. 189 then South Street is on your right immediately past the Lubec Historical Society building on the left. It is not on the left as often indicated on Google Maps!



**Two Countries : One Experience**





## Two Countries : One Experience



**Step 2:** Go from Lubec School across the international bridge to the Canadian border post (approx. 0.5kms). When you present your travel documents you must tell them you are a runner and they must check you off on their list.

**Step 3:** Continue up the hill behind the Canada border post to the Roosevelt Campobello International Park Adventure Centre on the right at the top of the hill – approx. 200 metres. Pick up your bib. Please note that you must present your passport or equivalent official travel documentation in order to collect your bib. You cannot pick-up a bib for someone else and no-one else can pick up your bib for you. You must appear in person.

If you are a half marathoner you will also be given a Canada entry form which you must complete and bring with you on the bus on Sunday morning.

**Step 4:** Go back across the international bridge to the US border post (anytime before midnight). Show them your bib. They will check you off on their list AND they will affix a sticker to your bib. Do not remove this sticker as without it you will be apprehended as you try to cross the border (in either direction) during the race. You are now ready to run.

***If coming from Canada (ie. you are already on Campobello Island:***

You may start at Step 3 and pick up your bib at the Adventure Centre. Then proceed to Step 4 (US border post and sticker), then Step 1 (Lubec School), then finally Step 2 (Canada border).

**Check-in (Lubec School) and Bib Pick-Up (Roosevelt Park Adventure Centre) times:**

	Canada – Atlantic Time	USA – Eastern Time
Friday	3:00pm-7:00pm	2:00pm-6:00pm
Saturday	10:00am-7:00pm	9:00am-6:00pm
Sunday	-	5:30am-8:00am (10K only)

**Late Arrivals:**

If you arrive on Saturday after 6:00pm ET / 7:00pm AT go straight to the Whalewatch Motel on Campobello Island (on the left about 4 miles north on Route 774) to collect your bib (Step 3). If you come from the US you may complete Step 2 at the Canada border post on the way. You must still then complete Step 4 (US border check-in) **before midnight**, and Step 2 (Canada border check-in) if you did not do it on the way to Whalewatch Motel. Race packets (Step 1), but not bibs, can be collected Sunday morning at Lubec school or at the Award pick-up in the Finish Area.

If you arrive after midnight please check-in at Lubec school at 5:30am on Sunday morning. You will not be able to run in any of the cross-border races but will still be able to run in the 10K.

**Bibs May not be Transferred and Must be used in the Race for which they were issued:** Bibs are colour coded for the different events. During the race (and only during the race) your bib is your passport. **If you wish to change from the event you are registered for** you must do so Friday afternoon or Saturday and you will be issued with a new bib according to the colour of the event you are switching to. If you are seen in the wrong race for your bib colour you will be disqualified. You may not switch bibs with another runner.

**Race bibs must be visible at all times on the front of the runner, the border agents will be checking these as you run through the borders.** Bibs are also checked at the turn-around at Head Harbour Light.

**Getting to the Start on Sunday:** All runners will be bused from Lubec School to their Start, **except for the Ultrarunners** who should park at Lubec School and walk down to Water Street (approx 500 metres / 1,500 ft).



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The access roads to West Quoddy Head and Cook's Point will be closed to private vehicles as the roads are narrow and space is limited. Foot access (0.5km) is possible for Half Marathoners if they are dropped at the end of Cook's Point Road in Wilson's Beach (spectators can park in the church lot at the top of the hill and walk down with you). For the marathon and 10K Start the nearest open road junction is over 2 miles away, unless you are staying close to West Quoddy Head and can walk to the Start.

If you are crossing the border to get to the school you must show your **passport or other travel document**. Your race bib can only be used during the actual race.

**Runners in the Half Marathon:** because you will cross the bridge to get to the Start in a bus, you must have completed and signed and have in your hand as you get on the bus the Canadian border form given to you at Bib Pick-up. This will be collected from you by a Canada Border Agent as the bus goes into Canada.

There are **water and toilets** at West Quoddy Head (Marathon and 10K Start), Cook's Point (Half Marathon Start), and Water Street, Lubec (Ultramarathon Start and the Finish of all races). There are also toilets at virtually all the water stations (see course map).

**Dogs and Strollers:** are not permitted in any of our races for insurance reasons

**Parking:** Lubec is at the end of a peninsula and Campobello is an island. Parking and road space is very limited. All runners should park at Lubec School. There will be virtually nowhere else to park in Lubec. If you are staying within walking (or dropping off) distance of the school, please leave your vehicle at your accommodation. Parking officials will be on duty at the school from 4:45am Eastern Time onwards. If you arrive before the parking officials (or the night before) please pull your vehicle right up to the fence by the ball field and park close to the next adjacent vehicle. If you park in the middle of the lot you may find your vehicle has been moved when you return. Also, please enter Lubec School from the southern entrance and leave by the northern entrance to maintain a one-way flow of traffic.

**After the race:** Lubec School is within walking distance (500 metres/1,500 feet) of the finish line of all races. There will be one or two bus shuttles from the Post Office/US Border Station to the school for those who really cannot make it, or in case of extreme weather events.

Showers - as usual Sunset Point RV Park (<https://www.sunsetpointrvpark.com/>) has kindly offered runners the opportunity to shower after the race.

**Bag Drop - Ultramarathon:** Leave your bag in the Blue Bag Reclaim Tent near to the Start Line. There are no on-course intermediate drop-bag arrangements.

**Bag Drop - Marathon and 10K:** There will be a bag drop for a single small bag from each runner at the start. It is recommended that you take with you to the start warm clothes and a large plastic garbage bag to use as a rain shelter.

**Bag Reclaim:** Look for the blue tent near the Finish Line – probably adjacent to the library / opposite the Lubec brewery beer garden.

**Bag Drop - Half Marathon:** There will be **no** bag drop at the race start, but there will be a bag drop as you get on the bus at Lubec School. You should only take on the bus what you will run with as race officials cannot transport bags through the international border. It is recommended that you take a disposable large plastic garbage bag on the bus with you to use for warmth and as a rain shelter at the start. We will also work to minimize the time between bus drop off and the race start and in the case of particularly inclement weather will retain one or two buses at the start for rotational warming.



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**Buses:** Buses will leave Lubec School as follows:

5:00am..... Marathon early start

5:30am - 6:15am..... Marathon

5:30am - 7:00am..... Half Marathon (you must bring your completed and signed Canada border form)

7:00am - 8:00 am..... 10K

Please note that if you want to be sure to have time to warm up, use the portapotties, or enjoy the scenery at the start, you should not wait for the last bus for your event.

South Lubec Road will be closed to all vehicles, other than those of residents, from 5.30am to 8:15am and again from 9:15am to 10:30am. There will be walkers and runners on the road from 5:30am onwards and, as a courtesy to them, and to avoid delays and the possibility of getting trapped at West Quoddy Head for the morning, you are strongly advised not to attempt to drive to the start.

If you are staying on Quoddy Head Road you may want to walk to the start and arrange to be collected from the finish area after the race.

**On the Course:** While there should be very few vehicles on the roads, Rt. 774 and Lighthouse Road on Campobello Island will be open to traffic and **runners must run on the left side of the road facing traffic at all times** with the following **exceptions**:

- 1) West Quoddy Head Road and South Lubec Road where runners may use the entire width of the road until the course turns right onto Route 189 just after the second water station - near mile 4 at the Regional Medical Centre Lubec.
- 2) Route 189 between South Lubec Road and the FDR memorial bridge (approximately mile 4 to mile 6) where marathon and Ultramarathon runners will run in the right lane while alternating one way traffic will use the left lane. 10K runners will run on the left on Route 189 with one way traffic alternating in the right lane.
- 3) The FDR memorial bridge linking the USA and Canada. All runners, whether outbound or inbound, must be in the reserved lane on the southern side of bridge and cross over the split mat on the southern side of the Canadian border station.
- 4) The first 0.2 kms of Route 774 on Campobello Island (outbound Marathon and Ultramarathoners only) - after crossing the bridge and running through the border station on the right where runners should stay on the right side of the road up the hill. They will cross to the left side of the road at the top of the hill where there will be both an RCMP officer and a course marshal to oversee the crossing.
- 5) Monument Street, Commercial Street and Pleasant Street in Lubec – ie. the last 2 kms of the 10K where runners may use the entire road.
- 6) Water Street, Lubec - the last 300 metres/yards of all races – all runners may use the entire road.

There will be police, fire and race marshals managing all road intersections. However, **runners should pay attention to traffic at all times.**

**Runners must stay on their own side of the road and yield to vehicles and particularly emergency vehicles**, which may approach from behind on Lighthouse Road, even if they don't have their flashing lights or sirens going.

**Course Etiquette:** Half Marathoners in particular please note - many of you will be passed by the fastest Marathoners during the latter part of the course. Please stick to the left and don't run more than 2 abreast. Normal etiquette is for a runner to call "passing on the right" as they come up behind and you move over to the left.



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**Water Stations:** there are 15 stations along the course, each placed approximately 2 miles / 3.2 kms apart. They will have Gatorade (lemon-lime) at the first table and Water at the second table. At the first and second stations which are on South Lubec Road where runners may use the full width of the road, there are tables on both sides of the road. Elsewhere **ALL** water stations are on the left. **Runners must not cross the road** to use a water station on the opposite side. Marathon and Ultramarathon runners - please note that you will pass the Fundy Drive water station on the opposite side of the road just before you see the Spruce Road/Ambulance Station water station on your side. Please do NOT cross to the Fundy Drive station.

**Trash Cans** are placed approximately 10 metres and 50 metres beyond each water station. Please use them instead of tossing your empty cups down on the road.

There will be a table on the left with various flavours of **Gu** for marathoners and ultramarathoners as they enter the Head Harbour Lighthouse parking area for the turn at the northern tip of Campobello Island (approx 15.9 miles / 25.4 kms). This is approximately 50 metres before the aid station at mile 16 / 25.6 km.

Please remember to say **Thank You** to the volunteers.

**Portapotties:** are located at Lubec School (parking and bus loading), West Quoddy Lighthouse (marathon and 10K Start), Cook's Point (half marathon Start), Water Street (Ultramarathon Start and Finish of all races), as you pass through the Canada Border station, and then approximately every 4 miles/6.5 kms, ie. Friars Bay, the Fisheries Station/Campobello School, and the Head Harbour turn. Portapotties may be on the other side of the road and runners may cross the road to access them. But please be careful. We also have lots of really nice woods on both sides of the road 😊

**Course Markers:** All races will be led by cyclists. There will be course marshals and/or signs at all turns, as well as various police, fire and border personnel all along the course. Distances marked on the road correspond to the colour of your bib, ie. marathon marks are red, half marathon marks are yellow, 10K marks are blue. The Ultramarathon course is not marked as such, to avoid confusion with all the markings, however, from West Quoddy Head onwards the course follows the exact same route as the marathon course and these marks are in red. Ultrarunners should simply add the 6 miles/10kms you have already covered to each marked marathon distance. All races Finish at exactly the same point on Water Street.

The marathon and 10K course distances are also marked with Sandwich boards. Sandwich boards are placed at 1 mile and 5km intervals.

The half marathon is marked with lobster fishing buoys every 1 km with the race distance painted on the road in yellow. There is no marking of miles on the half marathon course.

**Kids:** We have two Free (thank you sponsors) kids Fun Run's this year. You can't sign up in advance but you must register and sign a waiver at the start of each.

**Reach the Beach (and back) Fun Run:** For kids 14 and under. 1 mile (1.6 kms) Saturday. 4:00pm AT (3:00pm ET) at the campground Herring Cove Park – venue for the Lobster bake and Pasta supper (bug repellent can be useful). Registration starts 3:30pm.

**USA to Canada (and back) Fun Run:** For kids 11 and under. 1km (0.6 miles) Sunday 8:45am ET at the Finish Line on Water Street. Registration starts at 8:15am.

**Child Care:** is available at Lubec School from 5:00am on Race Day. Please contact [office@lubecoutreach.org](mailto:office@lubecoutreach.org) for information on arrangements and costs.



## Two Countries : One Experience



**For Spectators:** Due to the nature of the course – narrow and often winding roads with no alternative routes and little space for parking, spectators **must not** follow runners over the length of the course. Route 774 on Campobello Island will have runners on both sides of the roads with any traffic obliged to try to squeeze past in the middle of the road. Normally local traffic is very limited as community members try to avoid driving during the race. Spectators trying to drive along the course while the races are in progress create an unnecessary hazard. It is also extremely trying for the drivers! For safety reasons the police will also be controlling traffic very strictly.

**We strongly request that all spectators either use a bicycle, or choose a spot, get there early enough so you are not trying to pass runners on the course, park your car there, and leave it there for the entire morning.**

### **Recommended parking locations:**

Lubec School – the whole of Lubec is within ¾ mile / 1 km walking distance. Within a mile (1.6 kms) are Mulholland Lighthouse and the Roosevelt Park Adventure Centre in Canada with great views over Lubec and Passamaquoddy Bay. There will be an ongoing Street Fair in Lubec plus the USA to Canada (and back) Fun Run for kids. This starts at 8:45am at the Finish Line on Water Street.

Roosevelt Campobello International Park Adventure/Information Centre / Mulholland Light – great views across the Quoddy narrows and the bridge to Lubec. A great place to see the marathoners and ultramarathoners coming across the bridge into Canada and up the hill. All of them plus the half marathoners pass again as they approach the Finish.

Roosevelt Campobello International Park – spend the day, as well as taking time out to watch the runners going north, then back south.

Friar's Bay – enjoy the beach, wonderful views, and Ultramarathon, marathon and half marathoners passing in both northerly and southerly directions. There are also two water stations here

Wilson's Beach - wharf, views across Head Harbour Passage and possibly whales. Also the Half Marathon start, marathoner's running north on Rt. 774, and Ultramarathon, marathon and half marathon runners going south. Please park on top of the hill at the Baptist Church on Rt. 774 (there is no service that morning) and walk down.

Head Harbour – at the northern tip of Campobello Island. Spectacular views over the Bay of Fundy and Passamaquoddy Bay, possibly whales, visit the lighthouse (check the tide times), and see the Ultramarathon, marathon and half marathon runners turn to head back south. But, remember, Lighthouse road is impassable to vehicles while runners are on it – 9:00am-noon AT

**Herring Cove Lobster and Pasta Supper** is at Herring Cove Provincial Park on Campobello Island. It is organized in support of the Charlotte County Cancer Society. The lobster and pasta supper runs from 4:00pm to 7:00pm AT (3:00pm - 6:00pm ET). Walk-ins will be accepted.

**Race Programme:** while copies will be available at check in we recommend you download one here:

<https://fundymarathon.files.wordpress.com/2019/06/2019-bfim-programme.pdf>

### **Other Attractions**

In addition to our main events there are a number of other special activities for runners and their families and friends during marathon weekend.



## Two Countries : One Experience



**Saturday: 8:00am-9:00am ET 5K Running Tour of Lubec** – Cohill’s Inn, Water Street. – Complimentary. Come and learn a little about the history and geography of Lubec on a gentle 5K guided tour of the town. Please note this is a **running tour** and the guide will lead with a pace of around 10.5 mins/mile 6.5 mins/km with short stops at points of interest. If you want to go slower or faster it might not be right for you. The guide will not wait, nor speed up or provide directions in advance. The tour includes a short section of wet sandy beach so you may not want to choose your best marathon shoes.

**Saturday: 9:00am – 2:00pm ET Street Fair** – Complimentary. Features local artists, craftspeople, non-profit booths, musicians, food vendors, and the Lubec Brewery Beer Garden. On Water Street right next to the Finish Line.

**Saturday: 1:00pm-4:30pm ET Street Music by LAMPS** – Complimentary. The *Lubec Area Musicians Philanthropic Society* present local groups: the *From Aways* (*oldies, old school country, Americana, R&B and classic rock, and more*) from 1pm to 2:30pm followed by the *Rockweed Ensemble* from 3:00pm-4:30pm on Water Street, Lubec

**Sunday: 5:30-9:30pm AT An Evening at the Cottage (Marathon Special at Roosevelt Park)** – Entry Fee – includes martinis and dinner. **Reservations are essential:** <https://fdr.simpletix.com/event-detail.aspx?ShowId=42619> (prices in Canadian Dollars). Take part in a ‘*presidential*’ cocktail hour at the historic Adams Lodge, featuring a short program presented by Park Interpreters on Prohibition, FDR’s love of ‘cocktail hour’, and the history of summer parties on Campobello Island while enjoying a taste of *FDR’s own martini recipe* (non-alcoholic options will also be provided). Guests will then enjoy an exclusive, ‘behind-the-ropes’, curated tour of Roosevelt Cottage with Park Interpreters. Following the tour, an ‘*East Coast Feast*’ of haddock or chicken (or a vegetarian option) will be served at Prince Cottage.

**Monday: 10:00am-12:00pm AT – Tea with Eleanor and the FUN Tour (Marathon Special at Roosevelt Park)** – Small Entry Fee. Tickets at <https://fdr.simpletix.com/event-detail.aspx?ShowId=42605>. A special event for marathon runners! On Monday June 24, enjoy Roosevelt Campobello International Park’s popular “Tea with Eleanor” program – a 60 minute program on the story of Eleanor Roosevelt’s life and love of Campobello accompanied by tea and cookies. Then, experience the F.U.N. Tour – the Fantastic, Unbelievable, and definitely Not-ordinary tour – which is fun, fast, and participatory, exploring the hidden secrets, scandalous stories, and tall tales of the Park and its grounds (60 minutes).

**Appreciation** We appreciate you coming to our communities. It is nice when you return the favour to our volunteers and sponsors and their staff. Particular thanks are due to:

- Roosevelt Campobello International Park
- Bar Harbor Bank & Trust
- Harry Martin Insurance
- Machias Savings Bank
- Herring Cove Provincial Park
- Downeast Trap Shack
- Lubec Hardware
- Medical team from Northern Maine Community Hospital hosted by Lubec Library
- Campobello Tourism Association, Lubec Lions Club, Eastland Motel, Lubec Area Chamber of Commerce for the Fun Runs
- The Border Agents, Police, Fire and Ambulance Services of both communities
- Our volunteers
- All the other businesses, organizations, and people of Campobello and Lubec who contribute, cheer, refrain from driving on the roads, or otherwise support this event.



## Two Countries : One Experience



**Plastic Bottles:** you can also do us a favour by not bringing single use plastic water bottles into our communities. We are fisherfolk and we know where plastic ends up even if you try to recycle it.

Finally, a note about **Radiation** – there are radiation detectors at the borders. To avoid any risk of being stopped during the race please do not have any tests involving radiation between now and race day.

We hope you are as excited as we are and see you very soon.

John Hough

Race Director, on behalf of the Bay of Fundy International Marathon Committee

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