

DONTGETLOST

ADVENTURE RUNNING

SPRINT WEEKEND 2025

Welcome to the inaugural running of the DGL Club Champs!

Weekend Schedule

Saturday 10am-11am: Club Champs Prologue, Valley Park

Saturday 2pm-3pm: Club Champs Chase Start, Mohawk Sports Park

Saturday ~4pm: Apres-O at Clifford Brewing

Sunday 10am: Club Relay Championships, Battlefield Park

Race #1 Details

Location

Valley Park

970 Paramount Dr, Stoney Creek, ON L8J 1Y2

We will meet on the edge of the parking lot away from the Community Centre.

Washrooms are available in the Valley Park Community Centre.

Map Details

Valley Park

Scale 1:4000

Contour Interval 2.5m

Drawn 2018, updated to Sprint standard Winter 2025 by Patrick Saile

Format

This is a typical point to point sprint style course.

Start times will not be assigned, there will be an open punch start any time between 10am and 10:30am. Course closure will be 11:30am.

Terrain Details

William Connell Park is a typical city park with ample open areas, playgrounds, paved walking trails, a handful of small clumps of forest and a stream that runs through the park.

The stream can only be crossed at any of the three bridges.

Racers will potentially cross a swampy/wet area, so a second pair of shoes is suggested for the afternoon race (if you like to start fresh)

Race #2 Details

Location

Mohawk 4 Ice

710 Mountain Brow Blvd, Hamilton, ON L8T 5A9

Map Details

Mohawk Sports Park

Scale 1:4000

Contour Interval 2.5m

Drawn 2017 by Maghan Rance, updated Winter 2024 by Patrick Saile

Format

This race will be a Chasing Start based on your time from Race #1.

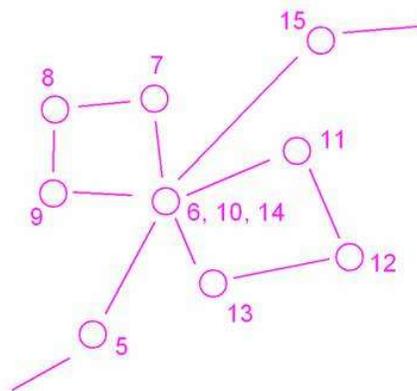
The fastest finisher from the morning will start first at 2:00pm and subsequent runners will start based on how far behind the leader they finished. It will be fast and furious.

Anyone who finished 30 minutes or longer behind the Prologue winner will start in a mass start at 2:30pm.

The Club Championships winner will be the competitor with the fastest time across both two Saturday races.

Part way through the course will be a 'butterfly loop':

Butterflies consist of two short loops. The same control is used for the first and last control in the butterfly as well as once in the middle. The runners run the two loops in different order.



Terrain Details

A mix of open fields, fences off sports arenas and some forested areas criss-crossed with trails.

MSP is slow to drain and still had snow and ice this week, so definitely expect wet feet.

Apres-O

Join us after at Clifford Brewing for a fun prizegiving and post-race discussions, we will be ordering pizza from nearby City South Pizza (order.tikme.co/citysouthpizzahamilton)! We are very curious about the Fusion Pizza!

Sunday: Relay

Location

Battlefield Park

77 King St W, Stoney Creek, ON L8G 1H9

Map Details

Sam Lawrence Park

Scale 1:2500

Contour Interval 2.5m

Drawn 2018 by Meghan Rance, minor updates Winter 2024 by Patrick Saile

Format

A 2 person relay with 2 legs each.

The race starts with a mass start. Partner #1 will complete a course on Map #1 and tag their partner. Partner #2 will then run a similar course. When they complete their course, Partner #1 will head out again on their second leg. The race finishes when both partners have completed 2 legs each in succession.

You must download, then clear your timing chip immediately after you complete EACH leg.

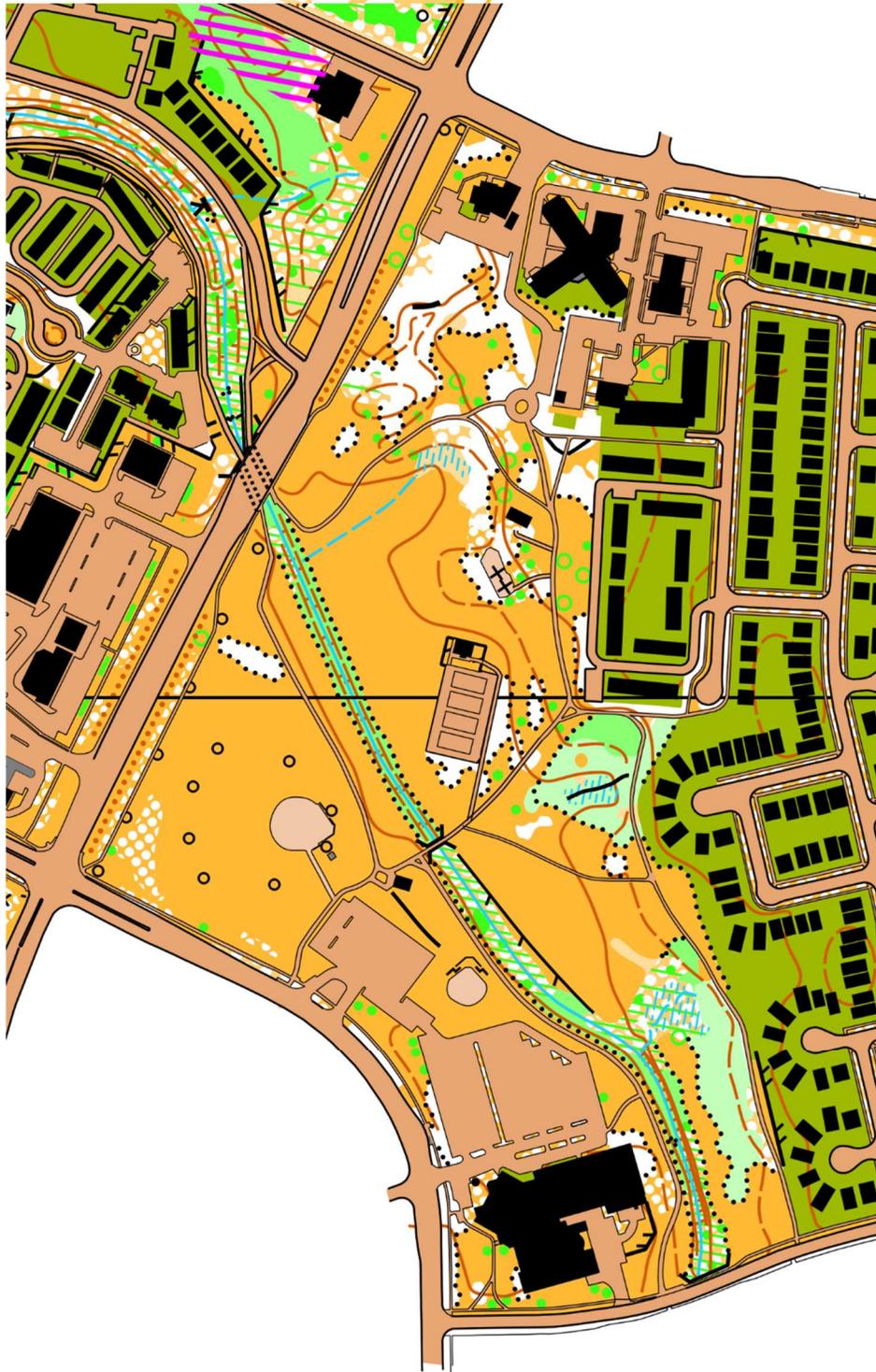
We expect the winning team to take around 40-50 minutes.

You will visit SOME of the same controls on both legs.

For those who nominated on registration to assign a partner, we will form teams based on the results of the club champs on Saturday.

Previous Maps

Valley Park



Mohawk Sports Park



Battlefield Park

AA (0), 1-2

Summer Series Week 4				
Test	1.3 km			
▷				
1	31	○		⊖
2	53	⊖	—	
3	34	○		⊖
4	35	⊖		⊖
5	36	⊖		⊖
6	37	⊖		⊖
7	39	⊖		⊖
8	40	⊖		⊖
9	41	⊖	⊖	⊖

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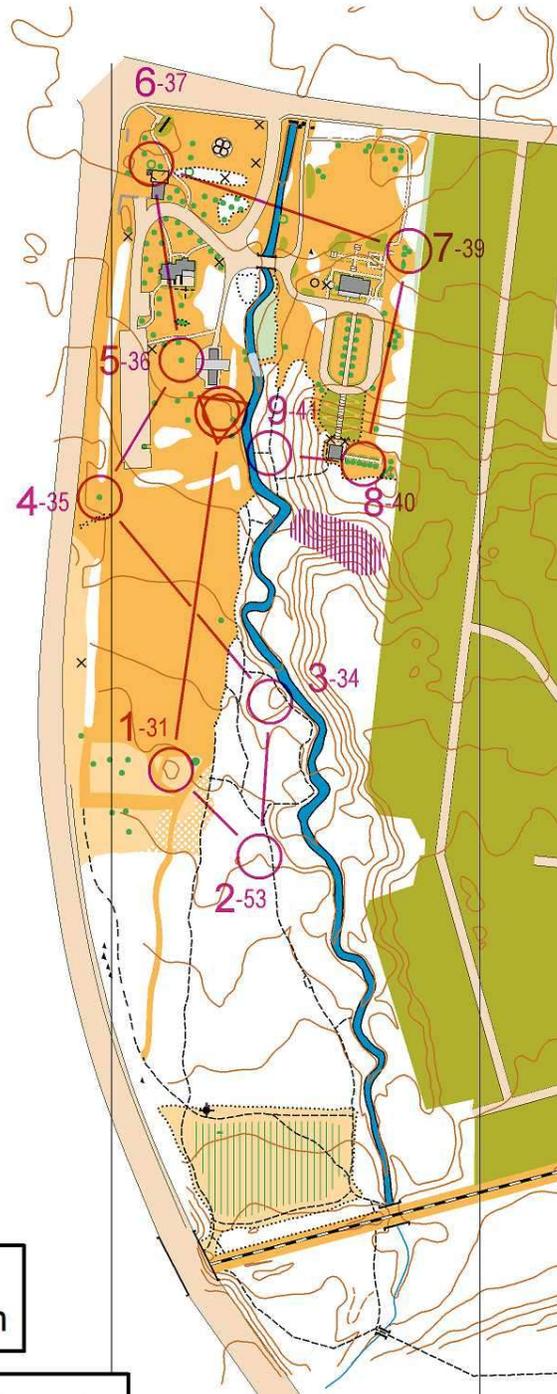
○ < 45 m > ⊙



MAGNETIC NORTH

Scale 1:5000
Contour Interval 2.5m

Battlefield Park



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