

Niagara Ultra Races 2018 - Frequently Asked Questions

Boston Qualifier

All race distances are certified so the Marathon is a Boston Qualifier. The results are provided to BAA each year.

Wheelchairs, Running Strollers & Dogs

Due to the nature of the trail and runners/walkers in various races travelling back and forth and overtaking each other, no wheelchairs, running strollers or dogs allowed in this event.

Headphones

This course route (Niagara Parkway Recreational Trail) is not closed for our specific use so there will be pedestrians and cyclists on the trail. There are also several road crossings (with vehicular traffic) where marshals will be providing verbal instructions to the runners. It is suggested that participants not use headphones however they are allowed.

Note: If you are a runner trying to set a either a Canadian or International record in the 50 km or 100 km distance, IAAF Competition Rule 144 3(b) states that "Possession or use of video recorders, radios, CD, radio transmitters, mobile phone or similar devices in the competition area is not allowed".

100 km Distance

It has been a tradition that we only put the 100 km every second year The 100 Km race is on for 2018.

Raceshirt

For every participant. This is traditionally a sweatshirt and uni-sex sizing. It is kinda twisted giving out sweatshirts on a warm day in June, that's why we like it!

Medals

Yes, finishers in all distances receive a finisher medal.

Accommodations



Host Hotel (New this year!)

Our hotel partner for 2018 is the [Courtyard Marriott in Niagara Falls](#). Rates vary from \$140 to \$190 per night. The hotel is in Niagara Falls, which is about 27 minutes from the race start/finish. Click on the hotel picture to book there.

There are some significantly expensive hotels in Niagara on the Lake, but you can also find some less expensive options. Here are a couple of links to the same NOTL website to provide help in choosing

accommodations. The race start finish is close to the intersection of Mary and King Streets so you might want to use the second link below to check out how close they are to the race start/finish.

<http://www.niagaraonthelake.com/accommodations> click on accommodations then search for accommodations you will see a list based on price ranges.

<https://www.niagaraonthelake.com/page/propertiesmap> and zoom into the map to see the relative locations of the hotels.

Parking

There is limited on-site parking which will be directed by volunteers. Directly to the north is additional parking in Veterans Memorial Park, and on street parking. Please do not park at the Royal Canadian Legion!

Drop bags

For the 50 km and 100 km runners only. We will take a drop bag out to the turn-around at 25 km aid station for you. (The 25 km aid station is also 75km for the 100 km racers.) Please note that they should be small (maximum size equal to a plastic grocery bag). We cannot guarantee the return of those drop bags to the start/finish in any specific time frame, but if you put your bib# on the bag we will attempt to get the 50 km bags back early.