

RACE WEEKEND

PARTICIPANT GUIDE

OCTOBER 10-11, 2026



ULTRA MARATHON | MARATHON | HALF MARATHON |
10KM | 5KM | YOUTH RUN

Mud Creek
Rotary
Club of Wolfville



WELCOME

Welcome to the 34th Valley Harvest Marathon!

We are so excited to welcome you to the Annapolis Valley this Thanksgiving weekend for a race experience that celebrates community, movement, and everything that makes the Valley special.

Whether this is your first Valley Harvest or you've joined us year after year, we are thrilled to have you with us on October 10–11, 2026. This weekend is about celebrating your training, your commitment, and the accomplishment of making it to the start line.

A huge thank you to all of our amazing participants for choosing to spend your Thanksgiving weekend with us. Your energy and enthusiasm are what make Valley Harvest such a special event each year.

We are also incredibly grateful to our sponsors and partners whose support helps bring this weekend to life. And to our Harvest Crew volunteers supported by the Valley Family Optometry who have been with us since 2021, thank you for giving your time and energy to help create an unforgettable experience for everyone. Be sure to give them a big thank you when you see them throughout the weekend!

From the beautiful Valley routes to the excitement at the start and finish, we hope you take the time to enjoy everything this unique Thanksgiving weekend has to offer.

Savour the season, celebrate your accomplishment, and enjoy your Valley Harvest experience!



Sherri Robbins
Executive Director



SCHEDULE OF EVENTS



 **DATE: THURSDAY, OCTOBER 8, 2026**

TIME	EVENT	LOCATION
11:00AM - 7:00PM	Kit Pick Up	Zatzman Sportsplex, 110 Wyse Road, Dartmouth - Nantucket Room

 **DATE: SATURDAY, OCTOBER 10, 2026**

TIME	EVENT	LOCATION
10:00AM - 5:00PM	Expo & Kit Pick Up Sunday Races	War Memorial Gymnasium, Athletics Complex, Acadia University, Wolfville
10:00AM - 1:30PM	Expo & Youth Run Kit Pick Up	War Memorial Gymnasium, Athletics Complex, Acadia University, Wolfville
2:00PM	Youth Run (400M)	Raymond Field, Acadia University, Wolfville
2:15PM	Youth Run (800M)	Raymond Field, Acadia University, Wolfville
2:30PM	Youth Run (1,200M)	Raymond Field, Acadia University, Wolfville
2:45PM	Youth Run (1,600M)	Raymond Field, Acadia University, Wolfville
2:15PM - 3:15PM	Youth Run Post Race Celebration	War Memorial Gymnasium, Athletics Complex, Acadia University, Wolfville



SUNDAY, OCTOBER 11, 2026

TIME	EVENT	LOCATION
6:30AM - 1:30PM	Bag Storage	War Memorial Gymnasium, Athletics Complex, Acadia University, Wolfville
7:30AM	Ultra & Marathon Start	Raymond Field, Acadia University, Wolfville
7:45AM	Half Marathon Start	Raymond Field, Acadia University, Wolfville
8:00AM	10KM Start	Raymond Field, Acadia University, Wolfville
8:15AM	5KM Start	Raymond Field, Acadia University, Wolfville
8:30AM - 1:30PM	Post Race Celebration	War Memorial Gymnasium, Athletics Complex, Acadia University, Wolfville
9:00AM	5KM Top Three Finishers Awards (Female/Male/Non-Binary)	War Memorial Gymnasium, Athletics Complex, Acadia University, Wolfville
9:45AM	10KM Top Three Finishers Awards (Female/Male/Non-Binary)	War Memorial Gymnasium, Athletics Complex, Acadia University, Wolfville
10:45AM	Half Marathon Top Three Finishers Awards (Female/Male/Non-Binary)	War Memorial Gymnasium, Athletics Complex, Acadia University, Wolfville
11:00AM	Marathon & Ultra Top Three Finishers Awards (Female/Male/Non-Binary)	War Memorial Gymnasium, Athletics Complex, Acadia University, Wolfville
1:30PM	Official Course Closure	Raymond Field, Acadia University, Wolfville

IMPORTANT EVENT INFO



The deadline to transfer online is Wednesday, October 7, 2026 at 5PM. After this deadline, you must come to Kit Pick Up and visit the TRANSFER table.

TRANSFERS

Registrations can be transferred to another Valley Harvest Marathon subevent or to another person.

Distance decreases and participant changes will be subject to a \$10 fee, plus tax and processing fees, while distance upgrades will cost \$10, plus the difference in race pricing.

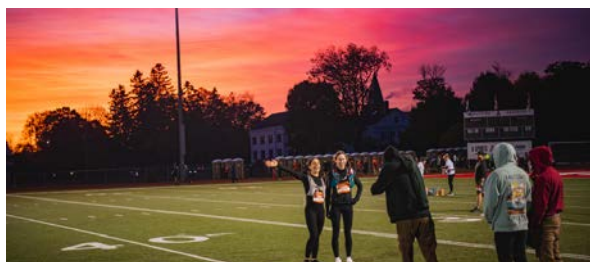
DEFERRAL DEADLINE

The deferral deadline, also known as our No Sweat Policy, is October 7, 2026, at 5PM.

Approximately 10 business days post-race weekend you will be emailed a code to get registered for your next event for \$20 plus tax and processing.

There are no exceptions to the deadline but there are options if you miss it:

- Transfer your race to another person – only the person you are transferring to needs to come to Kit Pick Up
- Switch to virtual – email admin@Valleyharvestmarathon.ca and we will get back to you after race weekend with kit collection details.



ARRIVE EARLY

Plan to arrive with plenty of time to get to the start line, check your bag and use the washrooms!

EXPO & KIT PICK UP

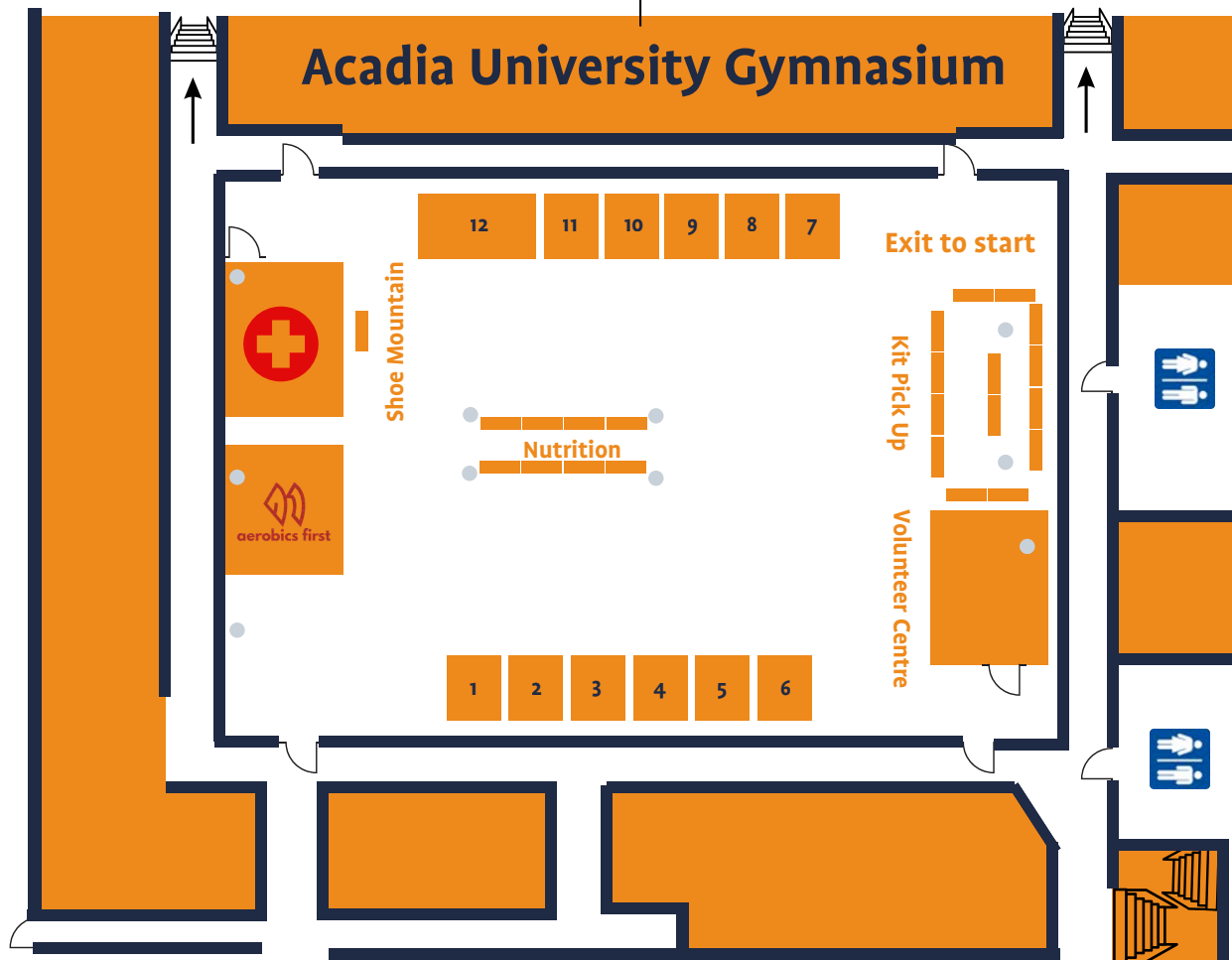
SATURDAY, OCTOBER 10



Make the most of your Valley Harvest Expo experience!

Come check out the booths, cheer on the complimentary Youth Run, made possible thanks to Mud Creek Rotary, and soak up the excitement as race weekend gets underway!

Reymond Feild



AEROBICS FIRST

Shop the Aerobics First sale at Expo both in Dartmouth and Wolfville and stock up on your favourite items!

PURPLE COW

Capture a fun memory at Purple Cow's 360° camera. While you're there, ask them why Nova Scotians pay more for internet and what a local provider is doing about it.

FREDERICTON MARATHON

Meet the team, learn about their race weekend, and enter for a chance to win a FREE race weekend giveaway. Your next finish line could be closer than you think.

RUN NOVA SCOTIA

Stop by to learn about membership benefits and how they connect you to running events and community across the province. Advocating for road runners of all ages and abilities since 1983!

Visit more of our amazing sponsors & community groups at Expo such as Chicken Farmers of Nova Scotia and Valley Credit Union

SATURDAY, OCTOBER 10

We're proud to offer our complementary Youth Run, courtesy of the Mud Creek Rotary Club of Wolfville, giving kids the opportunity to experience the fun of running and thrill of crossing that finish line!

RACE START: 2:00PM

OFFICIAL RACE CLOSURE: 3:00PM

WAVE STARTS



TIME	DISTANCE	RECOMMENDED AGES
2:00 PM	400M	<5 YO
2:15 PM	800M	5 - 6 YO
2:30 PM	1,200M	7 - 9 YO
2:45 PM	1,600M	10 - 14 YO



PLAN AHEAD: TRAVEL & PARKING

Please plan ahead and allow plenty of time to travel to Acadia University on race day, including time to find suitable parking.

Westbound traffic on Main Street will be detoured at the Gaspereau/Main and Harbourside intersections starting at 7:15 a.m

This detour is necessary to safely close the westbound lane for the races and may cause delays. Plan your route to allow for extra travel time.

Do not park in church parking lots and any of the streets listed below, these areas create additional pinch points for the races and can impact participant and traffic flow.

Also be aware of the additional road closures listed below and plan your travel accordingly.



PLAN AHEAD: ROAD CLOSURES



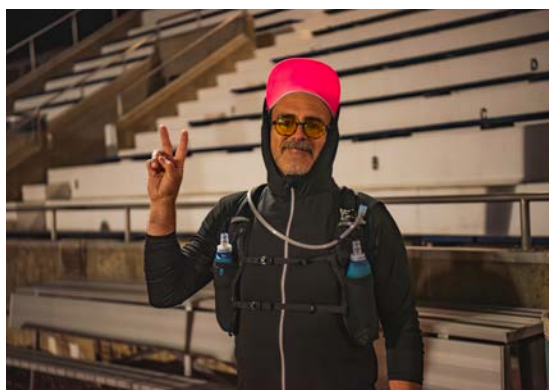
All Races

STREET CLOSED	TIME	FROM	TO	RACES
Main Street (westbound lane)	7:30 AM to 10AM	Harbourside/ Gaspereau	Whidden	Ultra, Full, Half, 10KM, 5KM
Front Street	8:00 AM to 9:15 AM	Elm	Harbourside	Ultra, Full, Half, 10KM, 5KM
Elm Street	7:30 AM to 10 AM	Service Road	Main Street	Ultra, Full, Half, 10KM, 5KM
HWY 358	7:30 AM to 10:30 AM	Trunk 1	High Steet	Ultra, Full, Half & 10KM
Wellington Dyke Road	7:30 AM to 12:30 AM	Church Street	Canard Street	Ultra, Full, Half

5KM

STREET CLOSED	TIME	FROM	TO	RACES
Harbourside Drive	8:00 AM to 9:15 AM	Front Street	Main Street	5KM
Whidden Ave	8:15 AM to 9 AM	Main Street	Bigelow Street	5KM
Bigelow Street	8:15 AM to 9 AM	Whidden Ave	Chambers close	5KM
Chambers Close	8:15 AM to 9 AM	Bigelow Street	Marsh Hawk Drive	5KM
Marsh Hawk Drive	8:15 AM to 9 AM	Chambers Close	Robie Tufts Drive	5KM
Robie Tufts Drive	8:15 AM to 9 AM	Marsh Hawk Drive	Main Street	5KM

IMPORTANT EVENT INFO



WHAT TO WEAR

Dress in layers (fall weather can be wild!). Choose moisture-wicking, chafe-resistant clothing (like our participant shirt!). Stick with shoes and socks you've already logged runs in, consider gloves, a hat, or a light rain layer, just in case.

WHERE TO WEAR YOUR BIB

Your race bib is more than just a number, it's your ticket to seamless timing, and great race photos!

Pin it to the front of your body on your chest, don't fold or damage the chip timing device, and make sure it's fully visible for volunteers and photographers.



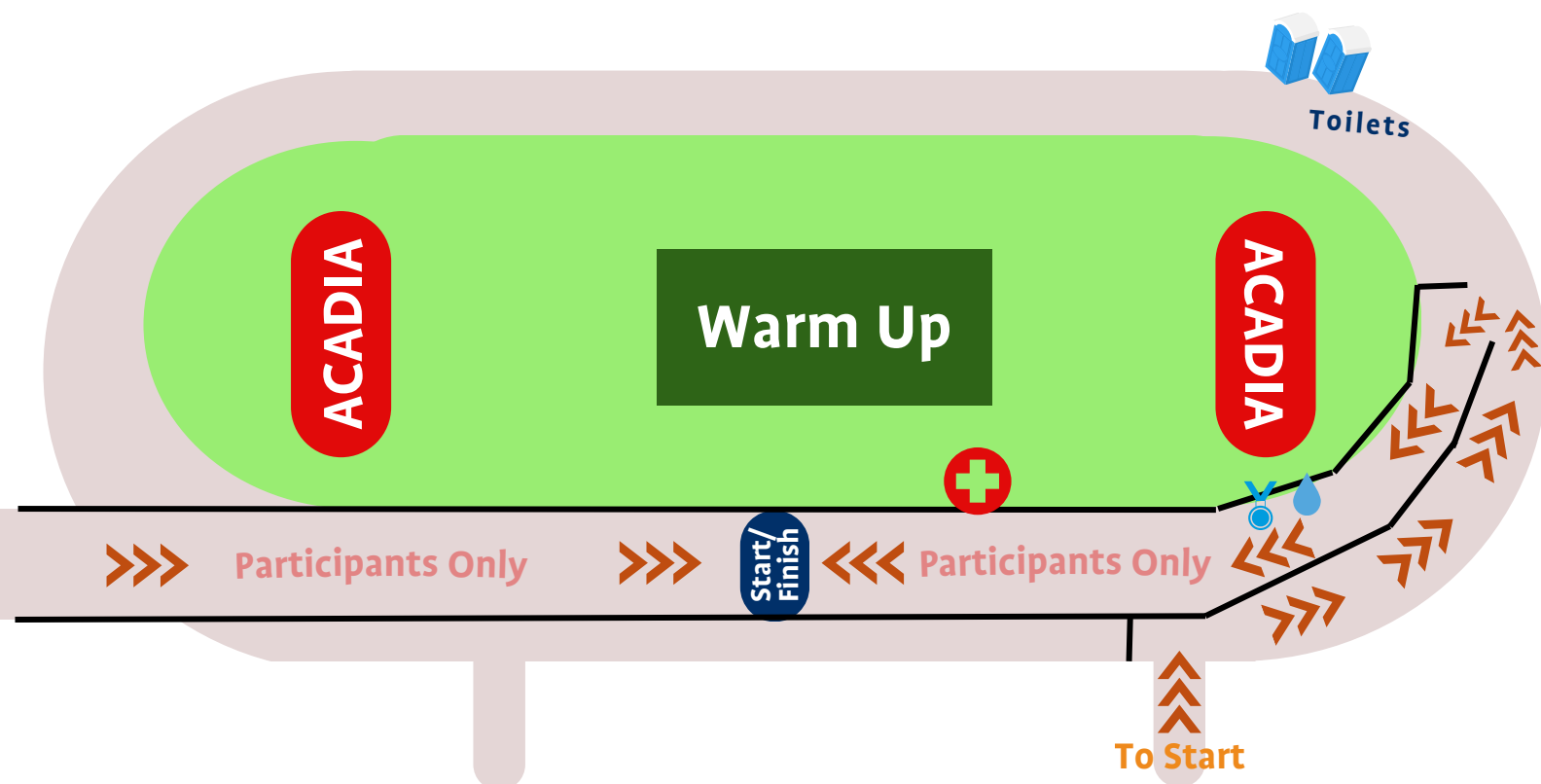
KNOW YOUR ROUTE

Don't just show up, know your route! Reviewing your route in advance helps you feel confident and prepared on race day.

Take a moment to explore your event's map so you know where to find hydration stations, portable washrooms, key turns, hills, and landmarks.

RAYMOND FIELD SITE

SUNDAY, OCTOBER 11



WAVE STARTS

Wave starts are happening across more distances this year to help reduce congestion, improve participant flow, and create a safer, more comfortable experience for everyone.

Wave starts allow for a smoother flow of participants along the course, reduces bottlenecks, and creates a more comfortable experience for everyone.

Please lineup in the start corral according to your anticipated finish time. In the start corrals there will be signs with anticipated finisher times along with flag colours that match the corral colours as well as our Aerobics First Pacers to help you line accordingly.

WAVE STARTS

SUNDAY, OCTOBER 11



There will be three wave starts per race for the Half Marathon, 10KM & 5KM starting two minutes apart. Due to wave starts, age category awards are based on chip time.

The wave starts have been included on your race bib.

RACE	WAVE #1	WAVE #2	WAVE #3
HALF MARATHON	7:45 a.m	7:47 a.m	7:49 a.m
EXPECTED FINISH TIME	< 1:50	1:50-2:10	>2:10

RACE	WAVE #1	WAVE #2	WAVE #3
10KM	8:00 a.m	8:02 a.m	8:04 a.m
EXPECTED FINISH TIME	< 55 min	55-65 min	>65

RACE	WAVE #1	WAVE #2	WAVE #3
5KM	8:15 a.m	8:17 a.m	8:19 a.m
EXPECTED FINISH TIME	< 25 min	25-40 min	>40

IMPORTANT EVENT INFO



BE AWARE OF TRAFFIC

Not all roads are closed to traffic. In particular, roads beyond Highway 358 used by the Ultra, Marathon, and Half Marathon remain open to vehicles.

STAY ON THE LEFT-HAND SIDE OF THE ROAD, FACING ONCOMING TRAFFIC

Hydration stations and porta potties have been placed on the left-hand side whenever possible to minimize the need to cross the road.

On closed roads, follow the directions of race officials.



RUN IN SINGLE FILE

Or no more than two abreast. This helps ensure your safety and the safety of others while allowing vehicles to pass safely where required.

We do understand that you may be running with a group larger than two, but your safety is more important, so we ask that you adhere to this messaging.

RESPECT THE COMMUNITY

WASTE & RESTROOMS



All waste, including cups, gels, wrappers, and other items, must be discarded within the designated waste zones at hydration stations

START OF WASTE ZONE



HYDRATION STATION AHEAD

Signs will indicate when you are entering and leaving a waste zone on course.

Please look for these signs.

END OF WASTE ZONE



NO WASTE PAST THIS POINT



Do not discard waste anywhere outside of the designated areas. Discarding waste along the course impacts the community and the volunteers responsible for cleanup.

Participants who discard waste outside designated areas may be disqualified and may be subject to a ban from future Valley Harvest Marathon and Blue Nose Marathon events.

RESTROOM USE



Participants must use the porta potties provided along the course and must not use private property belonging to residents.

Additional porta potties have been placed at hydration stations to provide convenient restroom access.



Waste disposal and restroom use are serious community concerns. We ask every participant to take responsibility for their actions and help us leave each community as beautiful as we found it

Thank you for your cooperation and for helping us maintain a respectful relationship with the communities that support our event.



SMILE ON THE COURSE



SUNDAY, OCTOBER 11

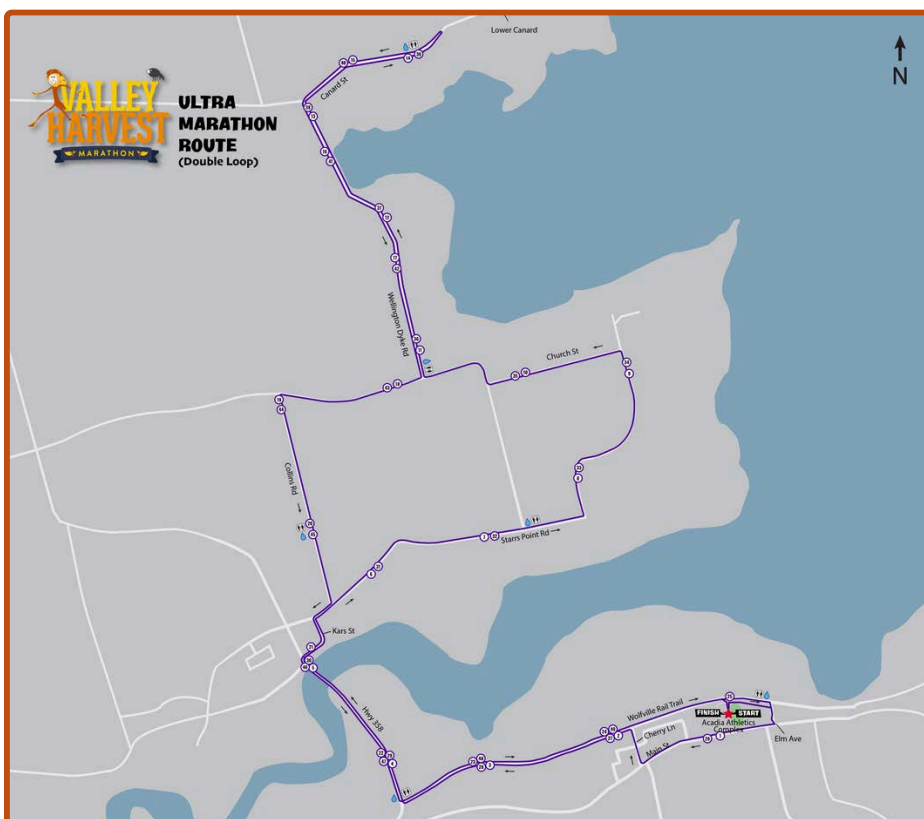
Marathon Photos will be stationed along the course to capture your race-day memories!

After the race, your photos will be available to view and purchase on their website.



ULTRA MARATHON

SUNDAY, OCTOBER 11



RACE START: 7:30AM

OFFICIAL RACE CLOSURE: 1:30PM

FOR YOUR SAFETY:

Participants must be approaching Wellington Dyke Road by 12:00 PM on their final lap to continue toward the finish line.

If you have not reached this point by 12:00 PM, you will be asked to begin making your way back to the finish line to ensure you can safely return before race closure and course support begins to leave the route.



HYDRATION STATIONS

STREET

HWY 358
Starrs Point Road
Wellington Dyke Rd & Church St
Canard St
Collins Rd
Rail Trail

MEDICAL

There will be medical staff at both the HWY 358 and Wellington Dyke Road hydration stations as well as the finish line and the celebration zone. If you need medical attention while on course, please see the nearest race operations official for assistance.

DRINK STATION

Water ONLY

Water & Nuun Electrolytes and Naak Gels
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Water & Nuun Electrolytes and Naak Gels

MARATHON

SUNDAY, OCTOBER 11



RACE START: 7:30AM

OFFICIAL RACE CLOSURE: 1:30PM

FOR YOUR SAFETY:

Participants must be approaching Wellington Dyke Road by 12:00 PM on their final lap to continue toward the finish line.

If you have not reached this point by 12:00 PM, you will be asked to begin making your way back to the finish line to ensure you can safely return before race closure and course support begins to leave the route.

HYDRATION STATIONS

STREET

HWY 358
Starrs Point Road
Wellington Dyke Rd & Church St
Collins Rd
Rail Trail

DRINK STATION

Water ONLY

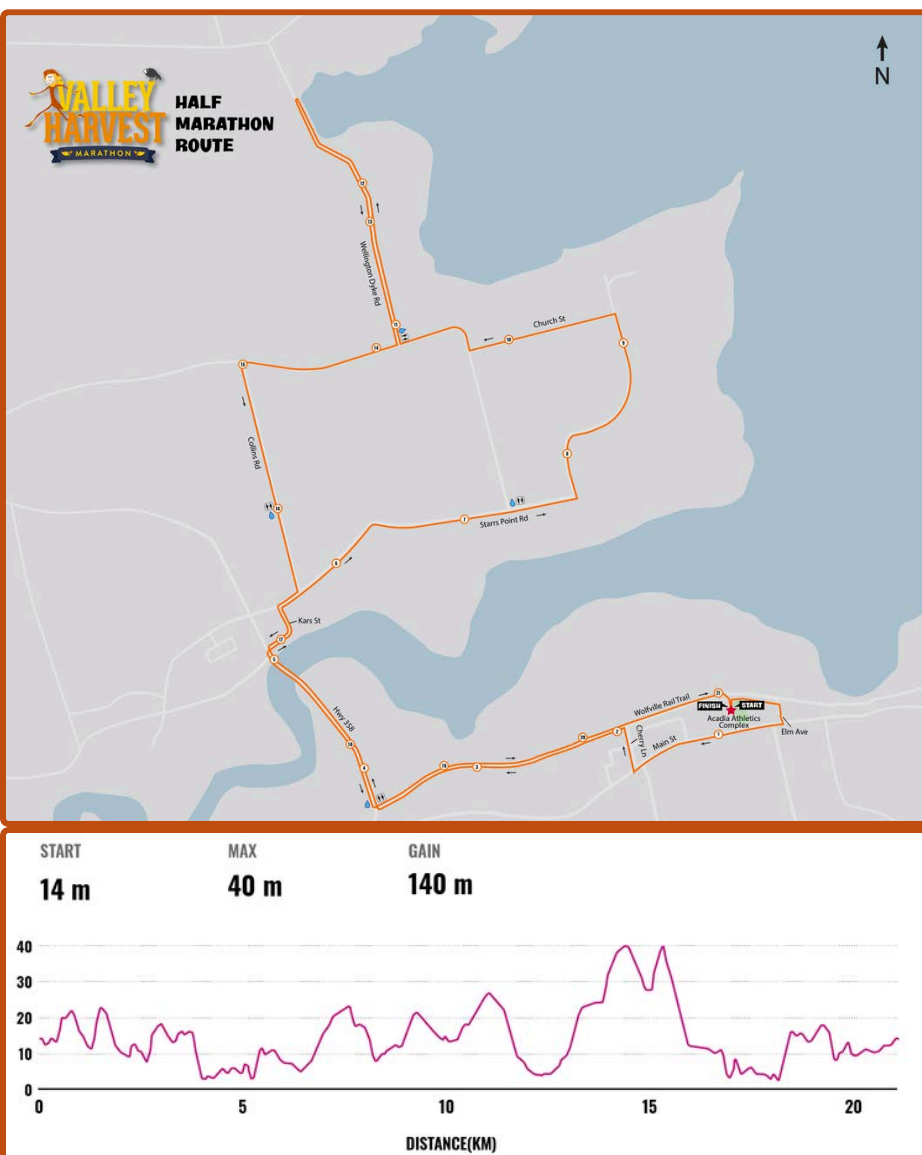
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MEDICAL

There will be medical staff at both the HWY 358 and Wellington Dyke Road hydration stations as well as the finish line and the celebration zone. If you need medical attention while on course, please see the nearest race operations official for assistance.

HALF MARATHON

SUNDAY, OCTOBER 11



RACE START: 7:45AM

OFFICIAL RACE CLOSURE: 1:30PM

WAVE STARTS

Line up according to your estimated finish times. There will be three waves starts. The first at 7:45AM for those < 1:50 hours.

7:47AM for those between 1:50 to 2:10 hours,

7:49AM for those > 2:10 hours.

AEROBICS FIRST PACERS

Find your Aerobics First Pacer.

Paces: 1:40, 1:50, 1:55, 2:00, 2:05, 2:10, 2:15, 2:20, 2:30

Please note: that pacers are volunteers, so while we aim to offer a range of pacing options, we cannot guarantee that every advertised pace will have a pacer on race day.

HYDRATION STATIONS

STREET

HWY 358

Starrs Point Road

Wellington Dyke Rd & Church St

Collins Rd

DRINK STATION

Water ONLY

Water & Nuun Electrolytes and Naak Gels

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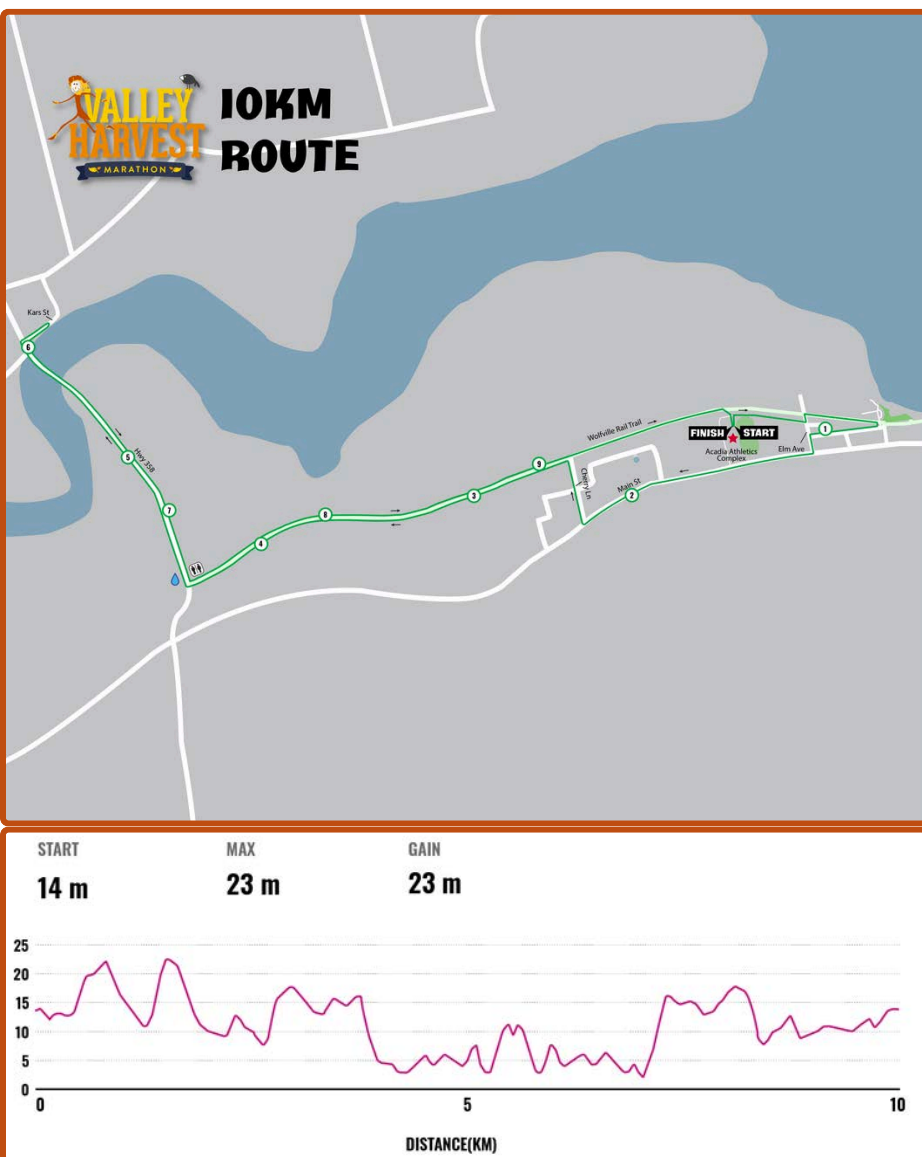
MEDICAL

There will be medical staff at both the HWY 358 and Wellington Dyke Road hydration stations as well as the finish line and the celebration zone.

If you need medical attention while on course, please see the nearest race operations official for assistance.

10KM

SUNDAY, OCTOBER 11



RACE START: 8:00AM

OFFICIAL RACE CLOSURE: 1:30PM

WAVE STARTS

Line up according to your estimated finish times. There will be three waves starts. The first at 8:00AM for those < 55 minutes, 8:02AM for those between 1:50 and 2:10 hours, 8:04AM for those > 2:10 hours.

AEROBICS FIRST PACERS

Find your Aeorbics First Pacer.

Paces: 0:45, 0:50, 0:55, 1:00, 1:05

Please note: that pacers are volunteers, so while we aim to offer a range of pacing options, we cannot guarantee that every advertised pace will have a pacer on race day.

HYDATION STATIONS

STREET

HWY 358

DRINK STATION

Water ONLY

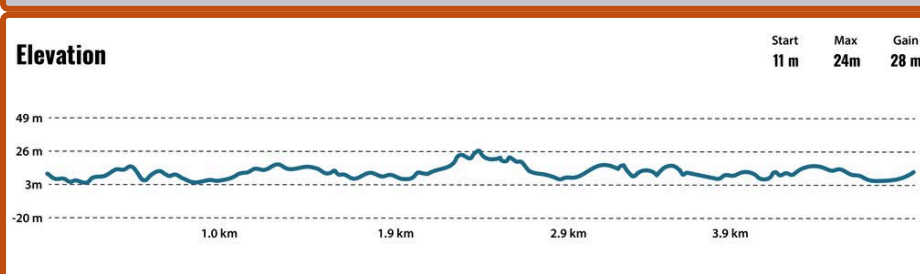
MEDICAL

There will be medical staff at both the HWY 358 and Wellington Dyke Road hydration stations as well as the finish line and the celebration zone. If you need medical attention while on course, please see the nearest race operations official for assistance.

5KM



SUNDAY, OCTOBER 11



RACE START: 8:15AM

OFFICIAL RACE CLOSURE: 1:30PM

WAVE STARTS

Line up according to your estimated finish times. There will be three waves starts. The first at 8:15AM for those < 25 minutes.

8:17AM for those between 26 and 39 minutes,

8:19AM for those > 40 minutes.

AEROBICS FIRST PACERS

Find your Aeorbics First Pacer.

Paces: 0:25, 0:30, 0:35, 0:40

Please note: that pacers are volunteers, so while we aim to offer a range of pacing options, we cannot guarantee that every advertised pace will have a pacer on race day.

MEDICAL

There will be medical staff at the finish line and the celebration zone.

If you need medical attention while on course, please see the nearest race operations official for assistance.

POST RACE ZONE



SUNDAY, OCTOBER 11

After your race, keep moving, collect your medal, grab a snack, explore and soak in the excitement at the War Memorial Gymnasium, Athletics Complex:

SHOE MOUNTAIN

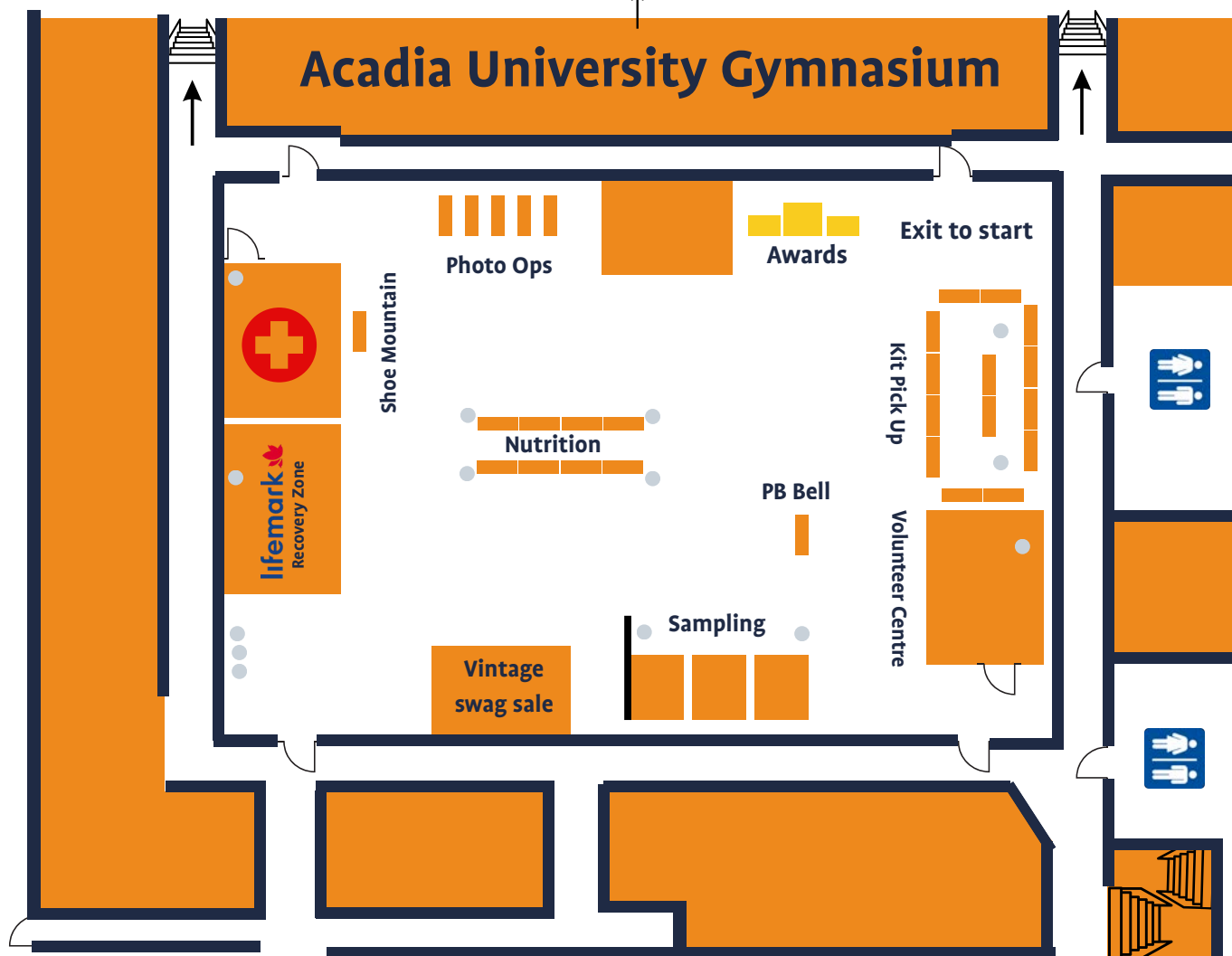
Sponsored by Mud Creek Rotary, all shoes will be donated to Portal Youth Outreach. Drop off your used shoes on the mountain!

LIFEMARK RECOVERY ZONE

Cross the finish line, and take some time to recover! The Lifemark Physiotherapy Recovery Zone will be open Sunday with massage, recovery support, kinesiology taping, and more to help your body bounce back after race day

SUNDAY

Reymond Feild



POST RACE ZONE



SUNDAY, OCTOBER 11

**Some more things to explore at the
War Memorial Gymnasium, Athletics Complex:**

BAG CHECK

Don't forget to collect your items after your race.

GRAB A SNACK TO REFUEL

Grab a banana, some Made with Local bars, or chips from the nutrition table!

PERSONAL BEST BELL

Ring the bell to celebrate your achievements!

PHOTO OPPORTUNITY

Grab a photo next to your race distance!

SAMPLING AREA

Stop by our Sampling partners in the gymnasium after the race to celebrate with a cheers!



VINTAGE SWAG SALE



Don't miss the Vintage swag sale

100%

of proceeds go to Valley Harvest Marathon
charity partners



Donations can be made by cash, card, or Interac e-Transfer sent
to admin@bluenosemarathon.com.



AWARDS & RESULTS



RACE DAY AWARDS

SUNDAY, OCTOBER 11

Awards presented by Benjamin Bridge, will be presented inside the War Memorial Gym, near the Award booth, to the **TOP THREE FINISHERS** in the Female, Male, and Nonbinary categories for each race.

- 5KM: 9:00AM
- 10KM: 9:45AM
- HALF MARATHON: 10:45AM
- MARATHON & ULTRA: 11:00AM

AGE CATEGORY AWARDS

winners will be contacted a few weeks post race weekend

Participants who qualify and are contacted can collect their awards at the following dates, times, and locations:

OCTOBER 29, 12:00PM - 6:00PM
Benjamin Bridge
1966 White Rock Rd, Wolfville NS

OCTOBER 29, 10:00AM - 3:00PM
Blue Nose Marathon Office
192 Wyse Rd. Suite 4 Dartmouth, NS

OCTOBER 30, 10:00AM - 3:00PM
Blue Nose Marathon Office
192 Wyse Rd. Suite 4 Dartmouth, NS

NOVEMBER 2, 10:00AM - 3:00PM
Blue Nose Marathon Office
192 Wyse Rd. Suite 4 Dartmouth, NS

NOVEMBER 4, 10:00AM - 3:00PM
Blue Nose Marathon Office
192 Wyse Rd. - Suite 4 Dartmouth, NS

CHECK YOUR RESULTS!

Want to see your results? See if you qualify for an award? Or achieved a new Personal Best??

Check online at atlanticchip.ca

CHARITY PARTNERS



ACADIA S.M.I.L.E. PROGRAM

ALZHEIMER SOCIETY OF NOVA SCOTIA

BRIGADOON VILLAGE

CAMPAIGN FOR KIDS

CANADIAN CANCER SOCIETY

CANADIAN MENTAL HEALTH ASSOCIATION, NOVA SCOTIA DIVISON

DEBUT ATLANTIC

PARKINSON CANADA

L'ARCHE HOMEFIRES

VALLEY REGIONAL HOSPITAL FOUNDATION



THANK YOU TO ALL OUR SPONSORS



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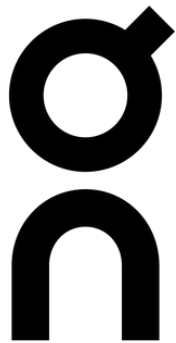

wolfville


aerobics first


Valley Family
Optometry


EVENTS
ACADIA

lifemark 





 **enterprise**
rent-a-car

by **STRAVA**
runna

