



Presented by

MEDAVIE

2026 Athlete Guide

Sunday 04 October 2026

www.legsforliteracy.com

Welcome to the 2026 edition of Legs for Literacy, presented by Medavie, in the communities of Moncton, Riverview and Dieppe for our 5k, 10k, Half Marathon and Marathon.

We are excited to welcome you to our race and thank you for supporting Legs for Literacy

Thank you to all our partners, sponsors, volunteers, and athletes without whom this event could not take place. Our sincere thanks to the City of Moncton, The City of Dieppe, The Town of Riverview, AWP, and the RCMP. As you run through the course on Sunday morning or collect your packets over the weekend, please remember that everyone you meet is a volunteer and giving up their valuable time so that we can race – we can't do it without them.

And finally, our amazing sponsors who commit financially and with in kind service and products and who also volunteer on race weekend. We couldn't do any of this without you – Thank You So Much.

Have a wonderful race with us on Oct 04.

Your Legs for Literacy Board

Charity Donations

On behalf of the Legs for Literacy Board we would like to thank each & every one of you who made a very generous donation to our NB literacy programs. For more information, please visit our “Giving” page on our website - <https://www.legsforliteracy.com/giving>. From our 2025 race we were able to donate \$53,000 to local literacy projects.

Race Start Times on Sunday 04 October.

Marathon – 8.00am

Half Marathon – 8.30am

10k Run/Walk – 8.15am

5k Run/Walk – 8.30am

All race results will be based on “Gun Time” (the time the gun goes off at the start of your race).

Location of all Race Awards & Prizes

All awards will be located in the Avenir Plaza by the Chevrolet Vehicle at the following times:

5k awards at 9.30am

10k awards at 9.45am

Half Marathon awards at 11.00am

Marathon awards at 12.00pm

Please self seed in the start corrals

Walkers in the 10k & 5k

We love our walking community, and we hope you have a wonderful experience with us. Can we ask that all walkers start at the back of the start line so that the faster runners can surge ahead. Please keep to the right and walk in single file or no more than 2 abreast. **There are no separate prizes for the Walking categories.**

Expo & Race Packet Pick Up – Crowne Plaza Hotel

1005 Main Street, Moncton, New Brunswick, Canada, E1C 1G9



Friday 02 October – Conference Room of the Crowne Plaza Hotel between **5.00pm & 8.00pm**.

Saturday 03 October – Conference Room of the Crowne Plaza Hotel between **11.00am & 6.00pm**.

Please make every effort to collect your race packet on Friday or Saturday. On race morning all our volunteers are helping to set the race up and we cannot offer bib pick up on race morning. You may collect race packs for your fellow runners.

Please take some time to visit our Expo this year with several of our sponsors exhibiting. Please stop by their booths for a chat as they are happy to support our runners and the race.

Confirmed exhibitors so far:

**True North Pace Bunnies
Fredericton Marathon
Back to Wellness Massage Therapy
Mancuso Clinic
Scottish Rite Foundation
HanuNalu Sunglasses
HR Block
Pizza Bros
Scottish Rite Society
Medispine**

Shoe Mountain

Thanks to our wonderful friends at the 8 @ 8 running group (free to join at 8am Saturday from the YMCA in Moncton) we are collecting used running shoes to donate to those who may need them in our community. Just bring your used running shoes to the expo when you pick up your race kit and we will make sure they go to the right place!



Family Run / Kids Run packet Pick Up

Saturday 03 October - Located in the Moncton Central Library, 644 Main Street, Moncton from **10.00am – 11.15am**.

Race Start time – 11.30am in the Riverfront Park. From Moncton Central Library, walk down Downing Street and cross Assumption Blvd at the pedestrian crossing and enter into the park where we will be set up for the Kids run.



Kids/Family Run Race Route

Start / Finish Line will be located in Terry Fox Lane in the Riverfront Park opposite Downing Street. There will be a large archway to indicate the gathering area. We will have 1 mass start at 11.30am and everyone will run toward Running Room on the trail on an out and back route. The turnaround point is behind Running Room on the trail. Run around the pole and retrace your steps back to the finish line area.

There will be 1 start for all the kids, and the route distance will be 1k.

Please run on the right side of the trail in both directions. The trail is open to the public.

NOTE – Strollers are not permitted as they are not covered under the RunNB Insurance policy.

This is a fun non-competitive event.

Mascot Race

As an added fun feature of our Kids/Family Run we are holding a fun Mascot race before the kids run featuring our very own “Oliver Readsmore” or Ollie as we know him and many other local Mascots.



EST. 1899

United for Literacy
Littératie Ensemble

Each child who runs with us will receive an age appropriate book courtesy of United for Literacy

Road Closures

There will be road closures in Downtown Moncton on Sunday 04 October from 4.30am through to 2.00pm and roads may be down to a single lane to accommodate the race so please arrive early on race morning to avoid any delays.

Traffic Control

In coordination with the 3 municipalities and the province of NB we have engaged the services of the RCMP & AWP to control intersections and close roads throughout all the routes. Please be aware that you must be conscious of the fact that drivers may not understand the fact that diversions are in place on their usual routes. Be aware at all times of your

surroundings and be ready to take direction from any of the personnel above which means being able to see and hear, at all times, everything in your surroundings. We strongly urge you not to wear headphones of any kind as you may be putting yourself and others at risk.

Race Cut Off Times

Marathon – we have a 6hr time limit for the marathon with an 8.00am race start. At 2.00pm the marathon course will close, and the roads will re-open. Volunteers, Water Tables, Traffic Control and RCMP will withdraw from the course. Any remaining runners must follow the rules of the road and move onto the sidewalk. **You must have reached the 21k point (Louis Street Exit on trail) of the course by 2hrs 50min otherwise your number will be removed and you will be directed back to the finish line.**

Runners who have not crossed the finish line at 2.00pm will be considered a DNF.

Trail Etiquette

All trails are open to the public and are used by walkers, runners, cyclists who are not aware that a race is taking place. Please do NOT block the trail by walking/running 3 or 4 abreast. Please stay 2 abreast only and stay to the right of the trail so that all users can enjoy their Sunday morning – thank you.

Parking

Indigo Parking located just off Canada Street (behind the Avenir Centre) have designated race parking for Sunday 04 October at a fee of \$6.62 plus tax per car through the Indigo Neo app. Should attendees prefer to pay on site, parking is available at any of our three pay stations at a rate of \$3.50 per hour. The attendee's will be onsite to offer help with the purchase of the parking.

This is the closest large parking lot to the race start/finish line.

IMPORTANT NOTE 1- Please note that Via Rail, Sobeys and Shopper's Drug Mart is for customer parking only.

IMPORTANT NOTE 2 – Parking will not be permitted on Canada Street on race morning, parking meters will be bagged for no parking.



Figure 1 Indigo Parking lot - designated race parking.

Bag Drop

We will have a truck located in the Oval at Avenir Plaza for bag drop where your bags can be kept. Do **NOT** place expensive items in this area as Legs for Literacy will not accept any responsibility for lost or stolen items. Use the tear off strip on your running bib to identify your bag as you drop it off.

Can I transfer my bib to another person?

Yes, however, all transfers must be officially processed through the Race Roster registration site or at the Race Expo. No transfers will be permitted on race morning.

Registered runners who give their bib to another person and the person to whom the bib is given will be disqualified and prohibited from participating in subsequent Legs for Literacy events for a minimum of two years.

Lost and Found

Lost & found will be located inside the Information Tent or Bag Drop Truck located in the Oval at Avenir Plaza.

Medical Support

Medical assistance will be provided by On Site medical and will be located at many of our Water Tables throughout the route as well as at the Start/Finish.

Each participant must complete the medical information form on the back of their bib. Please take time to fill out your medical information and provide emergency contact information. This makes your information available to health care professionals in the event you are unable to communicate with them.

Post Race Massage

Back to Wellness Therapeutic Clinic are providing a massage service during race weekend, and they will be located in the Avenir Plaza throughout race morning. This service is complimentary however you may wish to tip your therapist. Service is provided on a first come, first served basis.



Last Minute Race Updates

Please “like” our Facebook page where we will post any last-minute race updates – “**Legs for Literacy Courir pour Lire**”.

True North Pace Bunnies



Hop on the tail of one of our fantastic True North Pace Bunnies who are there to help you achieve your goal finishing time. Their pacing schedule will be as follows.

TRUE NORTH Pacing

10k Schedule	Pace for 10k	Half Marathon Schedule	Pace for Half Marathon
40 min	4.00 per km	1hr 30 mins	4.15 per km
50 min	5.00 per km	1hr 40 mins	4.44 per km
60 min	6.00 per km	1hr 50 mins	5.13 per km
1hr 05min	6.30 per km	2hr 00 mins	5.41 per km
		2hr 20 mins	6.33 per km
		2hr 30 mins	7.07 per km
5k Schedule	Pace for 5k	Marathon Schedule	Pace for Marathon
35 min	7.00 per km	4hr 00 mins	5.41 per km
40 min	8.00 per km	4hr 15 mins	6.03 per km

RunNB Superseries



Our Marathon is part of the RunNB Trackie SuperSeries & Open Championship in each of the eight age categories 19 & less, 20-29, 30-39, 40-49, 50-59, 60-69, 70-79, 80 +

Headphones

Noise cancelling headphones plus ear buds are NOT allowed during Legs for Literacy.

Reason: You are running on streets that are open to traffic and busy trails so you must be able to hear course marshals, participants volunteers and first responders.

Everyone's safety is paramount!

Strollers & Dogs

NOTE – Running with Strollers and/or dogs are not permitted as they are not covered under the RunNB Insurance policy.

Course Details

Our Marathon, Half Marathon and 10k routes are run on certified / measured routes but please use the km signs as a guide only as these were placed using a Garmin.

Pacing - Assistance Not Allowed.

Pacing in races by persons not participating in the same race, shall be considered assistance, and are therefore not allowed.

Please read Rule 6.3 in the Athletics Canada or World Athletics Technical Rules

Food or nutrition can only be handed out from a static location on the course. Persons not participating in the same race shall not run or cycle alongside the runner to distribute nutrition.



**LEGS
FOR LITERACY
COURIR
POUR LIRE**

● **5 KM**

● **10 KM**

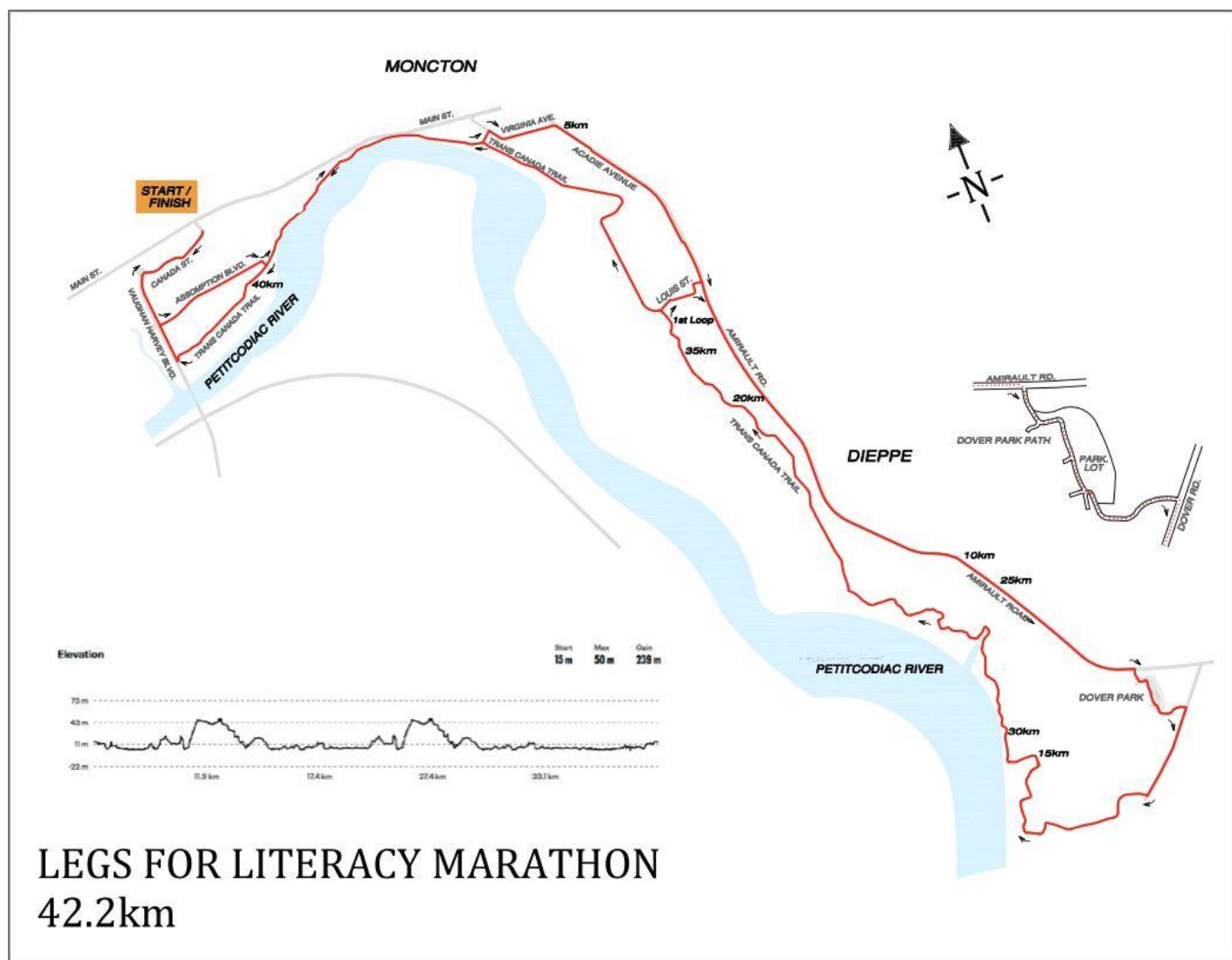
● **HALF/DEMI MARATHON**

● **MARATHON**



Legs for Literacy Marathon Route Map – presented by Medavie - 8.00am Start

Important Note - Final route is subject to change as a result of the measuring/certification process or any changes from our municipality partners.

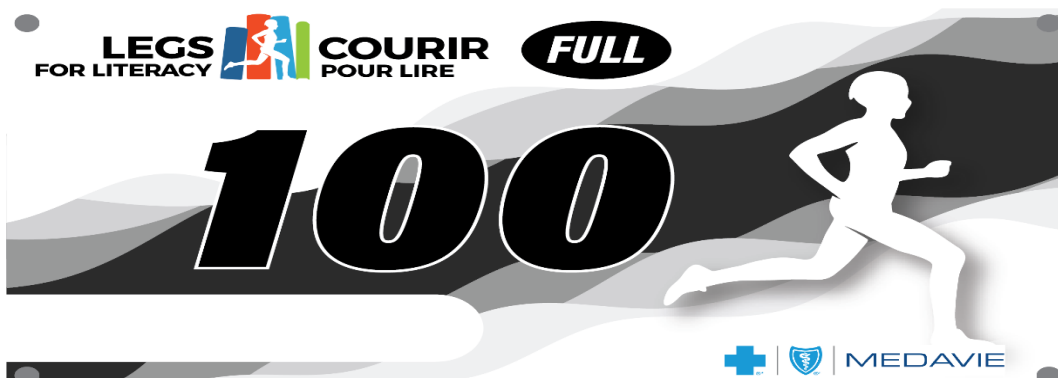


Street by Street

1. Race Start / Finish – Canada Street adjacent to the Hyatt Hotel & Avenir Plaza.
2. Run down Canada Street until it ends at Vaughan Harvey.
3. Turn left onto Vaughan Harvey – inside lane closed for runners.
4. Stay on Vaughan Harvey until it reaches Assumption Blvd.
5. Turn left onto Assumption Blvd and continue on Assumption to Lutz Street.
6. At Lutz turn right onto trail towards Riverfront Trail.
7. After 50m turn left onto Riverfront trail heading toward Dieppe.
8. Remain on Riverfront trail passing Running Room and the Chateau hotel on your left.
9. Water Table #1 will be located on the trail after Strip Mall on your left (Rens Pets).
10. At this Water Table you will turn left onto a trail which links to Virginia Avenue
11. Turn right onto Virginia Avenue.

12. Turn right onto Acadie Avenue - route 106
13. On Acadie merge into the protected bike lane adjacent to the road.
14. Acadie will turn into Amirault Street.
15. Stay in the bike lane all the way to the Strip Mall with Subway and merge when directed into the road on Amirault using the closed inside lane to run in for approximately 1km.
16. Run on Amirault all the way toward Dover Soccer Fields.
17. Take a right turn into the maintenance yard at Dover Park Soccer Fields.
18. Turn left and follow path and signage / volunteer directions through the Soccer Fields parking lot.
19. Emerge from the soccer fields and turn right down the 925 - Dover Road.
20. Exit Dover Road on the right where it joins KM 0 of the Riverfront Trail just after Andre Street.
21. Stay on the Riverfront Trail all the way back toward Moncton.
22. On the Riverfront Trail Marathon runners will turn right off the trail going towards rue Louis Street.
23. Follow Louis Street to the right running toward Amirault Street.
24. Turn right onto Amirault Street and repeat points 16 to 21 above for their 2nd loop.
25. Runners will remain on the Riverfront trail staying on the trail all the way back to Moncton – do not turn right on Louis when you pass it on your 2nd lap.
26. On the way back toward Moncton you will pass the Chateau Hotel and Running Room on your right hand side.
27. Stay on the Riverfront Trail all the way toward the Gunningsville Bridge.
28. Take the ramp on your right from the trail up toward Gunningsville Bridge and Vaughan Harvey.
29. At the top of the ramp merge onto the closed lane of Vaughan Harvey.
30. Cross over the intersection of Assomption Blvd continuing on Vaughan Harvey.
31. Where Vaughan Harvey meets Canada Street turn right onto Canada Street. Continue up Canada Street and underneath the Finish Line Archway just before the Hyatt Hotel.

32. Marathon Km Signs will be in Black **2K**

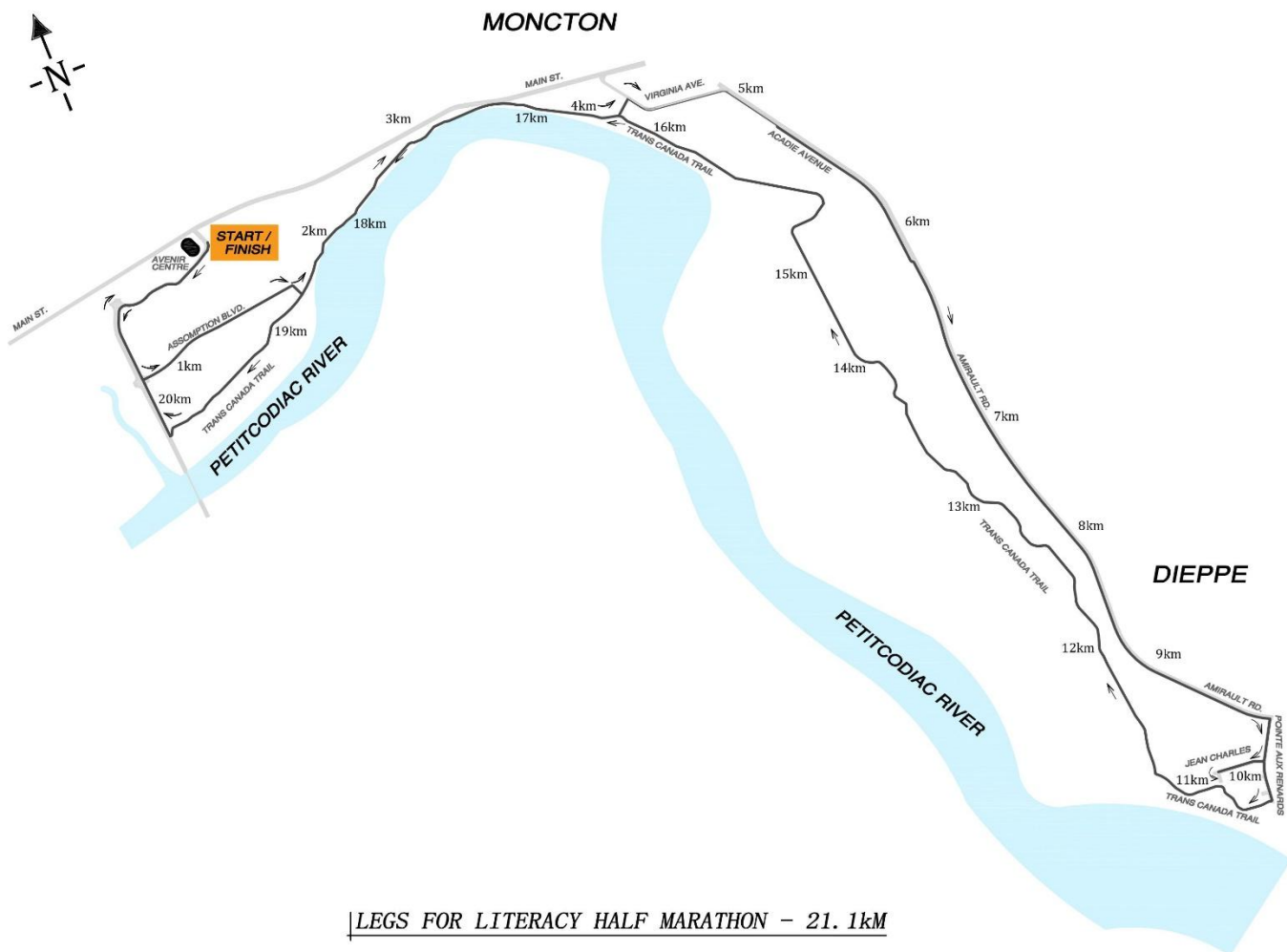


LEGS FOR LITERACY COURIR POUR LIRE

BAG DROP 100

Marathon Bibs are Black

Legs for Literacy Half Marathon – 8.30am Start



Half Marathon Street by Street

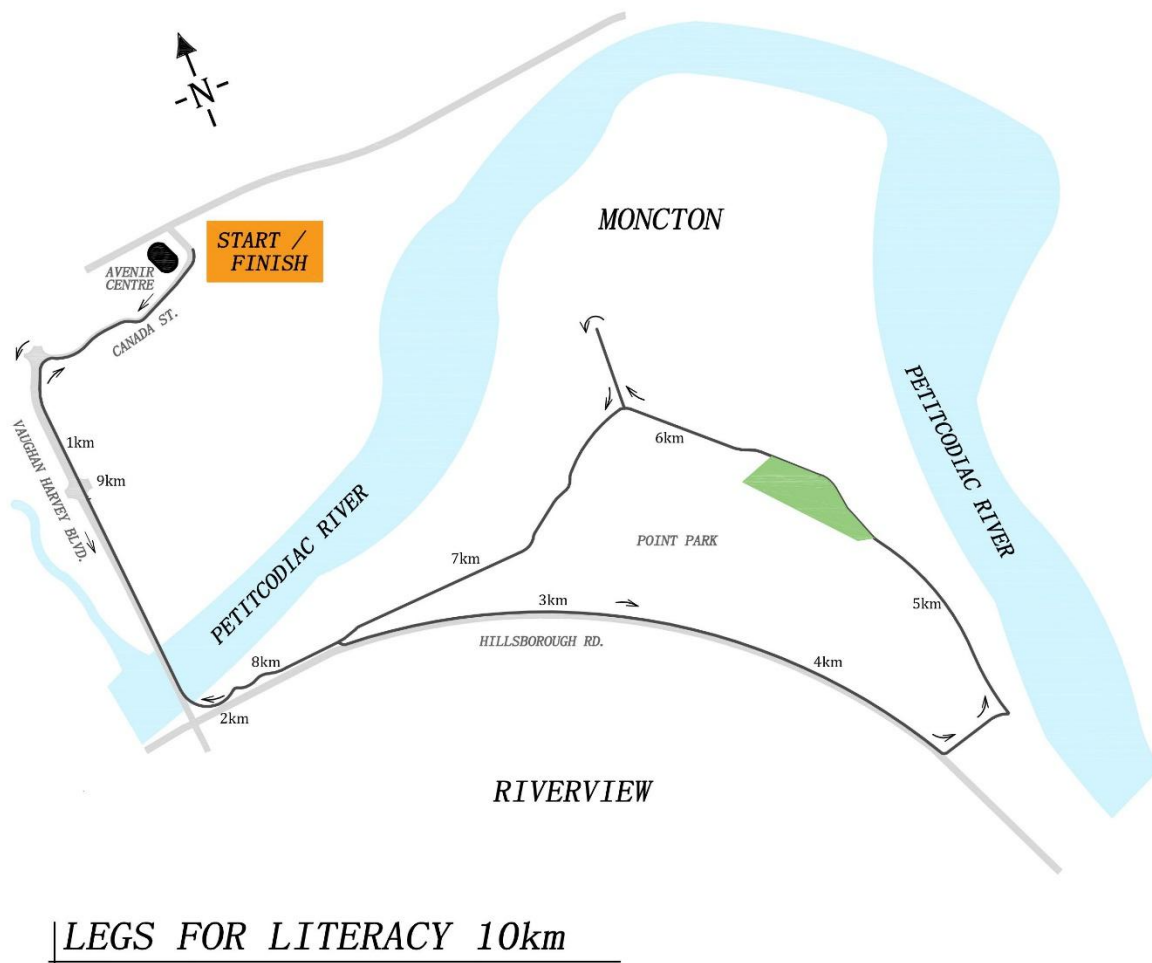
1. Race Start / Finish – Canada Street adjacent to the Hyatt Hotel & Avenir Plaza.
2. Run down Canada Street until it ends at Vaughan Harvey.
3. Turn left onto Vaughan Harvey – inside lane closed for runners.
4. Stay on Vaughan Harvey until it reaches Assomption Blvd.
5. Turn left onto Assomption Blvd and continue on Assomption to Lutz Street.
6. At Lutz turn right onto trail towards Riverfront Trail.
7. After 50m turn left onto Riverfront trail heading toward Dieppe.
8. Remain on Riverfront trail passing Running Room and the Chateau hotel on your left.
9. Water Table #1 will be located on the trail after Strip Mall on your left (Rens Pets).
10. At this Water Table you will turn left onto a trail which links to Virginia Avenue
11. Turn right onto Virginia Avenue.
12. Turn right onto Acadie Avenue - route 106
13. On Acadie merge into the protected bike lane adjacent to the road.
14. Acadie will turn into Amirault Street.

15. Half Marathoners will continue on Amirault until it meets Pointe Aux Renards Street
16. Turn right into Pointe Aux Renards Street.
17. Turn right into rue Jean Charles.
18. Run up Jean Charles as far as Thibeault Street.
19. At Thibeault Street turn 180 degrees and run back down Jean Charles.
20. Where Jean Charles merges with Pointe Aux Renards, turn right onto Pointe Aux Renards.
21. Continue on Pointe Aux Renards until it ends at the trail system.
22. Turn right onto the Riverfront Trail.
23. Runners will remain on the Riverfront trail staying on the trail all the way back to Moncton – do not turn right on Louis when you pass it as this is for the Marathon runners only.
24. On the way back toward Moncton you will pass the Chateau Hotel and Running Room on your right hand side.
25. Stay on the Riverfront Trail all the way toward the Gunningsville Bridge.
26. Take the ramp on your right from the trail up toward Gunningsville Bridge and Vaughan Harvey.
27. At the top of the ramp merge onto the closed lane of Vaughan Harvey.
28. Cross over the intersection of Assomption Blvd continuing on Vaughan Harvey.
29. Where Vaughan Harvey meets Canada Street turn right onto Canada Street.
- 30.** Continue up Canada Street and underneath the Finish Line Archway just before the Hyatt Hotel.

Half Marathon Km Signs will be in Blue **2K**



Legs for Literacy 10k – 8.15am Start



10k Street by Street

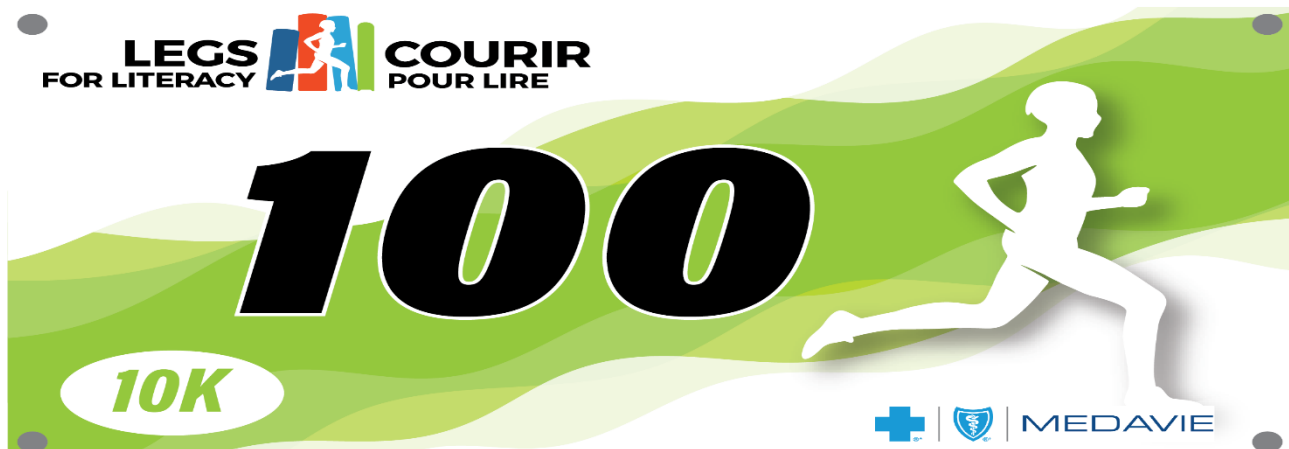
- 1) Race Start / Finish – Canada Street adjacent to the Hyatt Hotel & Avenir Plaza.
- 2) Run down Canada Street until it ends at Vaughan Harvey.
- 3) Turn left onto Vaughan Harvey – inside lane closed for runners.
- 4) Stay on Vaughan Harvey until it reaches Assumption Blvd.
- 5) Stay on Vaughan Harvey toward Gunningsville Bridge
- 6) **IMPORTANT NOTE** - Marathon, Half and 5k will turn left on Assumption Blvd – ALL 10k RUNNERS WILL CONTINUE STRAIGHT ON VAUGHAN HARVEY.
- 7) Merge from Vaughan Harvey into the protected pedestrian path adjacent to Gunningsville Bridge.
- 8) Follow pedestrian path until it merges into the gravel trail – follow the natural flow of the path.
- 9) The path will come to an end and all 10k runners should turn right onto Riverfront trail.
- 10) Opposite Leonard Street at the traffic lights and pedestrian crossing runners will merge onto the Hillsborough Road.
- 11) Runners will stay on Hillsborough Road until it meets Hawke Street.

- 12) At Hawke Street runners will turn left down Hawke Street toward the Riverfront Trail.
- 13) Turn left onto the Riverfront Trail.
- 14) Stay on the Riverfront trail all the way to a 3 way intersection close to Transaqua.
- 15) Turn right up the trail for 166 metres.
- 16) When directed turn 180 degrees and run back down the trail to the 3 way intersection.
- 17) At the 3 way intersection turn right back onto the Riverfront Trail toward the Gunningsville Bridge.
- 18) Follow signs to the left off the Riverfront Trail and back up toward the Gunningsville Bridge.
- 19) Merge onto the wide pedestrian path to cross over the Gunningsville Bridge.
- 20) At Assumption Blvd intersection merge back onto the closed inside lane of Vaughan Harvey.
- 21) Stay on Vaughan Harvey until it meets Canada Street.
- 22) Where Vaughan Harvey meets Canada Street turn right onto Canada Street.
- 23) Continue up Canada Street and underneath the Finish Line Archway just before the Hyatt Hotel

10K km signs will be in Green

2K

10k Bibs will be Green



BAG DROP

100

Legs for Literacy 5k – 8.30am Start

5k Street by Street

- 1 **Runner Corral** - Canada Street adjacent to Hyatt Hotel & Avenir Center coralling toward Main Street
- 2 **Race Start** - Canada Street - Hyatt Hotel facing down Canada Street toward Vaughan Harvey
- 3 Run along Canada Street until it intersects with Vaughan Harvey
- 4 Turn left onto Vaughan Harvey (lane closed that would ordinarily be against traffic))
- 5 Turn left into Assumption Blvd (using closed lane in same direction that traffic flows)
- 6 turn right off Assumption into trail opposite Lutz Street
- 7 turn left onto the Riverfront Trail.
- 8 At Terry Fox Lane turn left heading in the direction of Downing Street.
- 9 At the end of Terry Fox Lane turn left onto the closed lane of Assumption Blvd.
Run on the inside lane of Assumption Blvd until you reach Lutz Street where you will drift over to the opposite side
- 10 of Assumption Blvd.
- 11 Continue on Assumption Blvd back toward Vaughan Harvey Blvd,
- 12 At Vaughan Harvey turn right heading back towards Canada Street.
- 13 Turn right onto Canada Street and up to the Finish Line.



16



BAG DROP

1

5k Bibs are Orange

Water Table / Aid Station Locations

Water Table Marathon	Km Point	Location
Aid Station 1	4.3k	Runners turn left on link trail to Virginia Avenue
Aid Station 2	8.3k	Parking Lot on Amirault opposite Melanson & Saint Anselme Church
Aid Station 4	11.5k	Runners turn right from Amirault to Dover Soccer Fields – maintenance entrance
Aid Station 5	13k	Km0 at trail start / entrance to the right of Dover Road
Aid Station 3	17k	End of Pointe Aux Renards on trail
Aid Station 6	20.6k	On Trail at bottom of Rue Louis by Portapottie
Aid Station 2	22.6k on 2nd lap	Parking Lot on Amirault opposite Melanson & Saint Anselme Church
Aid Station 4	26k on 2nd lap	Runners turn right from Amirault to Dover Soccer Fields – maintenance entrance
Aid Station 5		Km0 at trail start / entrance to the right of Dover Road
Aid Station 3	31.4k on 2nd lap	End of Pointe Aux Renards on trail
Aid Station 6	35k on 2nd lap	On Trail at bottom of Rue Louis by Public Washroom
Aid Station 1	37.3k	on trail link trail to Virginia
Aid Station 7	41k	Gunningsville Bridge at the end of each race
Water Table Half Marathon		
Aid Station 1	4.3k	Runners turn left on link trail to Virginia Avenue
Aid Station 2	8.3k	Parking Lot on Amirault opposite Melanson & Saint Anselme Church
Aid Station 3	10.5k	end of Pointe Aux Renards on Trail
Aid Station 6	14.2k	On Trail at bottom of Rue Louis by Portapottie
Aid Station 1	16.7k	on trail link trail to Virginia, same location as Aid Station 1
Aid Station 7	20k	Gunningsville Bridge at the end of each race
10k Water Tables		
Aid Station 7	1.2k	Gunningsville Bridge
Aid Station 8		at building on trail opposite Leonard Street
Aid Station 9		Bottom of Hawke Street
Aid Station 8		at building on trail opposite Leonard Street
Aid Station 7	8.7k	Gunningsville Bridge at the end of each race

Race Timing



Legs for Literacy, presented by Medavie will be timed by Atlantic Chip. Your timing chip is located on the back of your bib. Please do not fold, alter or change your bib in any way as it could affect your finishing time. Below is an image of the back of your bib where you should enter any medical conditions you may have plus emergency contact details.

1

NAME :
T-SHIRT SIZE :
AGE & GENDER :
MEDICAL INFO :
EMERGENCY NAME :
EMERGENCY PHONE :

Mylaps Bibtag Instructions:
1) Wear bib number on front of chest
2) Do not modify or fold the number in any way
3) Do not cover the number with a jacket; it must be visible at the start and finish line.

Uploading Virtual Results

When you run your Virtual 5k, 10k or Half Marathon you can copy the link below and paste it into your browser. From there you will be able to login to Race Roster and post your results from the virtual race you completed.

You will need to login with your race confirmation number and last name and then follow the on screen instructions.

Here is the link for your Virtual Results - <https://results.raceroster.com/v2/en-CA/results/h59x5bgc4uea7bmx/results>

On the next screen is the page you will see when you click on the link.

RACE ROSTER Event details EN Change language Results Inquiries Menu

Legs for Literacy
Sunday, October 5, 2025 Moncton, NB, CA

Results by year Share ATLANTICCHP

Post your virtual results!
Legs for Literacy has a virtual option! This means you can participate in the event from a remote location and submit your times to appear here in the results listing. You can view our [submission instructions](#) or click the "submit a virtual result" button and have your confirmation number ready.
[Submit a virtual result](#)

Select race
Legs for Literacy Virtual Results [Edit columns](#)

[Results](#) [Statistics](#)

Unofficial results



No results have been posted yet!
The event has started! Be the first to post a result or check back later when more results are added.



Marathon Relay

With your timing chip located in your bib number your task is to transfer your bib between your runners from the start to the finish line. To help we have set up relay exchange points where your team members can be waiting to transfer your bib to your next runner.

We have paired up our Relay Exchange Point with our Water Tables for the race. See the text in the section above for Water Table Locations and thus the Relay Exchange Points.

Portapottie Locations

Ample portapotties will be located at the Start/Finish line.

Here are portapottie locations for the Half Marathon & Full

- 1 – Just after 4k of the Half & Marathon on the Riverfront trail just before Virginia Avenue.
- 2 – parking lot opposite Saint Anselme Church & Melanson
- 3 – Dover Soccer Fields just after 10k.
- 4 – on Riverfront trail just before Louis Street
- 5 – same as location 1 just before Virginia on the trail.
- 6 – On Gunningsville Bridge.

Here are portapottie locations for the 10k

- 1 – Gunningsville Bridge
- 2 – On Riverfront Trail at roughly the 2k point
- 3 – Same as location 2 at the 8k point
- 4 – same as location 1 on Gunningsville Bridge

We know there are many choices when it comes to choosing your Finish Line. From all of us at Legs for Literacy – Thank You.



Thank you to our event sponsors

www.legsforliteracy.com/sponsors

MEDAVIE



J.D. IRVING, LIMITED



MONCTON

COURSE RUN NB



Culligan Water™



La Mine d'Or
JEWELLERS



