



NIAGARA-ON-THE-LAKE TO NIAGARA FALLS RELAY RACE

## EXPERIENCE THE RUN OF A LIFETIME

BroughttoyoubyLifetimeFinancialPlanningGroup&AlignMarketing

### Our Annual Relay Race

Niagara Falls, 1922 – The YMCA “Harrier’s Man-a-mile Relay Classic” takes to a local course from St. Catharines to Niagara Falls – our first ever Thanksgiving Day Man-a-Mile relay race.

Originally, only teams from Niagara Falls and St. Catharines ran this course, with the start line alternating between the two cities each year.

The teams, (male runners only in those days) were required to run qualifying times in order to participate. Participants took their training seriously - in fact, the Niagara Falls team reportedly began training right after Labour Day, in the community of Epworth Circle.

The Man-a-Mile Relay Race gained importance within the community. Team members purchased race day sweaters, winning teams received small gold medals, and relay runners arrived at starting points via horse-drawn carts (later by car and bus - all accomplished with community support).

Participation and turn-out level stayed about the same until Thanksgiving, 1949. But it wasn’t until 1979 that Niagara Falls revived the Man-a-Mile Relay Race in celebration of its 75th anniversary.

### A Part of Canadian History

In 1936, former GM St. Catharines president Harry Carmichael donated what is known today as The Carmichael Trophy—awarded to winning teams today. As a significant piece of history, The Carmichael Trophy has a permanent place in the Niagara Falls Museum among *The 150 Pieces of Canada* exhibit. It leaves only once a year, at Thanksgiving, for use in the annual Man-a-Mile Relay Race.

### Our Legacy

In 1979, a team of community and sports-minded individuals was responsible for Man-a-Mile’s organization and revival, opening the race to include 12 municipalities in the Niagara region. A corporate sponsor was added: Maple Leaf Village, a major contributor to the event, donated funds to re-silver The Carmichael Trophy. The next year Bob Sones added a Chairman’s Trophy for the team with the most improved time.

The event grew. By mid to late 1980, participating teams included women and high school students, as well as teams from organizations and corporations. With a broader sense of community, all proceeds from Man-a-Mile are donated in support of local and community-based not-for-profit organizatio.



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## Supporting a Healthier Niagara

Today, Man-A-Mile proudly partners with Heart Niagara to continue a tradition of giving back to the Niagara community. Together, we are investing in healthier, stronger communities by supporting youth health, sport, and emergency preparedness initiatives.

Proceeds from the Man-A-Mile Relay Race help fund programs that make a lasting impact across Niagara, including Heart Niagara's Healthy Heart Schools Program, which provides Grade 9 students with CPR and AED education while promoting confidence, leadership, and life-saving skills.

By participating in Man-A-Mile, every runner, volunteer, sponsor, and supporter plays a role in helping build a healthier future for Niagara's youth and continuing a community tradition that has lasted for more than 100 years.

## The Next Leg of the Race

In 2019 a new Man-a-Mile identity evolved using multiple, fall-inspired batons that captures the act of connection between the NOTL and Niagara Falls communities, their natural beauty, the individuals and groups who participate, the local companies that sponsor us, as well as the not-for-profit organizations and charities we run to support. By streamlining our visual to a word mark-acronym combination we create new unique opportunities for brand recognition and retention, both in live social environments as well as closed-loop digital-share spaces. And as the digital arena continues to evolve, so too can the MAM brand: in a refreshingly vibrant, smart, meaningful, memorable, valuable and shareable way.

## Join the Community

Sign-up for the annual MAM Relay Race, and enjoy the fun and camaraderie of our Niagara community. Teams of 14 are welcome to join us every Thanksgiving Day. Sign-up by Tuesday, September 1, 2026 and get a FREE branded MAM Relay Race shirt, made from state-of-the-art, high quality tech fabric. All team lists and waivers must be submitted with MAM before the end-of-day Tuesday, September 1, 2026 in order to guarantee a 2026 MAM medal and race day shirt for everyone.



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## 2026 Entry Fees

Every year we welcome teams of various athletic levels and ages. Teams come together from local high schools, businesses, running groups, or friends and families.

Entry fees for 14 runners: \$450/team or, \$32.15 (each for teams of 14) **Please make all cheques payable to: Man-a-Mile.**

## 2026 Race Deadlines, Start Times & Other Important Details

To ensure your place in the race is secure, you are required to submit a completed team list and signed waivers from each team member by Tuesday, September 1, 2026.

Each year, the MAM Relay Race is held on Thanksgiving Day, Monday, October 12, 2026. Be sure to come early and check-in to receive your official MAM race day shirt, included with your race entry fee, while quantities last.

Team members must all be present and ready to start at 9 AM sharp. Each team member should arrive at their scheduled location(s) to run their mile of the race.

## Timing & Placements

The last runner **must be wearing** the MAM race bib on the front of his or her shirt as they cross the finish line.

-

Race batons **must be returned and team names clearly stated** to the timekeeper for teams to receive their finishing time.

## Map Details & Exchange Points

Please review the enclosed map for race route, exchange and drop-off points.



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NIAGARA  
ON THE LAKE

FORT GEORGE

NIAGARA RIVER

P 1  
START

NIAGARA STONE

QUEEN'S PARADE

NIAGARA PKWY



NIAGARA-ON-THE-LAKE TO NIAGARA FALLS RELAY RACE

JOHN ST

P

MCFARLAND  
HOUSE

EAST WEST LINE

2

P

1ST LINE

WALKER'S  
FRUIT MARKET

P 3

NIAGARA RIVER

LINE 2 RD

P

4

LINE 3 RD

NIAGARA PKWY



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## On Your Marks... MAM Exchange Points

All starting and exchange points will be marked with an orange cone or a white spray painted mark on the path, along with a runner number. All

reference points begin from the starting point.

\*Drive North on the Niagara Parkway for the starting locations.

### #1.FORT GEORGE

Runners, get set!

Parking is available at Fort George, off Queens Parade.

Continue up the waterfront trail (Ricardo St.) to the starting point.

#### HELPFUL TIP:

You will be heading South on the Parkway for the rest of the exchange points.

### #2.SOUTH OF EAST-WEST LINE

Go! Go! Go! Runners, exchange point is on the path/trail, left of the parking lot.

On the Niagara Parkway, drive by McFarlane House at 15927 Niagara Parkway & continue past the small baseball diamond on your left.

#### HELPFUL TIP:

You are looking for the 2<sup>nd</sup> parking lot on the left, past this point.

### #3.WALKER'S FRUIT MARKET

Runners' exchange point is located just past Line 1.

#### HELPFUL TIP:

Runners will find the exchange point just prior to the bridge, on the path/trail.

### #4.LINE 3 BRIDGE EXCHANGE

Runners' exchange point is on the path/trail, left of the parking lot.

After the sign for Inniskillen, take the 2<sup>nd</sup> exit to Service Road 66.

#### HELPFUL TIP:

Runners will make the exchange on the path/trail, just right of the parking lot.



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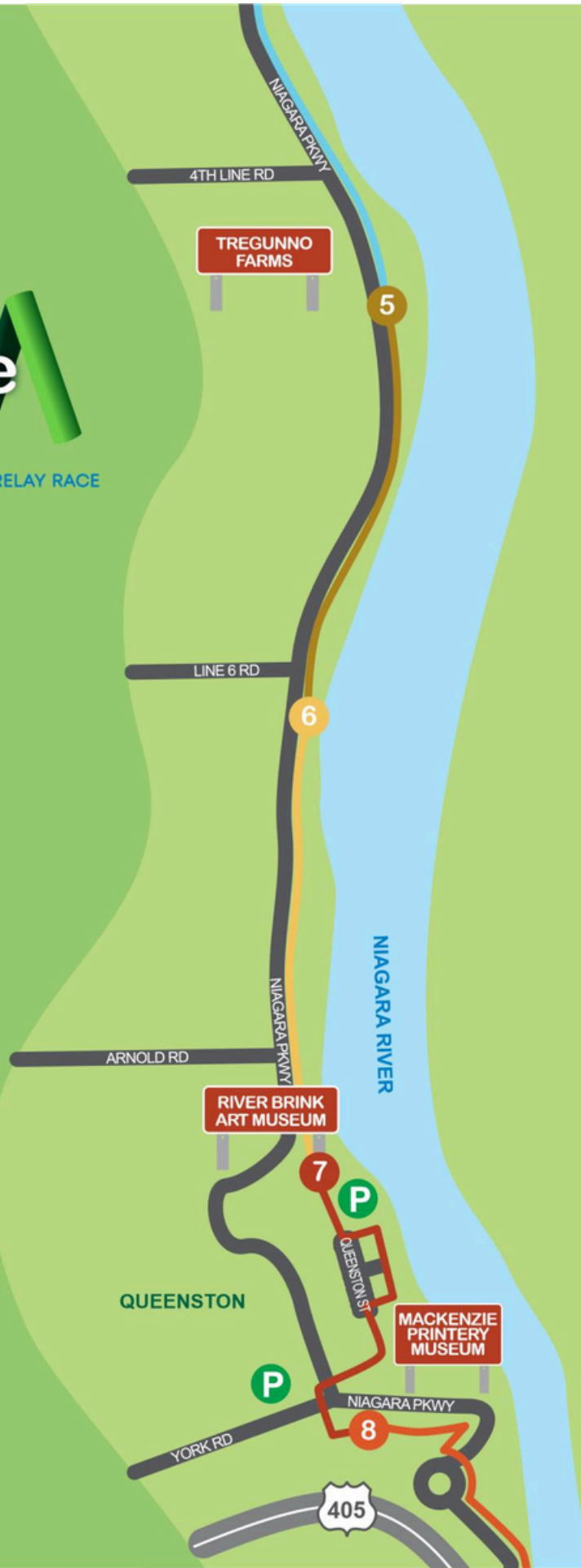


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#5. Tregunno Farms



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Go to the exchange point is left of the parking lot, just past 15248 Niagara Pkwy.

Tregunno Farms can be seen across the road at this

exchange point.

**HELPFUL TIP:**

**Runners will make the exchange on the path/trail.**

**#6.14930 Niagara Parkway**

Go to the exchange point is just past Line 6, on the path/trail.

**HELPFUL TIP:**

**Runners will find the exchange point in front of the RBAG where the path meets Queenston St.**

**#7A.River Brink Art Museum**

Runners will find the exchange point in front of the RBAM where the path meets Queenston St.

Continue down Queenston St.

Turn left on Walnut St.

Turn right on Princess St.

Turn right on Dumfries Rd.

Then, left again, back on to Queenston St. Continue up the hill, around the bend past the historic Mackenzie Printery Museum.

**HELPFUL TIP:**

**A Marshal is there to help runners cross the Parkway safely.**

**#7B.Mackenzie Printery Museum**

Go! Runners, Go!

Continue up the hill past historic Mackenzie Printery Museum.

Turn right on York Rd., then cross over (to the left of the road) to the trail .

**HELPFUL TIP:**

**Runners will find the exchange point just inside the path/trail off of York Road.**



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### #8. NPC Trail

Go to the exchange point located on York Rd., on left, just right of Niagara Pkwy.

Runners run up Queenston Hill and continue across the road to the path/trail.

Drop-off vehicles must turn around and continue on the Parkway; left on the turn around.

Parking is available in the corner of York Rd. and Parkway.

#### HELPFUL TIP:

Runners will find the exchange point on the path/trail, left of the road.

### #9. NPC Trail - Under Queenston-Lewiston Bridge

Exchange point located on the trail/path.

#### HELPFUL TIP:

Runners will find the exchange point on the path/trail, just before the double hydro towers.

### #10. NPC Trail - Double Hydro Towers

Exchange point is just before the double hydro towers.

Cross the road to the Butterfly Conservatory parking lot when the trail ends.

Run through the parking lot to re-connect with the path/trail on the right side.

#### HELPFUL TIP:

Runners will find the exchange point on the path/trail, just before the double hydro towers.

### #11. Glen Parking Lot

Across from The Glen parking lot, runners will make the exchange on the path/trail .

Runners will cross the road continuing on the left side, running through the parking lot to re-connect with the path/trail

#### HELPFUL TIP:

Runners' exchange point is just before the Totem & Wood Carving Park signage.



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# man-a-mile

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RESERVOIR

QUEENSTON HEIGHTS PARK

9

NIAGARA PKWY

10

NIAGARA PKWY

11

WHIRL POOL COLF COURSE

12

NIAGARA PKWY

P

NIAGARA FALLS

13

NIAGARA PKWY

VICTORIA AVE.

STANLEY AVE.

BRIDGE ST.

BRIDGE ST.

VALLEY WAY

MORRISON ST.

14

MORRISON ST.

P

FINISH LINE

OAKES PARK

NIAGARA PKWY

NIAGARA RIVER



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## #12. WHIRLPOOL GOLD & RESTAURANT

Runners go to the exchange point on the path/trail, to the left of the parking lot, across from the first picnic table, near the white park sign.

Runner cross Victoria Ave. at the traffic lights.

Keep to the right side of the road until you reach Lococo's.

### HELPFUL TIP:

Runners will find the exchange point on the path/trail, to the left of the parking lot, near the white park sign.

## #13. Canadian National Rail (CNR) Building

The exchange point is on the sidewalk at Ferguson St. in front of Lococo's.

Turn right on to Valley Way.

Turn right again on Morrison St. at the Niagara Reviews Building.

### HELPFUL TIP:

Runners will make the exchange just before the railroad crossing, on Victoria Ave., between the CN Building and Lococo's. An adult runner is best for this mile of the race.

## #14. Morrison Rd.

And go, go, go! The last exchange point is on the sidewalk before Homewood.

Cross Stanley at the lights.

Run past Oakes Park to the turn-around point,

Then back again to Oakes Park to complete 1½ laps to the finish line.

### HELPFUL TIP:

Runners will make the exchange on the sidewalk at Morrison Rd. before Homewood.

Important reminder to all runners: Be sure to wear your bibs on the front of your shirts for this last mile of the race.

Remember to also to clearly state your team's name when you hand your baton to the timekeeper upon completing the race.



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# WAIVER FORM

## EXPERIENCE THE RUN OF A LIFETIME

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**WAIVER FORM:** In consideration of your accepting this entry, I hereby for myself, my heirs, executors and administrators, waive and release any and all rights and claims I may have against the **Regional Municipality of Niagara Falls, Niagara Regional Police, Niagara Parks Commission, Town of Niagara-On-The-Lake, City of Niagara Falls, Man-A-Mile Relay Race Committee**, their agents, sponsors, representatives, successors and assigns, for all injuries, loss or damage to any person or property howsoever caused, that may be sustained by my competing in or travelling to and from the Man-A-Mile Relay Race.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

(if under 18, parent or guardian)

Name of runner: \_\_\_\_\_ Age: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Telephone: \_\_\_\_\_ Email: \_\_\_\_\_

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Name of runner: \_\_\_\_\_ Age: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Telephone: \_\_\_\_\_ Email: \_\_\_\_\_



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TEAM MAIL-IN ENTRY LIST OFFICIAL
TEAM NAME:

Table with 6 columns: FIRSTNAME, LAST NAME, SEED TIME, SHIRT SIZE, AGE. Rows numbered 1 to 14.

NOTE:

Your team requires 14 runners. For your convenience, a waiver page is attached with 3 waivers. Please copy the page as needed and have each member of your team fill out a waiver. Waivers must be accompanied by the above list.

Any questions contact Dave Trotter (905) 931-5140 email: trotterdm@gmail.com or Charles Gervais (905) 988-7785 email: charles\_gervais@sympatico.ca.

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