



good times
in the
MARITIMES

REGISTER FAQS CONTACT



DOUBLE RACE WEEKEND
SEPT 11 & 12
2020
EASTERN PASSAGE
& COW BAY
NOVA SCOTIA

2 4 9 0 9 4 4 3 1
Days Hours Minutes Seconds



REGISTER FOR **MARITIME RACE WEEKEND** »

RUN INTO THE SUNSET & SUNRISE TOO!

Maritime Race Weekend has 3 distances along a gorgeous coastline route (Sunset + Sunrise 5K, Coastal 10K and Scenic Half Marathon).

Are you up for the challenge? 2 races over 2 days!!! The Tartan Twosome is an exciting options – you can choose to **run 1 or 2 races!** [More »](#)

This race is everything Maritimes: from ocean scenery to pirates, local bands and of course East Coast comfort food and beer! It is sure to excite everyone, especially with pirate booty (cash prizes) at the finish line!

OUR FUNDRAISING

Maritime Race Weekend Association is a not-for-profit society. We are committed to raising money to support local community groups.

So far we have raised:

\$117,155





	2012	2013	2014	2015	2016	2017	2018	2019
Total Participants	1,141	3,143	4,778	5,136	5,365	5,206	5,439	4,538
Friday 5K	911	1,536	2,270	2,401	2,457	2,302	2,199	1,732
Saturday 5K	N/A	263	545	768	808	790	891	782
Saturday 10K	700	796	1,203	1,112	1,219	1,123	916	785
Tidal Trail 10K/15K	N/A	N/A	N/A	N/A	N/A	503	890	627
Saturday Half-Marathon	382	485	637	724	732	392	443	386
Saturday Marathon	59	63	123	131	149	96	100	N/A

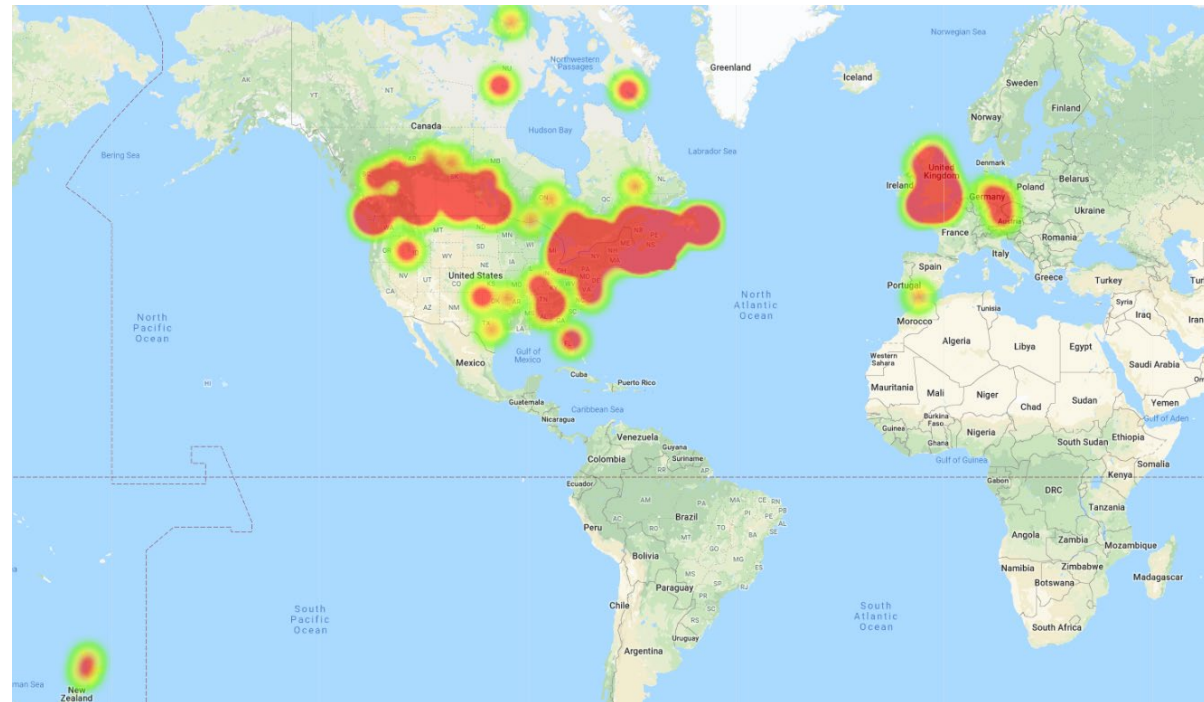


72% live in Nova Scotia

28% are visitors to our province

8-10 countries are registered

2020 registration opened last month, we already have over 600 registrations from across Canada and the United States





Promoting tourism to groups is always a priority for us.

Maritime Race Weekend adds two-hour concert to race registration

The kitchen-party atmosphere will be greatly enhanced with the addition of a two-hour concert by the popular Halifax-based band Merimac

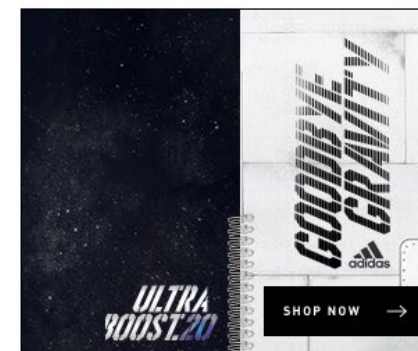
June 11th, 2019 by Anne Francis | Posted in [Runs & Races](#) | Tags: [maritime race weekend](#), [Merimac](#)



What's a visit to the Maritimes without an authentic, east-coast kitchen party? The [Maritime Race Weekend](#) after-party has always had plenty of giveaways and free beer, but this year registrants also get to enjoy a two-hour concert with Merimac, the popular Halifax-based band. Maritime Race Weekend is September 13 and 14.



Merimac in concert. Photo: Greg Fisher



POPULAR	LATEST
	TODAY WEEK MONTH ALL
	5 of the most difficult bodyweight exercises
	A doctor's very simple guidelines to optimal health
	57-year-old ran sub-5-minute mile for 43 consecutive years



Maritime Race Weekend welcomes 65 sailors from British aircraft carrier

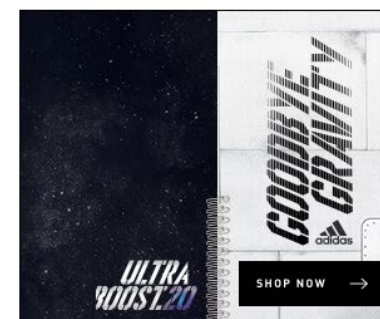
The HMS Queen Elizabeth is currently in Halifax on its deployment to test the new F35 fighter jets. The ship's company took advantage of some shore time to participate in Maritime Race Weekend

September 16th, 2019 by Anne Francis | Posted in Runs & Races | Tags: *Featured, hms queen elizabeth, maritime race weekend*








The biggest warship ever built for the British Navy was anchored in Halifax Harbour over the weekend, and while its sailors are definitely not pirates, some 65 of them were welcomed with open arms at Maritime Race Weekend's 5K, 10K and half-marathon this weekend. The sailors of aircraft carrier HMS Queen Elizabeth, who had been at sea for two weeks, welcomed the chance to mix it up with some local runners during its Canadian stopover before carrying on to the US's eastern coast, where it will run trials of the new F35 Lightning fighter jets before going into operation in 2021.

RELATED: [Maritime Race Weekend: multiple course records broken](#)



POPULAR LATEST

TODAY WEEK MONTH ALL

-  5 of the most difficult bodyweight exercises
-  A doctor's very simple guidelines to optimal health
-  57-year-old ran sub-5-minute mile for 43 consecutive years
-  Canadian woman wins 72-hour event at Across The Years
-  Is World Athletics about to ban the Nike VaporFly, NEXT% and AlphaFly?



RACE OF THE YEAR:

Maritime Race Weekend

It may be the pirate cheerleaders or the post-race recovery pickles. Perhaps it's the Atlantic beer chilling on ice and served by pirates from a canoe. Unquestionably, though, Maritime Race Weekend stands out.

Starting and finishing in Fisherman's Cove, a wharf and fishing village only ten minutes from Halifax, there are four races to choose from: Sunset 5K on Friday night, and the Sunrise 5K, Coastal 10K and Scenic Half-Marathon start simultaneously on Saturday morning. Runners seeking a challenge may attempt the popular Tartan Twosome, which involves running a race on both days. People from the community line the streets with cowbells and encourage runners along the coastal routes.

There are fiddlers, highland dancers, local performers and, of course, pirates greeting the finishing runners. The pirate theme definitely sets this event apart. Costumes aren't mandatory, but they add to the fun and are strongly encouraged, with cash prizes for the best pirate costumes. The race-kits and medals are second to none.

A tailgate party awaits racers at the finish line, with sponsors peppering racers with replenishments, including chocolate milk, local artisanal toasted bagels, hot popcorn, fresh fruit, electrolyte-filled pickles and beer. Rogers Communications also hosted a Kitchen Party: a two-hour East Coast concert included with registration.

The festivities and community feel coupled with the courses' scenic and fast routes have runners come from far away to race. After downing the free and local brew, with aching legs and fiddle jigs singing in their minds, many racers jump in the Atlantic Ocean's shallow cove to cool off. There is no better ice bath, and it's part of the unique experience only found in Nova Scotia.

Join in the fun. Next year, Maritime Race Weekend will be held on September 11 and 12, in Halifax.



34 Canadian Running | January & February 2016 | Volume 13, Issue 1



MOST FUN

Held in the fishing communities of Eastern Passage and Cow Bay, N.S., Maritime Race Weekend is a near-perfect microcosm of the festive Maritime spirit. Anticipation fills the air at 8:00 a.m. when the crack of the

Maritime Race Weekend



gun wakes up a community of fans, that gets louder as the race progresses. The course harbours a rolling challenge, but hilltop views of the Atlantic Ocean, hearty encouragements from cheerleading pirates and hugs from a certain Prulette (whose last name needs no mentioning) make the hustle well worth it.

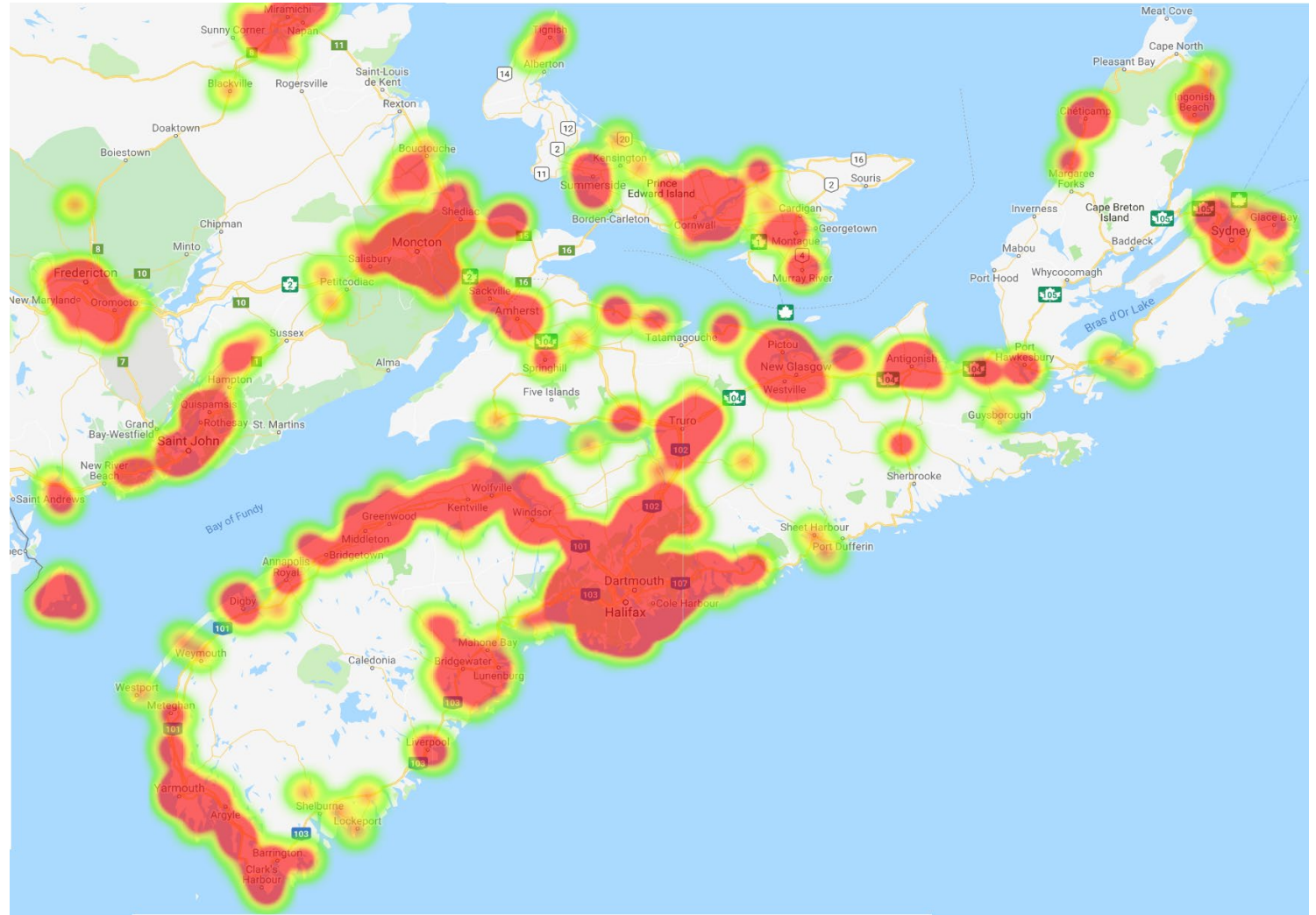
What sets this race apart on the fun scale, however, is the Maritime-themed festivities. The end of the marathon kick starts a tailgate party punctuated by fiddlers, artisanal shops and locally brewed beer. After enjoying a cold one and filling up on specialty shop bagels, tired runners dip their aching legs into the Ocean's cove. Warning: don't swim too far off shore and miss out on the post-race swag, believed to be the best in Canada.



Maritime Race Weekend is highlighted yearly on the calendars of Eastern Passage residents and experienced racer Matt Sabinsky. "The [marathon's] course is breathtaking, challenging and supportive. We get to rub elbows with fellow runners that we see annually from afar and share a celebratory Keith's beer with them after the race," he says.



Within Nova Scotia, we attract participants from across the province – these groups make a “weekend trip” to Halifax (hotel, restaurants, entertainment)



Partnering with local business is a top priority:



**ALEXANDER
KEITH'S*FINE BEERS**

PIRATE JAMBOREE

MUST BE 19 YEARS OF AGE OR OLDER

Survey says....

WE NEED 1,200 HOTEL ROOMS!

