

## Figure #1: The phenomenon of running

Maple sugar transforms the starch developed during its growth into sugar. This substance mixes with the water absorbed by the maple tree's roots and lightly sweetens the maple water. In the spring, under the effect of heat, the water found inside the trunk and the maple tree's roots expands and causes pressure inside the tree. The alternation between cold nights below freezing and days where the temperature rises above freezing promotes the running of maple water, which is then transported by tubes to the sugar shack.

