



Information Package

RACE START: The race starts at 10:00 a.m. sharp. All legs of the relay start and finish on St. Julien Way outside of the Eric Harvey Theatre at the Banff Centre. Due to construction and other events at the Centre, parking is somewhat limited. Please try to carpool to the Centre. There are many public parking lots in the town of Banff where you can leave extra cars and then come up to the race in one vehicle. Please visit the town website at www.banff.ca for detailed parking maps. Please see the Banff Centre map on our website for race specific TBC maps.

CHECKING IN: In your race packages you will find five check-in cards. Please give one to each member of your team. The cards need to be filled out and signed on the back. They are then presented to one of our volunteers in the Eric Harvey theatre where you will receive your race bib. Keep your race bib, it is your lunch ticket. All runners must check in before the race. Please have only your leg one runner check in prior to 10:00 a.m. so we can be sure to get the race started on time. Be sure that each of your runners writes their name, emergency contact and any medical conditions on the back of their race number, as this is how we are able to identify an individual in the case of an emergency.

THE ROUTE: There will be a map available at the race start. A map of each leg is also available on our website at www.bethereraces.com. Please familiarize yourself with the route. There will be marshals on course as well as signs with red arrows pointing you in the right direction. The roads are all open to traffic so use caution and watch for vehicles.

AID STATIONS: There will be three aid stations in total; one on Leg 1 at the Cave and Basin parking lot, one on Leg 2 at the turn around and one on Leg 5 at the bottom of Tunnel Mountain. Each aid station will have water. There will also be water at the finish area.

GEAR BAGS: You will be able to leave any gear bags in the Eric Harvey Theatre building. You can also hang out there while waiting for your leg to start. As there is another group using that space later in the day, bags will have to be cleared out by 2:45. If you will still be running at that time, please have a teammate collect your bag.

LUNCH: Keep your race bib, it is your lunch ticket. Lunch will be provided to all participants in the Max Bell Auditorium at the end of the run (starting at approximately 12:30 p.m.). Beer and cider is available for purchase. The awards ceremony, including participant draw prizes will occur at this time. Please see the race specific map to locate the Max Bell Auditorium. Directions from the race start/finish to the lunch venue will be placed on race day.

RULES: Please make yourself familiar with the rules included in your race package. Note that headphones of any sort are not allowed. This is for your safety as the roads are all open to traffic and runners need to be able to hear the directions of marshals.

BANFF NATIONAL PARK: Banff National Park is the heart of the Canadian Rocky Mountains World Heritage Site, a global treasure of natural beauty, wildness and diversity of life. It is a place to experience the awe-inspiring forces that have shaped mountain landscapes and wildlife over unimaginable time. It is a space to give thanks for nature's bounty of small wonders too. It is also a base for personal exploration and discovery. Enjoy. Connect. Respect.

Special Note All vehicles entering Banff National Park must have a valid park pass available at any park entrance or National Park information centre. Now also available online at www.parkpass.banfflakelouise.com

It is our goal to leave no lasting environmental footprint from the Banff Ekiden Relay. Please be sure to use proper bins for disposing of any garbage, including gel packaging, and respect the wildlife on the course.

Have a safe, enjoyable run!