

# Spring Trio 5, 10 & 15 km

## Sunday, April 23, 2017

### Participant Info

**RACE START:** The race starts at the east end of the newly redeveloped St. Patrick's Island by the south zoo entrance on Zoo Road NE. All distances start at 10:00 a.m. The only vehicle access is from the north via Memorial Drive. 9<sup>th</sup> Ave/12<sup>th</sup> St access is closed due to construction.

**PARKING:** There is parking right at the race start in the south zoo parking lot accessed Memorial Drive eastbound only. Parking is limited due to construction. This lot is owned by the zoo and operated by Calgary Parking Authority. It is a Park Plus lot with 24/7 payment. HOWEVER, the zoo is kindly waiving the parking fees for this race this year so, if you park here, there is no need to pay. There are about 100 spots in this lot. Additional parking which requires a short walk to the start line are in the East Village then walking to the island from there.

**THE ROUTE:** The route will go west through St. Patrick's Island and exit on the north side of the river continuing west. The 5km will turn around on the north side and head back in the exact same way. The 10 and 15 km also turn around on the north side of the river further west but when they return, they cross to the south side of the river at the Peace Bridge and then continue east back to St. Patrick's Island. There will be marshals, chalk arrows and red signed arrows along the course. Please visit our website for an updated map.

[www.bethereraces.com](http://www.bethereraces.com)

**HEADPHONES:** Please no headphones or earbuds. You need to be able to clearly hear the directions of marshals and others around you.

**TIMING:** We use a system called Bibtag for timing. Your timing chip is on the back of your race bib. Please do not bend your bib as it will affect your timing tag. Wear your bib on your front so that it is clearly visible. Do not put a coat or other clothing over your bib or your timing tag may not register properly.

**AID STATIONS:** There will be four aid stations on course. The first one at the 5km turnaround will only have water. The other stations will have water and Gatorade and they are located near the 10 km turnaround, near the 15 km turnaround and on the south side of the river by Centre Street. All distances will pass a station approximately every 2.5 km.

**POST RACE PARTY:** We have a BBQ hosted by Calgary Rotary and Johnsonville that will be serving bratwurst sausages, salads, chips and dessert. There will also be a veggie burger option. This is complimentary for you and any family members you have with you. The McCafe trailer will be handing out coffee before, during and after the event to everybody. And, we also have a beer garden with Village Brewery on tap. \$5.00 for a beer ticket.

**AWARDS:** We have finishers medals for everybody. There are prizes for the top three men and women in each 10 year age group for each distance. First place winners will receive a gift certificate for a complimentary personal training consult values at \$250.00 from The Athlete Factory. Second place will receive a gift certificate from Hello Fresh and third place will receive a Village Brewery tour and tasting for two. Awards will take place in the outdoor plaza near all of the festivities as each race is completed. Draw prizes will be pre-drawn so please check with our volunteers at the finish area to see if you've won a prize.

