

Spring Trio 5, 10 & 15 km
Sunday, April 15, 2018
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.

PARKING: There is parking right at the race start in the south zoo parking lot accessed by Memorial Drive eastbound or 12th St via 9th Ave SE. This lot is owned by the zoo and operated by Calgary Parking Authority. It is a Park Plus lot with 24/7 payment. As construction has been completed and the south zoo entrance is now open, you will need to make payment through your Park Plus app or at the kiosk. Additional parking which requires a short walk to the start line is in the East Village then walking to the island from there. Most East Village street parking is free on Sundays.

THE ROUTE: The route will go west through St. Patrick's Island and exit on the south side of the river continuing west. The 5km and 10 km will turn around on the south side and head back in the exact same way. The 15 km will cross the river at 14th St, continue west to the turn around point then return the exact same way (re-crossing the river at 14th St). There will be marshals, chalk arrows and red signed arrows along the course. Please visit our website for an updated map. 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 three aid stations on course, located near all of the turn around points. All stations will serve water and Gatorade. All distances will pass a station approximately every 2.5 km.

POST RACE: We have sub sandwiches, chips and bananas for all athletes which you will find inside the Centaur Subaru tent. The McCafe trailer will be handing out coffee before, during and after the event to everybody. And, we also have beer with Village Brewery on tap. \$5.00 for a beer ticket.

AWARDS: We have finishers medals for everybody. There are also medals for the top three men and women in each 10 year age group from U19 to 70+. 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.