



## **Information Package**

**RACE START:** The race starts at 10:00 a.m. sharp. All legs of the relay start and finish at the Cave & Basin. You can park in the public lot at the Cave & Basin. Please try to carpool where possible as the parking lot could fill up. 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](http://www.banff.ca) for detailed parking maps. Please see the map on our website which will show you the start/finish/check-in location.

**CAVE & BASIN:** Once you have parked, follow the road up to the main building and then go around the right side of the building to the back entrance where you will find our check in location. The McCafe coffee truck and Cinnzeo will be set up for your morning cinnamon bun and coffee. There is no need to go through the main entrance and purchase a Cave & Basin pass as it is included with your race entry fee. You are free to enjoy any part of the facility that you like during the day.

**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](http://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 and leg 2 near The Banff Centre and one on leg 4 at the turn around point. We will also have water at the finish.

**GEAR BAGS:** You will be able to leave any gear bags inside the building designated for us at the Cave and Basin. You can also hang out there while waiting for your leg to start.

**LUNCH:** Keep your race bib, it is your lunch ticket. Lunch will be provided by the Iron Goat catering team inside the building café area. Beer and cider is available for purchase. Awards will take place inside the common area of the building at 2:00 p.m. (or sooner).

**RULES:** Please make yourself familiar with the rules which can be found under general information on the website. 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](http://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!**