

# **Last Chance Half Marathon**

## **Sunday, November 10, 2019**

### **Participant Info**

**RACE START: Half marathon:** the race begins at 10:00 a.m. at the Olympic Arch in front of the Eau Claire YMCA (101 3 Street SW) and heads west along the Bow river. We also offer a 9:30 start for people who anticipate taking longer than 2 1/2 hours to complete the half marathon. The course will close at 12:45 allowing 3 hours and 15 minutes to complete the distance (with a 9:30 start).

**10 km:** the race begins at 10:05 a.m. at the Olympic Arch in front of the Eau Claire YMCA and heads east along the Bow River.

**BAG CHECK:** We will have an area outside for you to store gear bags while you run. Look for the big Centaur Subaru tent. Please make sure your name is on your bag for easy identification. You can leave your bag with the volunteers at the late check in table.

**PARKING:** There are two parking lots at Eau Claire market that are \$3.00 on weekends. The surface lot is accessed via 2<sup>nd</sup> Ave SW between 2<sup>nd</sup> and 3<sup>rd</sup> St. The underground lot is accessed via 2<sup>nd</sup> St SW just north of Riverfront Avenue. There is also plenty of street parking in the area that is free on Sundays.

**THE ROUTE: half marathon:** The route will leave Eau Claire and head west on the south side of the river until Crowchild Trail. You will cross to the north side of the river on the Crowchild Pedestrian bridge and head east. You then cross back to the south side of the river at the St. Patricks Island bridge and continue east through Inglewood and Pearce Estates to turn around just past the Bird Sanctuary. After you turn around you will follow the same way back staying on the south side of the river to the finish.

**10K:** The route will leave Eau Claire and head east on the south side of the river through Inglewood and Pearce Estates to the turn around before 17<sup>th</sup> Ave. It is a direct out and back and will return the same way.

There will be arrows to guide you and marshals at any critical corners. We'll also put down chalk arrows if the pathway conditions permit. Please be aware that the pathways are open to the public please stay to the right and be aware of other users when passing. 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:** Aid stations with water and Ultima will be available on the route. Half marathon runners will pass by five stations at approximately: 5 km (this station will have water only), 9.5 km, 13 km, 16 km and 17.5 km. 10 k runners will pass by three stations at approximately: 2 km, 5 km and 8 km.

**POST RACE BRUNCH:** There is brunch for all runners at The Garage inside Eau Claire market at the south end of the building. Brunch service starts at 11:00 a.m. As The Garage is a pub, children under 18 will not be permitted to enter. However, if you have children with you, you are still welcome to get your brunch and take it outside The Garage where there is a large indoor eating area. Extra brunch tickets are available for \$15.00 each.

**POST RACE MASSAGE:** EnduraHealth will be set up inside Eau Claire near the south entrance by The Garage and providing you with complimentary post race massages.

**AWARDS:** We have medals for the top three finishers in each age group broken into 10 year categories. Awards will take place inside The Garage beginning at approximately 11:30 for the 10K and 12:15 for the half marathon. Draw prizes will be pre-drawn so please check with our volunteers as you enter The Garage to see if you've won a prize.

**PRIZE MONEY:** The top three women in the half marathon will win: \$250 for 1<sup>st</sup> place, \$150 for 2<sup>nd</sup> place and \$100 for 3<sup>rd</sup> place courtesy of Impact Magazine. The top three men in the half marathon will win: \$250 for 1<sup>st</sup> place, \$150 for 2<sup>nd</sup> place and \$100 for 3<sup>rd</sup> place courtesy of Be There Races. The first place man and woman over 50 will each receive \$100 courtesy of Startline Timing.