

Last Chance Half Marathon

Sunday, November 8, 2020

Participant Info

RACE START: Half marathon: the race begins at 10:00 a.m. at the north end of Repsol Centre. 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 10:00 a.m. at the north end of Repsol Centre.

BAG CHECK: We will have an area for you to store gear bags while you run. 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 is plenty of parking at Repsol Centre.

THE ROUTE: half marathon: The route is an out and back course leaving Repsol Centre, travelling along the Elbow River through Stanley Park and River Park before climbing up the Sandy Beach hill and continuing on the pathway over Glenmore Trail to the turn around in North Glenmore Park.

10K: The 10km is also an out and back course following the same route as the half marathon with a turn around at the Sandy Beach parking lot.

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

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 three stations twice, 10 km runners will pass by one station twice.

POST RACE MEAL: We will have a post race meal for all runners inside gym # 5 at Repsol Centre. More details to come.

POST RACE MASSAGE: EnduraHealth will be set up inside Repsol Centre near the north entrance 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 Repsol Centre 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 gym to see if you've won a prize.