

Spring Trio Trail
Wednesday, April 29, 6:00 p.m.
Sandy Beach

Parking: Sandy Beach is accessed via 50th Ave at 14A Street SW. Drive through the off leash dog parking lot and follow the road to the bottom of the hill. There is lots of parking down there where you will also see our start/finish arch set up. If parking down below becomes full, there is overflow parking in the dog park lot and also along 14A St or 50th Ave.

Late package pick up: If you did not pick up your bib and shirt at Gord's Running Store during Run the Bridges package pick up, we will have your package for you at Sandy Beach starting at 5:00 p.m. on race day.

Race course: The course is mostly single track trail with some pathway as the trails connect. The first 500m or so is on bike path before you move onto trail after crossing the Sandy Beach bridge. The course will be marked with pin flags and arrows at corners or entrances to trails. Blue flags will be out for the 3 km course (which is part of all distances). The 8 km breaks out shortly after the first big climb out of Sandy Beach and will be marked with orange pin flags. The 5 km continues along the dog park after the 3km returns to the finish and will also be marked with orange pin flags. So . . . 3 km people – follow blue flags only; 5 & 8 km people follow a combination of blue and orange flags. Flags will be on the right hand side of the trail you're meant to follow. Where flags are on both sides of the trail (5 & 8 km sections only) you are doing an out and back bit. Marshals will be in place where distances split off from each other.

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 Station: There will be one aid station on course which all distances will pass at about the 2km mark at the top of the first hill. 8 km runners will be able to take advantage of the station again at about the 5 km mark. The aid station will have water only.

Post race: We will have a post race meal for you. Your race bib is your meal ticket. We will also have a beer "garden" set up serving Village Brewery for \$5 per beer.

Awards: We have age group medals for the top three men and women under 40 and over 40 at each distance. Awards will be at the finish area following each distance.