

**Spring Trio 5, 10 & 15 km
Run the Bridges
Sunday, August 16, 2020
Race day info**

GENERAL PROTOCOLS AND GUIDELINES:

As we all know, we've been living a different kind of way the past few months and we're mostly used to the protocols. We're feeling very privileged to be able to put on this event under these times and really just want you all to have a fun, safe day. This is a learning curve for all of us because we've never done a race where we have to stay apart. Be patient. And be kind to one another and to the volunteers. As they say "we're all in this together". Please do not attend if you feel at all unwell on event morning.

1. Please maintain 2m physical distance from others at all times. This may mean you have to slow down to safely pass at times and that's okay. Remember the pathways are also open to the general public.
2. Hand sanitizer is available throughout the venue, please use as required.
3. Please read all of the information below carefully.
4. We have a team of highly experienced volunteers helping us out on Saturday and they will help guide you through this different transition and swim start. Please be sure to thank them.
5. We aren't able to have a post race awards party right now
6. Above all, have fun.

PRIOR TO PACKAGE PICK UP: We will be starting you in small groups of no more than 30 with a time trial start; one runner every 10 seconds. Start times will be 10 minutes apart. The first time for the 15km is 8:30, for the 10km is 9:15 and for the 5km is 10:00. You must sign up for a start time before race morning. There is no need to sign up for the kids fun run, it will begin at 11:00. Sign up here:
<https://www.signupgenius.com/go/10C0D4DABAF28A5F8CE9-sprung1>

Please print, read and sign the Covid questionnaire and bring it with you to package pick up.
<http://bethereraces.com/btr/wp-content/uploads/2020/08/ST-runner-info-2020.pdf>

RACE START: The race starts at Stanley Park is at the 1a St and 42 Ave SW entrance. Please arrive no more than 15 minutes before your start time. Each start group will line up behind the start line along the distance markers and we will send you off one at a time every 10 seconds. You may start with somebody else if they are in your household or cohort. We will also have a "waiting zone" for the next group in line. It will also be marked for distance and will be on the grass adjacent to the start line. Once one group has all left the start line, the group in the waiting zone will be moved forward to await their start.

PARKING: There is very limited parking in the Stanley Park lot off of 42 Ave. Most of this lot will be used for volunteer parking plus the r starts through this lot. Parking is allowed along 42 Ave. There is quite a bit of parking in the lot in front of the pool accessible via Landsdowne Ave to 4a St. to Riverdale Ave. Parking is also allowed on the streets within that community. There is also a small lot at the end of Park Ave (from 4a St). We have put a map of available parking on the website which you can access here:
<http://bethereraces.com/btr/wp-content/uploads/2019/04/parking.pdf>

TOILETS: There are park washrooms right near the start line. We will have a table outside of the washrooms with hand sanitizer and wipes available. Please ensure you use sanitizer and/or take a wipe before you enter the washrooms.

SANITIZER: We will have hand sanitizer available on tables near the start and finish as well as at the washroom area.

WHILE RUNNING: Please ensure you maintain physical distance from others outside of your home at all times. When running, stay to the far right of the pathway or road. If you need to pass somebody, call out

“passing on the left” then proceed to pass if it is safe to do so. If somebody is coming the other way, please slow down and pass only when the way is clear. If you have been passed, drop back to maintain 2m of distance.

HYDRATION AND NUTRITION: Please carry any hydration or nutrition that you might need for your run as we are unable to have traditional aid stations at this time. We will have a “refill” station on the 15km at about the 8 ½ km mark. You will be able to take a 500ml bottle of water from the table and either keep it with you or use it to refill your personal bottle. There will be a bin for you to discard the empty bottle for recycling.

HEADPHONES: Please no headphones or earbuds. You need to be able to clearly hear the directions of marshals and others around you.

THE ROUTE: The 10 & 15 km will leave the start line through the parking lot, turn right at the pool then turn right onto the pathway. You follow the pathway until moving onto the sidewalk on Rideau Road. At the end of Rideau Road you will turn left and loop back toward Stanley Park at which point you will continue straight on the pathway toward Sandy Beach. Please use sidewalks where they connect pathways. The 10km will turn around in Sandy Beach (part way up the big hill) and head back to the finish. The 15 km will go up the hill to the turn around point. When back at river Park, the 15 km follows the 14a St edge of River Park to the paved path, along Crestview Road then across the Sifton Blvd bridge to join the 10km back to the finish. The dog and stroller friendly 5km will do the first loop only with an out and back section to start. Please consult the maps on our website. <http://bethereraces.com/spring-trio-5-10-15-km/route/>

The course will be marked with a combination of traffic cones and chalk arrows on the ground. If in doubt, look down. Course marshals will be in place to guide you through as well.

There are two residential sections that join pathways where you will be guided to stay on the sidewalk. Please stay on the sidewalk during these short stretches so you are not competing with parked cars and residential traffic. There is one out and back stretch on the 10km along Riverdale Ave where you will be directed to stay on the sidewalk on the way out and the road on the way back so that you can maintain distance from others. 15 km runners will be running on road for the last part of the out and back section. This stretch will be marked with cones. Please stay between the cones and the curb.

FINISH: The finish is in Stanley Park but not in the same location as the start so that we can keep you separated. You will finish by running along the parking lot and into the park from the north end by the baseball diamond to finish beside the lawn bowling courts. Volunteers will hand you water and your medal then please return to your vehicles. You will be able to linger for a short while so long as there aren't too many people gathered. There is plenty of space to remain distant.

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. You can check your times live at www.startlinetiming.com

KIDS FUN RUN: The kids will start at 11:00 and will run around the park which will be marked with pin flags. They will start and finish at the same location as the other distances.

AWARDS: There can be no awards this year. We will have some draw prized courtesy of Strides Running Store and will notify winners via email.