

Wintergreen Ekiden Relay and Solo Participant information package

Package pick up: Packages will be available for pick up at Strides Marda Loop (3566 Garrison Gate SW) between 4:00 and 7:00 pm on Thursday, October 15. We will be doing package pick up inside the store so to avoid crowding, please sign up for a package pick up window of time here: <https://www.signupgenius.com/go/10C0D4DABAF28A5F8CE9-ekiden>

We will allow 12 spots per half hour time frame. You may pick up for more than one team during your pick up window. If there are too many people in the store when you arrive, you will be asked to wait outside until the previous person is finished picking up. Please bring your masks.

You can also pick up your package at Strides Fish Creek on Friday but you must let us know in advance so your package can be taken there.

Those of you from out of town, if you have a team member in Calgary, please have them pick up on Thursday. If not, you will be able to pick up at Wintergreen on Saturday morning starting at 9:15. Please let me know if that is what you will be doing.

Waiver and Covid Questionnaire: Each team member will be required to fill out an online Covid Questionnaire and sign a waiver. Solo runners, your form is just a Covid questionnaire. It takes less than one minute to fill these out. Please ensure all of your team members receive this link and submit the form by 6:00 PM on Friday, October 16. Solo runners, also submit by the same deadline.

Questionnaire and waiver for all team members: <https://forms.gle/1uqwGHjzFE1wE9Zq6>

Covid questionnaire for solo runners: <https://forms.gle/X3gVGcSvRD7YEsvz8>

Arrival: Please do not arrive any earlier than 9:00. We will get you all settled into your parking spots as quickly as possible. Spectators are not encouraged at this time. The zones are specifically designed to work within current health guidelines vis a vis outdoor gatherings so we can't have additional people in the zones.

Parking and zones: We will have the parking lot at Wintergreen separated into four zones. Each team will have two parking spots within their zone with one spot left empty between each team. You can park one or two cars in your zone. We also encourage you to bring chairs to sit on outside and anything else that will make you comfortable. Please see the map for zone locations. Your team number corresponds with your zone – if your number starts with a 1, you are in zone 1. Solo runners, you will each have one parking spot with an empty one between you and the next person and you are all in zone 1. We will have volunteers on hand to assist with parking first thing.

We know you may have runners coming out just to run their leg then leave. You can rotate the cars in your zone spots if you like, just no more than two at a time.

Additional parking is available in the overflow parking area. Please try to car pool in two cars wherever possible. We know that some folks come out just to run one leg then return to the city so overflow parking is available in that situation.

Staying in your zone: Please stay within your own zone at all times except when running or preparing to run. There are groups with more than one teams and you can certainly mingle within your group. Outside of your cohort, please maintain distance from others and we strongly encourage mask wearing when you're moving about within your zone. Please don't cross over into other zones so we can maintain our gathering limits.

Timing: We are using reusable timing chips with one chip per team. Prior to race start, leg one runners will pick up the team chip. We will have markers on the ground for you to queue up with appropriate distancing and strongly encourage face coverings while in the queue. Once leg one runners have the chip, you may return to your zone to wait for the start. Runners for legs 2 through 5 will take a sanitizing wipe before taking the chip from the former runner. Use that wipe to clean the timing chip band and then discard it in the bin after your start. Race bibs for each team member are in the packages that will be picked up in advance. Please ensure that each runner is wearing the correct bib (they are marked with team number followed by leg number) and that bibs are visible to marshals and timing crew at all times.

Solo runners; please be sure you know which leg you are running at any time. There are a couple of spots where the marshals need to know which way to send you based on which leg you're running. Just call out the number to them as you approach.

Start: At 9:45 we will start to allow leg one runners to gather at the start line while maintaining distance from one another. At 10:00 we will start the race with one person leaving every 5 seconds. Solo runners will start first. Leg one has an out and back to the main road to start and is the only leg that will start in that direction. All other legs start heading north and finish heading south.

Toilets: Each zone will have one porta-pottie and there will be two additional toilets near the start/finish area. Please use the toilet only in you zone unless you are waiting to start your leg when you may use the ones at start/finish. There will be sanitizer outside of each toilet; please use it upon entry and exit.

King and Queen of the mountain: We have set up a Strava segment that you can use to time your trip up the ski hill if you're running leg 2 or 3 (and for solo runners). We'll have prizes for the fastest man and woman up the hill! There will also be a timing mat at the bottom and top so even if you don't use Strava, we'll know your time!

Massage/ART/Chiro: Our friends at Centennial Wellness will be on hand to treat you with massage, ART or a chiropractic consult (not treatment). Treatments are 10 minutes and there is one massage, two ART and one chiro spot available in each 15 minute time slot between 10:30 and 2:30. To avoid crowding, please sign up for your preferred treatment and time slot here: <https://www.signupgenius.com/go/10C0D4DABAF28A5F8CE9-massage>

Food and drink: We will be providing you with a light lunch of a sub sandwich and treat of some sort. You will be able to choose from ham, turkey or veggie for the subs. Team captains and solo runners, we will ask you to please provide your sandwich order at package pick up. If you're an out of town team picking up on Saturday or a team picking up at Fish Creek, please send in your sandwich order by Thursday at 7PM. The golf course drinks cart will be operational during the race and will tour the different zones offering beverages and snacks. Please have cash as the wifi doesn't always connect in the parking lot to run the Moneris machine.

While running, please plan on carrying any nutrition or hydration with you as we won't be setting up aid station. Ensure that you have everything you need for your team when you arrive.

Solo runners; we will have tables set up at the start/finish area for you to store any supplies you may need during your run. Extra food, drink, clothes – whatever you feel you need can be put there.

Running surface: The golf course cart paths are 80% packed gravel and 20% paved asphalt. The trail to the start of the ski hill is a dirt service road and the trail up the ski hill is single track. Going down the ski hill you will be on double track trail. Of course, it may all be covered in snow ☺

Route: Please review the route maps and have your runners review them. We have signage and marshals out there to guide the way. Leg three has one tricky spot that you pass by twice, once at the beginning and once on the way to run the ski hill. You'll need to communicate with the marshal there so you don't run the golf course twice ☺

Covid running guidelines: These guidelines follow all health regulations and may mean that you have to slow down occasionally to allow for safe passing. That's okay!

- Maintain 6' of physical distance at all times.
- Please, no headphones. It is critical that you are able to hear the direction of marshals and also each other.
- When you are passing another runner, call out "passing on your left" then proceed to pass while allowing distance. If there is a runner coming the other way, wait until the path is clear to pass.
- If you've been passed, please drop back slightly to maintain distance.
- Going up the ski hill you will be on narrow single track trail making it more difficult to pass. If you are being passed, please step off the trail to allow others to go by.

