

The Leftover Run
Monday, October 12, 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. If you did one of our events in August, you'll be familiar with the protocols. 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 Monday and they will help guide you through the 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 time trial fashion; one runner every 10 seconds. The 10km will start at 9:00 and the first start time for the 5km will be at 9:15. This is subject to change depending on registration numbers over the final few days. At this time, there is no need to sign up for a start time but that could also change.

COVID QUESTIONNAIRE: Please print, read and sign the Covid questionnaire and bring it with you to package pick up or fill it out and email it (preferred) to cheryl@bethereraces.com. Please do not send the form before Saturday. <http://bethereraces.com/btr/wp-content/uploads/2020/10/Screening-questionnaire-and-waiver.pdf>

RACE START: The race starts at South Glenmore Park, access off of 90th Ave SW. 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 a large parking lot at South Glenmore Park accessed via 90th Ave and 24th St SW. Should that lot become full there is also street parking on 90th Ave and some parking on 24th St between 90th Ave and the sailing club.

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.

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

THE ROUTE: Both distances leave South Glenmore Park and head toward Glenmore landing on the upper pathway from the sailing club. There is an out and back section and you return via the lower pathway. 5 km runners go around the splash park to finish back where you started. 10 km runners carry on to the west above the reservoir to another turn around point before returning the same way to the finish.

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. Please check the maps on our website at: <http://betherreraces.com/leftover-run/leftover-run-route/>

FINISH: The finish is South Glenmore Park in the same location where you started. Volunteers will hand you water and you can choose 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

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.