

**Last Chance half marathon and 10km**  
**Sunday, November 8, 2020**  
**Race day info**

**GENERAL PROTOCOLS AND GUIDELINES:**

We've had a few races now during this pandemic and our Covid protocols have been working well with the cooperation of everybody. Some of you have done one of our races already so this will be familiar. If this is your first "Covid" race most of the protocols will seem like current common sense. Above all, we want you all to have fun and be safe. 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 35 with a time trial start; one runner every 10 seconds. If you are running with a friend or family member who is in your cohort group, you will be allowed to start together. Start times will be 10 minutes apart. The first time for the half marathon is 9:30. We ask that runners who predict a finish time longer than 2 ½ hours choose the earliest start time. Runners with a predicted time of less than 1:45, please choose a start time of 10:00 or later. The first start time for the 10km will be 10:30 and, again, please choose an earlier start time if you predict a finish time longer than 1:15. We would like to have you all finished by 12:30 if possible. You must sign up for a start time before race morning. Please do not arrive at the start area more than 15 minutes before your chosen start time. Sign up here:

<https://www.signupgenius.com/go/10C0D4DABAF28A5F8CE9-last1>

**COVID SCREENING AND ACKNOWLEDGMENT OF INSTRUCTIONS:** You must fill out the Covid questionnaire online which also includes and acknowledgement of having read this document. The link to fill it out can be found here: <https://forms.gle/qc3B3ww6HcVoZ3DLA>  
Please fill it out before arriving for package pick up but no earlier than Friday morning.

**RACE START:** The race starts in North Glenmore Park just west of the parking lot at 66<sup>th</sup> Ave and 37<sup>th</sup> Street. 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 parking in the lot at 66<sup>th</sup> Ave and 37<sup>th</sup> Street. There are also parking lots within North Glenmore Park not far from the start/finish. Parking is also allowed along 66<sup>th</sup> Ave. Please see the venue map including parking here:

**TOILETS:** There are toilets in the parking lot at 37<sup>th</sup> St and 66<sup>th</sup> Ave. 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 for the half marathon near the turn around point. 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 route is a direct out and back mostly on pathways. There is a stretch along residential roadway (please stay within the cones) which also includes the 10km turn around point. Half marathon runners will go through two communities where you will be on the sidewalk. Volunteers will be present to help guide you. We will also have traffic cones and arrows to help you find your way. The pathways that we use are on the snow clearing route but please be prepared if there is snow on race morning or the night before. Maps can be found here:

**FINISH:** Volunteers will hand you water and your medal then please return to your vehicles. You will be able to linger for a short while as 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](http://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.