

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 14. We will be doing package pick up inside the store and will need to respect store capacity limits so please be prepared to wait outside if inside limits have been reached. Don't forget your mask!

You can also pick up your package at Strides Fish Creek on Friday but you must let us know by 4:00 pm on Thursday 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.

Vaccine screening or negative test: Team captains, please remember to send a copy of vaccine cards for all team members to chery@bethereraces.com, preferably before package pick up on Thursday. If you do not send them in advance, you will be asked to show copies at package pick up. Solo runners, you can show your cards at package pick up. If you do have runners who are unvaccinated, they can show proof of a negative test on race morning. We will also have rapid testing available on site at a cost of \$50.

Team waivers: Each team member is required to sign an online waiver. Team captains (and solo runners), you signed upon registration so only need to get the rest of your team to sign. Please ensure all of your team members receive this link and submit the form by 4:00 PM on Thursday, October 14 <https://forms.gle/wt7aiuXjkb6X2>

Parking: We encourage you to arrive in no more than two vehicles per team. We will allow two vehicles to park in the "main" parking area with a small amount of overflow for extra vehicles. Each team will be allowed a max of three spots in the main parking area – two for vehicles and one to set up. Please be sure, when parking, that you allow an extra space for the teams next to you. We also encourage you to bring chairs to sit on outside and anything else that will make you comfortable. Last year people brought tents and portable fire pits. Anything that will fit within your parking area and makes you comfortable outside is perfectly fine. There will be no indoor space available for mingling or waiting. Solo runners, you will get preferred parking right by the start/finish line so that you can easily access any supplies you need during your run.

Washrooms: The lower level of the clubhouse will be open for washroom access only. There are also two washrooms in the snack shack which will be available. Indoor space is not for mingling or congregating, only for washroom access. Masks are required when indoors. .

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. Once leg one runners have the chip, you may return to your team space to wait for the start. Sanitizing wipes will be available at the start/finish/transition

zone for you to use prior to handing over the chip if you like. The chip is handed from one runner to the next as you go through the legs. 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 your 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!

Food and drink: We will be providing you with a BBQ lunch from the award winning Notorious P.I.G. (brought to you by Tool Shed Brewery). We do have a vegetarian option 😊 The food truck will be on site with food service starting at 11:30 and carrying on until you've all been fed! You will receive five meal tickets in your race package which you will present to receive your lunch.

Tool Shed beer will be available for \$5.00. You can buy beer tickets in advance at package pick up or on site. Wifi and cellular coverage can be spotty at Wintergreen so, if purchasing on site, please try to have cash in case our point of sale won't work.

While running, please plan on carrying any nutrition or hydration with you as we won't be setting up an aid station on course. We will have water available in the start/finish area.

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: We've made small changes to legs 2 & 4. More of the golf course has been added to get us closer to the full Ekiden distance of 42.2km. These two legs are now 2km longer than originally thought. Please review the route maps and have your runners review them. We have signage and marshals out there to guide the way.