

**Last Chance Half Marathon**  
**Sunday, November 14, 2021**  
**Participant Info**

**COVID PROTOCOLS:** You will be required to wear a mask whilst indoors at package pick up. Proof of vaccine and ID or a negative test will be required to access the community centre and the post race food/beer tent. We will pre check vaccine cards at package pick up and indicate on your bib that you have been pre checked. This will eliminate the need to show your cards on race day and allow you free travel in and out of the controlled spaces. Volunteers will be stationed at the doors to check vaccine cards for any people not pre checked as well as any spectators. Please be prepared, patient and respect our volunteers who will be checking your cards.

**WASHROOMS:** There are washrooms on the main floor of the community centre. These washrooms also have change rooms. Post race there are two additional washrooms in the community centre space we have access to. As these are within the indoor space, please be prepared to show your vaccine cards.

**RACE PACKAGE PICK UP:** package pick up is at Strides Running Store, Marda Loop (3566 Garrison Gate SW) on Saturday, November 13 between 10:30 and 4:00. In order to reduce congestion, you must sign up for a package pick up window of time. You can pick up more than one package, just be sure to indicate how many spots you are taking. [Please click here to register for your time.](#)

**RACE START:** The race starts at the North Glenmore Park Community Centre which is located at 2231 Longridge Drive SW. We have a 9:30 start for half marathon participants who plan on taking longer than 2 ½ hours to complete the race. Please do not start at 9:30 if you are much faster than that as course marshals will not yet be in place. The main half marathon group will start at 10:00 with all 10km runners starting at 10:15. Please note, this is a change from the original time of 10:00 for the 10km. With an influx of late registrations, we have decided to split the starts to reduce congestion on the pathways at the beginning of the race.

**BAG CHECK:** We will have an area outside for you to store gear bags while you run. Look for the big Centaur Subaru tent. Please make sure your name is on your bag for easy identification. You can leave your bag with the volunteers at the late check in table.

**PARKING:** There is limited parking on site at North Glenmore Park Community Centre. You can also park in the lot at the Calgary Girls Charter School next door to the community centre. There is also plenty of street parking throughout the community.

**THE ROUTE:** both the half marathon and 10km routes are direct out and back, starting on the grassy area beside the community centre and heading onto the pathway that parallels Glenmore Trail. You will follow the path past the Rockyview hospital, through Eagle Ridge, past Heritage park and along the reservoir. The 10km will turn around between Glenmore Landing and the Calgary sailing club. The half marathon continues along the reservoir turning south to cross under 90<sup>th</sup> Ave and run on the pathway along Oakridge continuing to the turn around point near Anderson Road. There will be marshals to help guide you as well as directional signage along the way. Chalk arrows will also be on the pavement so, when in doubt, look down! [Route maps can be found on our website by clicking here.](#)

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

**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 with timing chip visible. Do not attempt to use the timing tag with any other device.

**AID STATIONS:** There will be two aid stations on course. One at approximately 4km with water only. All runners will pass by this station twice. The second aid station will be at about 8.5 km on the half marathon. This station will have water and Gatorade. Half marathon runners will pass this station twice giving you a total of four stations over the route.

**POST RACE BBQ & BEER:** Your post race BBQ is provided by the Notorious P.I.G food truck serving award winning pulled pork, Louisiana chicken and a vegetarian smoked sandwich option. You will see the food truck at the north end of the parking lot. Please head over whenever you're ready for your meal; your race bib is your meal ticket. Beer will be available for purchase for \$5.00 – please bring cash. You can also purchase an extra meal ticket for spectators. You will see ticket and beer purchase set up between the food truck and the big blue Centaur Subaru tent. You can only consume beer within the tent or inside the community centre. We have access to community centre space on the second level so please feel free to take your meal and beer inside if you wish. Remember, you need to show proof of vaccine to enter either the community centre or the tent.

**POST RACE MASSAGE AND A.R.T.:** Centennial Wellness will be on hand to provide post race massage and A.R.T. They will be set up inside the community centre.

**AWARDS:** We have medals for the top three finishers in each age group broken into 10 year categories. Awards will take place inside the community centre beginning at approximately 11:30 for the 10K and 12:15 for the half marathon. Draw prizes will be pre-drawn so please check with our volunteers as you enter the community centre to see if you've won a prize.