

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 13.

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.

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 13 [Waiver link can be found here.](#)

Team roster: Team captains, [please follow this link to enter your team roster.](#) You will need to know your team number [which can be found here.](#)

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 for washrooms only.

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: All leg one runners will start at 10:00 AM

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. 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.