

**Spring Trio 5, 10 & 15 km
Run the Bridges
Sunday, April 16, 2023
Participant Info**

PACKAGE PICK UP: Will be at Strides Running Store, Marda Loop on Saturday, April 15 from 10:30 – 4:00. You will be asked to sign up for a package pick up window of time. The link to sign up will be sent out one week before package pick up.

RACE START: The race starts at Stanley Park at the 1a St and 42 Ave SW entrance. The 10 & 15 km distances will start at 10:00 with the 5 km starting at 10:15. The fun kids race will start after the other distances are done at approximately 11:30.

PARKING: There is very limited parking in the Stanley Park lot off of 42 Ave. Most of this lot will be used for volunteer parking plus the race starts and finishes through this lot. Parking is allowed along 42 Ave. There is quite a bit of parking in the lot in front of the pool accessible via Landsdowne Ave to 4a St. to Riverdale Ave. Parking is also allowed on the streets within that community. There is also a small lot at the end of Park Ave (from 4a St). We have put a map of available parking on the website which you can access here: <http://bethereraces.com/btr/wp-content/uploads/2019/04/parking.pdf>

THE ROUTE: The 10 & 15 km will leave the start line through the parking lot, turn right at the pool then turn right onto the pathway. You follow the pathway until moving onto the sidewalk on Rideau Road. At the end of Rideau Road you will turn left and loop back toward Stanley Park at which point you will continue straight on the pathway toward Sandy Beach. Please use sidewalks where they connect pathways. The 10km will turn around in Sandy Beach (before the big hill) and had back to the start/finish. The 15 km will go up the hill to the turn around point. When back at River Park, the 15 km follows the 14a St edge of River Park to the paved path, along Crestview Road then across the Sifton Blvd bridge to join the 10km back to the finish. The 5km will do the first loop only with an out and back section to start. Please consult the maps on our website. <http://bethereraces.com/spring-trio-5-10-15-km/route/>

The course will be marked with a combination of traffic cones, tri pod red arrows and chalk arrows on the ground. If in doubt, look down. Course marshals will be in place to guide you through as well. There are two residential sections that join pathways where you will be guided to stay on the sidewalk. Please stay on the sidewalk during these short stretches so you are not competing with parked cars and residential traffic. 15 km runners will be running on road for the last part of the out and back section. This stretch will be marked with cones. Please stay between the cones and the curb.

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 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.

AID STATIONS: There will be one station on the 5km course which all distances will go past. There will be one aid station on the 10km course which you will pass twice. 15k will pass the 10km aid station twice as well. The 15km will have an additional aid station which you will pass twice. So, one aid station for the 5km runners, total of three for the 10km runners and total of five for the 15km runners. Aid stations will have water only which will be available in cups or to fill your own bottle. If you require nutrition other than water, please carry it with you.

POST RACE: We will have a post race lunch for you and beer available.

Sore? Achy? Injured? Stop by the Competitive Edge tent either before or after your race in order to receive a hands on free mini treatment! Competitive Edge Sport Therapy specializes in helping active adults and athletes feel their best regardless of what their bodies throw at them.

AWARDS: We have finishers medals for everybody. There are also award winner medals for top three in each 10 year age group. Awards will take place by the finish line as each race is completed. Strides will be handing out draw prizes so listen for your name!