

## Spring Trio Trail

Wednesday, April 26 6:00 p.m.

Sandy Beach

**Parking:** Sandy Beach is accessed via 50th Ave at 14A Street SW. Drive through the off leash dog parking lot and follow the road to the bottom of the hill. There is lots of parking down there where you will also see our start/finish arch set up. If parking down below becomes full, there is overflow parking in the dog parking lot and also along 14A St or 50<sup>th</sup> Ave.

**Late package pick up:** Package pick up will be at Sandy Beach before the race starting at 5:00PM.

**Race course:** The course is mostly single track trail with some pathway as the trails connect. The first 500m or so is on bike path before you move onto trail after crossing the Sandy Beach bridge. The course will be marked with pin flags and arrows at corners or entrances to trails. Blue flags will be out for the 3 km course (which is part of all distances). The 8 km breaks out shortly after the first big climb out of Sandy Beach and will be marked with orange pin flags. The 5 km continues along the dog park after the 3km returns to the finish and will also be marked with orange pin flags. So . . . 3 km people – follow blue flags only; 5 & 8 km people follow a combination of blue and orange flags. Flags will be on the right hand side of the trail you're meant to follow. Where flags are on both sides of the trail (5 & 8 km sections only) you are doing an out and back bit. Marshals will be in place where distances split off from each other.

**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 Station:** There will be one aid station on course which all distances will pass at about the 2km mark which is at the top of the first hill. 8 km runners will be able to take advantage of the station again at about the 5 km mark. The aid station will have water in cups or you can fill your own bottle.

**Post race:** We will have a light meal of Mr. Sub sandwiches with chips for you after your race.. Your first Tool Shed beer is also included in your entry fee so be sure to stop by the small beer garden as well!

**Awards:** We have prizes for the top male and female in each distance.