

Last Chance Half Marathon
Sunday, November 12, 2023
Participant Info

WASHROOMS: There are washrooms on the main floor of the community centre. These washrooms also have change rooms. You are welcome to be inside the community centre before and after the race. We are able to use the hallways and classroom space on the lower level.

RACE PACKAGE PICK UP: package pick up is at Strides Running Store, Marda Loop (3566 Garrison Gate SW) on Saturday, November 11 between 11:30 and 3:30 (after Remembrance Day ceremonies). In order to reduce congestion, we ask you to 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. The link for package pick up registration will be emailed one week before the race.

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.

BAG CHECK: We will have an informal area outside for you to store gear bags while you run. Please do not leave anything valuable. Bags can be left at the timing tent.

PARKING: There is very limited parking on site at North Glenmore Park Community Centre with other groups also using the facility. 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. Please be careful not to block any resident driveways.

THE ROUTE: both the half marathon and 10km routes are direct out and back, starting on the grassy (snowy?) 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 90th 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 (weather permitting) so, when in doubt, look down! [Route maps can be found 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 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 two aid stations with water only 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. Half marathon runners will pass this

station twice giving you a total of four stations over the route. If you require additional nutrition, please carry it with you.

POST RACE FOOD & BEER: Lunch (sub sandwiches and snacks) is included in your entry fee as well as a Tool Shed beer! You can only consume beer inside the community centre. We have access to community centre space in the hallway and main floor classroom area. Beer and lunch will be available inside.

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.