Wintergreen Ekiden Relay

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 17.

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 9:00.

**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 19 [Waiver link can be found here.](https://forms.gle/HaTCXqit47rYuM347)

**Team roster:** Team captains, [please follow this link to enter your team roster.](https://forms.gle/qv3vAEF4QhTNs6or5)

**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. 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.

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

**Food and drink:** Lunch is being provided by Jewels Pizza and your race bib is your meal ticket.

Annex 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.

**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.

**Route:** All legs run around the golf course following the cart path with two legs also going over the old ski hill on trails (tough climbing for 1km). Please review the route maps and have your runners review them. There is signage along the golf course with marshals helping get between golf course and trails.