

**Spring Trio 5, 10 & 15 km
Run the Bridges
Sunday, April 13, 2025
Participant Info**

PACKAGE PICK UP: Will be at Strides Running Store, Marda Loop (3566 Garrison Gate SW) on Saturday, April 12 from 10:30 – 1:0. Please sign up for a package pick up window of time here: <https://www.signupgenius.com/go/10C0D4DABAF28A5F8CE9-56118123-spring>

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 most of the adults are finished 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 courses are different this year due to construction on the 4th St/Rideau bridge. All distances will start by turning left and running through the parking lot onto the pathway. You then proceed around the swimming pool and turn right on the path to follow the river into Rideau. You will turn left, cross the pedestrian bridge and make a loop around Gerry Shaw park before returning to the bridge along Elbow Drive where you will find the first aid station. All distances run back the same way and proceed to their turn around points. 10 & 15km runners will be turning right over the bridge at Sifton Blvd then proceeding up the path and Crestview Road to arrive in River park. The 10km turn is near the south end of River Park. 15km runners keep going along Lakeview golf course to the turn on Langrville Drive. 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 Annex beer available.

AWARDS: We have finishers medals for everybody. There are also award winner medals for top finishers in each distance. Awards will take place by the finish line as each race is completed.