



Participant Guide - March 15, 2020

Day Light Savings Time Change March 08th Spring Forward

➤ Race Package Pick-up

- Thursday March 12th 5-8pm --Strides Running Store 3566 Garrison Gate SW - Marda Loop
- Friday March 13th 5-8pm --Strides Running Store 3566 Garrison Gate SW - Marda Loop
- Saturday March 14th 9am-4pm -- Strides Running Store 1119, 380 Canyon Meadows Drive SE
- Sunday 7:15am Out of Town Participants only please - Central Memorial School
**Race packages will not be available before the listed times **

➤ Race Location and Start Times

- Central Memorial High School - 5111 21st Street SW (Crowchild Trail and 50th Ave SW)
- 10km
 - 9:00am
- 5km
 - 9:20am

➤ Race Timing

- The St. Patrick's Day Road Race is Chip Timed - race results will be located after the race on www.calgaryroadrunners.com or www.racepro.ca You also should receive a text to your cellphone if you signed up for it with your results.

➤ Parking

- There is limited parking at, Central Memorial High School (5111 21st Street SW) and in the community neighbourhood surrounding the race location. Please be courteous to the residents if you plan to park on the street. Also watch for No-Parking zones, as you will be ticketed and towed.

➤ **Race Morning**

- Allow 45 minutes to 1 hour before your race start. Be aware when arriving of the earlier race starts and allow for slower traffic
- There is no bag check - but you can leave your belongings in the gym
- Washrooms
 - Washrooms are located in the school - there will be more than one set open, please watch for signs.
- Late Registration and package pickup
 - Volunteers will be located in the main lobby of the school starting at 7:15am
 - Shirt sizes are not guaranteed- Please allow extra time to pick-up your package

➤ **Aid Stations**

- The 10km will have one (1) aid stations located approx 4.25km and 6.5km (out and back)
- Finish Line - will have bottled water, and Ultima,- please stay hydrated through-out the race and afterwards

➤ **Medical**

- Medical support is provided by Aaron Paramedical at the finish line. If you require medical assistance, please either a course marshal, or an aid station volunteer and they will assist you in contacting a race official.

➤ **Post-Race Celebrations**

- Our postrace meal will begin serving at 9:30am
 - We will be serving Beef Stew, Vegetarian Chili, Cobs Bread, and Lucky Charms Cereal
- On your race bib you will have a breakfast ticket attached, please bring this with you
- Extra stew tickets can be purchased at race package pick-up or at late registration for \$10 each - if you have family members not running, please pre-purchase a ticket for them

➤ **Beer Sales**

- Village Beer will be available for sale \$5.00 per bottle- **You must be 18 Years or older to purchase and consume alcohol**

➤ **Race Awards**

- Cash awards are given to the top 3 overall male and female in the 10km
- Age group awards are given out in all races in 10 year intervals. The awards will be given out as close to the following times as possible
 - 5km 10:30am
 - 10km 10:45am

➤ **Win Your Weight In Village Beer Draw**

- We will have two draws for the Win Your Weight In Village Beer
 - Women - to be drawn after the 5km awards
 - Men - to be drawn after the 10km Awards
- *You Must be 18 years of age to enter the draw, and must be present to win*



➤ **Best Costume Award**

- \$100 Strides Gift Card to the best Costume!

➤ **Massage and Chiropractic**

- Kinetic Sports Performance will be on site offering Chiropractic treatments - stop by the gym and see Dr. Darren Yick and his team!



➤ **Photo Booth**

- There will a selfie photo booth for you to take photos at. Bring your camera and use the props! Share on Facebook and Twitter - Spread the fun!



➤ **Volunteers**

- We can always use volunteers - not running? know of someone who can help? Visit <https://raceroster.com/events/2020/26968/the-original-st-patricks-day-road-race>
- Click on Volunteer on the left hand side
- Awesome T-Shirt and post-race stew
 - "Race four events - Volunteer at one"

➤ **Sponsors - We could not do the race without our sponsors**



- **Planet Foods**
 - Supplying all on course food and drinks, Honey Stinger gels and chews, Waffles, Ultima Replenisher



- **New Balance**

- Official shoe and clothing supplier of the Original St. Patrick's Day Road Race



VILLAGE

BREWERY

- **Village Beer**
 - Sponsor of the Win Your Weight in Beer prize



- **Stoked Oats**
 - Proud sponsor of the St. Patrick's Day Road. Sampling their Stoked Oats

- **Cobs Bread** **COBS BREAD**
 - Proud sponsor of the St. Patrick's Day Road Race They will also be sampling some of their delicious breads on race day



- **XL 103**
 - Proud Media Sponsor

- **Strides Running Store**



Strides

RUNNING STORE inc.

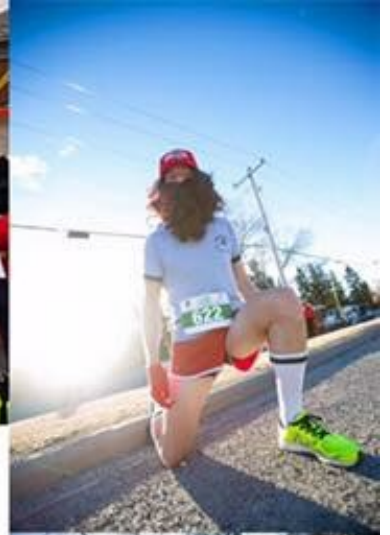
- - Come visit Jeremy and his crew - if you want a store that is knowledgeable about running and sport - this is the store for you. 3566 Garrison Gate SW and 380 Canyon Meadows Drive SE

- **Charities the St. Patrick's Day Road Race supports**
 - Diabetes Canada (formerly Canadian Diabetes Association)
 - Calgary Road Runners



**TEAM
DIABETES**

Thank you for your support of the St. Patrick's Day Road Race! See you on race day!



The Original
St. Patrick's
Day Road Race

