

# Race Day Fool's Guide



<p><b>Start Line</b> </p> <p>The start line is 300m up Park Road. Look for the big inflatable arch. You'll be running away from the rec centre, up the hill.</p>	<p><b>Start Time</b> </p> <p>The main start time is 9:17am. The early start for walkers and finishers over 3 hours is 8:17am.</p>	<p><b>Bib &amp; Chip</b> </p> <p>Pin your bib to your chest. Make sure it is clearly visible at the finish. Timing chip is on the back of the bib. Do not fold or crumple.</p>
<p><b>Gear Check</b> </p> <p>Label your bag &amp; put in the gear check van parked in front of the rec centre. Use bib tear-off &amp; stapler (in room 209). Retrieve from van at finish area.</p>	<p><b>Toilets</b> </p> <p>Indoor toilets in the community centre; portapotties on course at each aid station, relay exchange 3, and finish; indoor toilets 150m past the park (beach parking area).</p>	<p><b>Relay Buses</b> </p> <p>Relay/spectator buses leave the Comm. Centre at 9:10am &amp; 9:40am, make 2 round trips to the finish, via the highway, stopping closest to each exchange.</p>
<p><b>On the Course</b> </p> <p>Aid stations @ 5.5k, 11k, 15k, 18.5k. Water &amp; Gatorade available. No dogs, bikes, or wheels. Baby joggers on legs 1 &amp; 2 only. Earbuds: keep volume low or 1 ear only; or none!</p>	<p><b>Race Photos</b> </p> <p>Look for our photographers on course and at the finish line, and smile! Make sure your bib is clearly visible. All photos will be available FREE online within a week of the race.</p>	<p><b>Awards &amp; Prizes</b> </p> <p>Finisher medals at the end. Pick up age group and relay awards and draw prizes at the Awards table beside the stage. Overall awards presented on stage starting at 11:20am.</p>
<p><b>Buses to Gibsons</b> </p> <p>Free shuttles from beach parking lot to Gibsons &amp; 1:05/3:15 ferries. Last bus from finish line at 1:20. Last bus from Cedars Inn at 2:00 for 3:15 ferry.</p>	<p><b>Food &amp; Drink</b> </p> <p>Coffee, soup, fruit, bagels and more under the tents beside the finish line. For runners and volunteers only. Spectators please buy coffee/food in Davis Bay.</p>	<p><b>Changing/ Showers</b> </p> <p>Changerooms at Davis Bay Beach. Showers at Gibsons Community Centre (small fee may apply).</p>