



April 27, 2019

RACE INFORMATION

Bib Pickup

- at Merrickville Community Centre, 106 Read Street
- **Friday evening, April 26, 2019: 5:00 – 8:00 pm**
- **Saturday morning, April 27, 2019: 6:30 am – 7:45 am**
- Race is being chip timed so bibs must be worn on the front with the numbers visible

Registration

- On-Line registration closes April 25th.
- In person: Friday 5:00-8:00 pm or Saturday 6:30-7:30 am -CASH ONLY.

Race Times – staggered starts

- 8:00 a.m: 10K
- 5K and 2K to follow

Race Start and Finish/ Bag Drop:

- Start, Finish and Bag Drop is at the Merrickville Community Centre

Road Closures

- Street Closures will take place along the race route starting at 7:30 a.m.

Race Results

- Will be posted at the Community Centre
- Available online at runninggoattiming.com or run-merrickville.ca.



Medal Presentations

- Medals will be presented after the race in the community centre.
- 1st, 2nd, and 3rd places, male and female, in 5K and 10K will receive a medallion.
- All entrants will receive a participant medallion.

Post Race Food

- Snacks and water will be available at the Community Centre.

Washrooms:

- Available at the Community Centre
- For 5K, 10K: Portable toilets will be available at the first water station.

Water Stations

- Will be on the route.

Aid Stations:

- First Aid will be available at the Community Centre.
- Mobile Aid station will be available on the route.

Distance Markers

- Race course will be marked with kilometre markers

Yoga, Massage

- Massage and Mini Yoga Stretches are available after the run.

Camping

- Camping will be available at the Merrickville Lions Club Campground.

Pets

- Pets not permitted for safety and insurance reasons.

Chip Times provided by Running Goat Timing
Online registrations provided by Race Roster