



April 27, 2019

8:00 am

## 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 25<sup>th</sup>.
- In person: Friday 5:00-8:00 pm or Saturday 6:30-7:30 am -CASH ONLY.

### Race Times – staggered starts

- 8:00 am: 10K
- 5K and 2K to follow

### Race Start and Finish/ Bag Drop:

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

### Course Maps:

- Please familiarize yourself with the route at [www.run-merrickville.ca/course-maps/](http://www.run-merrickville.ca/course-maps/)

### Road Closures

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

### Emergency Plan: Significant Weather Event

- Committee member will be monitoring weather in days leading up to and including race day.
- Race director with Fire Chief will decide cancellation / delay of race

### Race Results

- Will be posted at the Community Centre
- Available online at [runninggoattiming.com](http://runninggoattiming.com) or [run-merrickville.ca](http://run-merrickville.ca).

### Medal Presentations

- Medals will be presented after the race in the community centre.
- 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> 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.
- Thank-you to local businesses Nana B's Bakery for their store-made Scones and Merrickville Food Market for Bananas.
- Thanks to Dairy Farmers of Ontario for the Chocolate Milk.

**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

**Pets**

- Pets not permitted for safety and insurance reasons.

**Transfers and Refunds:**

- We are able to accommodate event changes (2K, 5K, 10K), just ask.
- Once registration has been completed and paid, refunds are not issued.
- We are able to transfer your registration to another runner, contact us with the request.

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