



April 25, 2020

8:00 am

RACE INFORMATION

Bib Pickup

- at Merrickville Community Centre, 106 Read Street
- **Friday evening, April 24, 2020: 5:00 – 8:00 pm**
- **Saturday morning, April 25, 2020: 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 23rd.
- 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/

Road Closures

- Street Closures will take place along the race route 7:30am – 11:00am
- Roads will be closed at 7:30 am. Runners need to be off the course by 11:00am
- Any runner still on the course after 11:00 will need to move off the travelled portion of the road, walk or run facing traffic, and obey all traffic safety rules.
- See more information at www.run-merrickville.ca/road-closures/

Emergency Plan: Significant Weather Event

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

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.
- Thank-you to local businesses for their donations of food and drink.

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 do not issue refunds.
- We are able to change your event (2K, 5K, 10K), and
- We can also transfer your registration to another runner; contact us with the request.

Virtual Run:

- Can't run with us here on Race Day?
- Register for a Virtual Run.
- Then track your run with your smart phone or other tracking device. Email the results to us at runmerrickville@gmail.com
- See more information at www.run-merrickville.ca/virtual-run/

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