



April 29, 2023

8:00 am

## RACE INFORMATION

### Bib Pickup

- at Merrickville Community Centre, 106 Read Street
- Friday evening, April 28, 2023: 5:00 – 8:00 pm
- Saturday morning, April 29, 2023: 6:30 am – 7:45 am

### Late Registration

- In person: Friday 5:00-8:00 pm or Saturday 6:30-7:30 am -**CASH ONLY**.

### Race Details

- Start/Finish and Bag Drop is at the Merrickville Community Centre
- Race is being chip timed so bibs must be worn on the front with the numbers visible
- Race Times – staggered starts:
  - 8:00 am: 10K
  - 5K and 2K to follow

### 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 7:30am – 11:00am
- 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 and walk or run facing traffic, and obey all traffic safety rules.
- See more information at [www.run-merrickville.ca/road-closures/](http://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
- Stay up-to-date with Run Merrickville Facebook's page and website [www.run-merrickville.ca](http://www.run-merrickville.ca)

### Race Results

- Will be posted at the Community Centre
- Available online at <https://runninggoattiming.com> or [www.run-merrickville.ca](http://www.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 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:**

- There will be NO registration refunds.
- You can change your event (2K, 5K, 10K), and
- You can transfer your registration to another runner; email [runmerrickville@gmail.com](mailto:runmerrickville@gmail.com) 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. Results can be entered via race roster. Instructions will be emailed prior to race day.
- See more information at [www.run-merrickville.ca/virtual-run/](http://www.run-merrickville.ca/virtual-run/)

Chip Times provided by Running Goat Timing

Online registrations provided by Race Roster