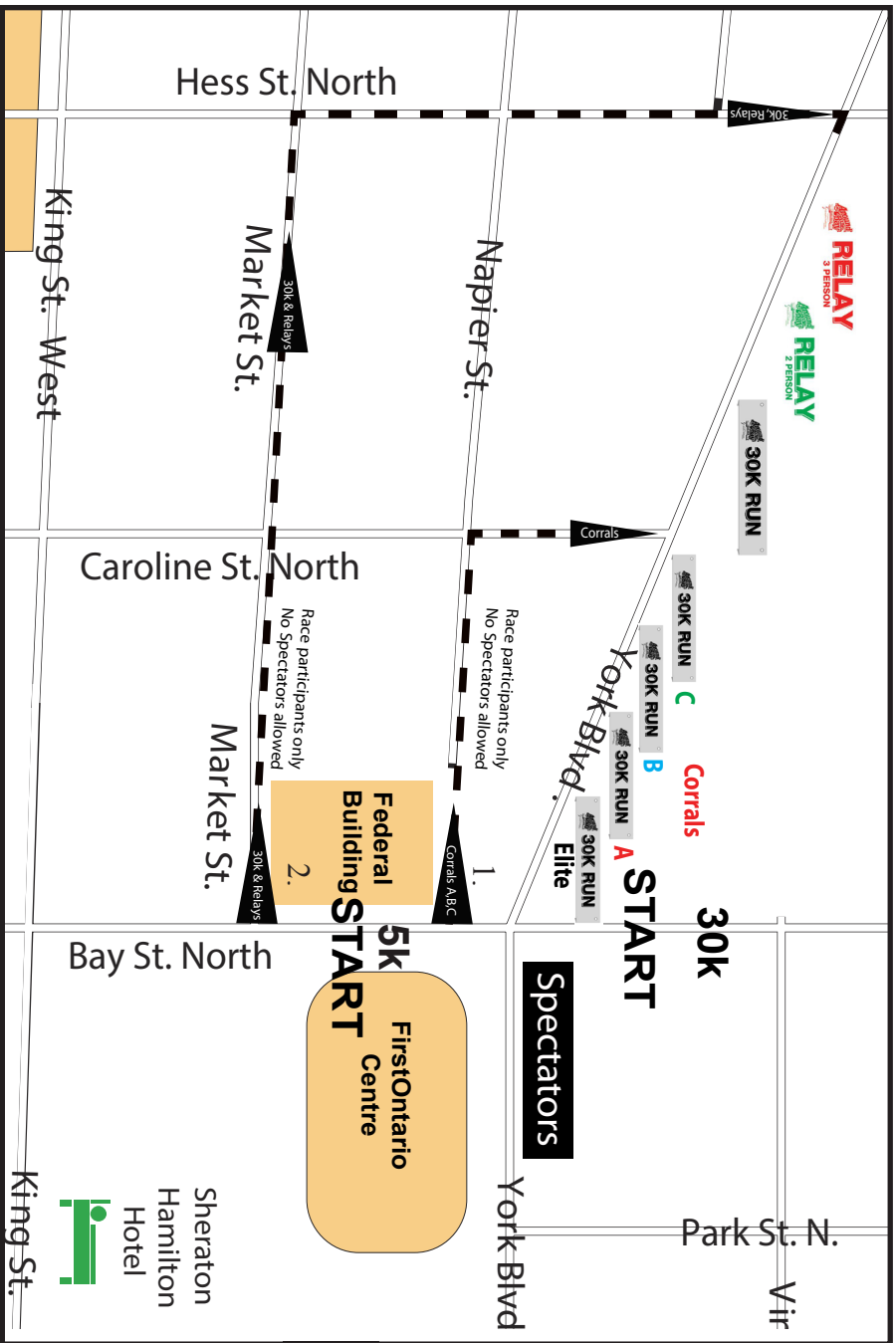




PLEASE PRE-ARRANGE A POST RACE MEETING PLACE WITH FAMILY & FRIENDS.
 E.G. SECTION XXX IN FIRSTONTARIO CENTRE. After finishing the race, runners will be directed to the concourse level of FirstOntario Centre and into the seating area. Hamilton Fire Dept. rules prohibit standing/waiting in the lobby and the area at the top of the steps on the concourse



How to get to the start!

NO SPECTATORS ALLOWED WITH PARTICIPANTS GOING TO THEIR ASSIGNED CORRALS. ALL SPECTATORS MUST STAY EAST OF BAY ST. ON YORK

30K start line is on York Blvd. at Bay St.
5k start line is on Bay St. just south of York Blvd.

All participants MUST follow the below directions to get to their assigned starting area or corral. If you have a running partner and wish to run together you must go to the corral of the slower seeding time.

Start Times:	
30k & Relays	9:30am
5k	9:45am

Any questions regarding corral placement must be presented to the HELP DESK Fri./Sat. **NOT RACE MORNING!**

CORRALS:
 If you have a bib for Corral Red/A, Blue/B, or Green/C please proceed to the north side of the Federal Building (#1 on the map) across from FirstOntario Centre and proceed west on Napier and then north on Caroline St. to the Corral entrance.

Washrooms: FirstOntario Centre and portable toilets at or near water stations

30Km White/Grey & RELAYS:
 If you have a 30k White/Grey bib or 1st runner of a Relay, please proceed west on Market St (#2 on map) and then north on Hess St. to York Blvd. Please position yourself according to the posted SEEDING TIMES.