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 stairs.

How to Get to the Start!

5K: 8:45am
30K & Relays: 9:30am

Start Time:

Posting Seeding Times:

Please position yourself according to the #2 on map (and then north on Hess St to York St on a heels, please proceed west on Market St. If you have a 30K White/Grey bib or Jst Runner, please head to the corner of St. Peets and York and then north on Caroline St.

If you have a bib for Corral 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 Market St. 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 Market St.

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 Market St. 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 Market St.

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

5K Start Line is on Bay St. at Bay St.

30K Start Line is on York Blvd.

Spectators: 30K & RELAYS: If you have a 30K White/Grey bib or 1st runner of a Relay, please proceed west on Market St. and then north on Caroline St.

1. If you have a bib for Corral A begins at York Blvd. at Bay St.
2. If you have a bib for Corral B begins at York Blvd. at Bay St.
3. If you have a bib for Corral C begins at York Blvd. at Bay St.

See posted seeding times. Please position yourself according to the corner of the street.

If you have a running partner and wish to run together you must go to the corner of the street.

Spectators: No Spectators allowed with participants going to their assigned corral. All Spectators must stay east of Bay St. on York.

All participants must follow the below directions 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.

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