



Start Times:

9:30am
30k Run/Relays

9:45am
5k Run/Walk

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 BLVD.

The 30k start line is on York Blvd. at Caroline St. N.

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 slowest seeding time.

Any questions re corral placement must be addressed at 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 across from FirstOntario Centre and proceed west on Napier and then north on Caroline St. to the Corral entrance.

ONLY DESIGNATED CORRAL BIBS WILL BE ALLOWED ENTRANCE!

30K White/Grey & RELAYS:

If you have a 30k White/Grey bib or 1st runner of Relay, please proceed west on Market St then north on Hess St. to York Blvd. Please position yourself according to the posted SEEDING TIMES.

Pre-arrange a post race meeting place with family & friends. E.g. Section xxx in FirstOntario Centre

