

## EPS Half Marathon, 10K and 5K Race Rules:

1. For the safety and enjoyment of all participants, pets, bicycles, wagons, roller blades, skateboards, hand cycles, motorized vehicles, motorized wheelchairs, unregistered runners, strollers, baby joggers, running with headphones or ear buds, are not allowed.
2. Most of the race takes place using the Edmonton River Valley Park trail system. The path will not be closed to the public and therefore expect to share the path with other users and in some instances, their pets. Runners should remain on the right side of the divided path throughout the race. In the instance where runners are required to use residential roads, they must follow the direction of the race marshal, keeping to the right of the road as indicated or directed by race marshal, and be aware of possible road traffic.
3. The EPS Half Marathon will be using a colour coded Event Alert System (EAS) to communicate the status of course conditions to participants, event staff, leading up to and on race day.

ALERT LEVEL	EVENT CONDITIONS	RECOMMENDED ACTIONS
<b>EXTREME</b>	<b>EVENT CANCELLED/EXTREME AND DANGEROUS CONDITIONS</b>	<b>PARTICIPATION STOPPED/ FOLLOW EVENT OFFICIAL INSTRUCTION</b>
<b>HIGH</b>	<b>POTENTIALLY DANGEROUS CONDITIONS</b>	<b>SLOW DOWN/OBSERVE COURSE CHANGES/ FOLLOW EVENT OFFICIAL INSTRUCTION/ CONSIDER STOPPING</b>
<b>MODERATE</b>	<b>LESS THAN IDEAL CONDITIONS</b>	<b>SLOW DOWN/BE PREPARED FOR WORSENING CONDITIONS</b>
<b>LOW</b>	<b>GOOD CONDITIONS</b>	<b>ENJOY THE EVENT/ BE ALERT</b>

4. Race Bib must be pinned to the front of your shirt so that it is visible for race officials. You will get pulled of the course if you don't comply.
5. Timing: Gun time will be used to determine the top 3 Overall Female and Male Finishers. Chip time will be used to determine age group winners. Chip time will also be used to determine the King and Queen of the Hill.
6. Participants must be able to complete the half marathon course in 3:20 minutes. 10K runners should be able to complete the distance in 90 minutes. 5K participants must be able to complete the event in 70 minutes.
7. The course will be marked with traffic cones and athletes must stay withing the traffic cones and barricades unless otherwise directed by a race official. Be aware that some section of the course may be uneven or have potholes.
8. Medical personnel and race officials reserve the right to remove any participant from the race judged to be physically incapable of continuing without a risk to their health.

## **RACE DAY FAQ – Frequently asked questions**

### **Where is the event taking place?**

Alberta Legislature Grounds

### **Where can I park?**

Parking at the event site will be restricted and available for volunteers only. There is plenty of parking available in the area. Please make sure lock your vehicle and keep anything valuable, out of sight and locked up.

### **Is there a bag check?**

No.

### **What is the start time for each race?**

Festival grounds open: 07:00 AM

Half Marathon: 08:00 AM

10K: 08:15 AM

5K: 08:30 AM

### **Is there a minimum time requirement for finishers?**

Participants must be able to complete the half marathon course in 3:20 minutes. You should be able to complete the 10K in 90 minutes, however the 10k event will officially close as we shut down the half marathon course.

5K participants must be able to complete the event in 70 minutes.

### **Are there any Aid Stations?**

Aid stations are located on the Half Marathon Route at approximately 4, 10, 11, and 17K. As the 10K shares the same route, the aid station will be at 4 and 6K. There are no aid stations on the 5K course.

## **What will be offered at the Aid Stations?**

The event provides water and electrolytes in a disposable cup. Electrolytes will be available at the 10 and 11K Aid station only.

## **Is the course marked?**

There will be markers located on the right side of the path going out for both the 10K and Half Marathon course. For half marathon runners, the markers will be on your left coming back. (As this is out and back event, our custom markers are printed on both sides E.g., 6/15.) KM markers for 6, 7, 8, and 9 of the 10K course will be on the runners right, coming back.

**Note:** There may be variation depending on markers being moved/removed by reasons outside our control. Also, there will be some variation in the distance by KM, but the length of each event has been measured using several GPS devices. Please make sure you know where key distances are for your pace times.

The turnaround points, for 5K, 10K, and Half Marathon will be marked by a yellow pylon and a sign. 10K runners, please pay attention to this so that you don't end up on the Half marathon course!

## **Are there washrooms on the course?**

Public washrooms are located near the Aid Stations at 4/17K (Louise Mckinney Park – River Valley Adventures), and at 6/15K (Dawson Park). A portable toilet will be available at the 10/11K aid station.

# Race Etiquette

As an athlete who has run 23 marathons in 23 different locations around the world, countless half marathons and other distances, I have come to appreciate well organized races and good race etiquette.

So, in the interest of promoting an enjoyable race experience for everyone, I thought I would share some race rules and etiquette that all participants should follow. Many of these are common sense, but my experience in having to run around a wall of walkers, tells me that it may not be.

1. **Line up correctly at the start line.** Larger events will assign corrals that places faster runners up front and slower one behind them. In smaller events, please line up according to how fast you plan to run or walk. Slower runners and walkers should move to the back of the group. In addition, most races use timing chips, so you don't need to move right up to the front of the line to hit your best time.
2. **The Bib goes on the front.** The race bib must go on the front so race officials can know at-a-glance that you are registered participant and to identify which event you are running. This is especially important for events like ours that hold multiple distances sharing the same course.
3. **Pay attention to the pre-race instructions.** What you hear will not only help guide you through the course but will also keep you safe. For example: stay on the right side of the road, or stay inside the traffic cones, or watch the course marshals (they control traffic to make your race a safe experience). Listen to pre-race announcements that may include information on water stations, course direction, finish-line procedures and what to do with your race number as you finish.
4. **Do not stop abruptly at the start of the race.** If you drop something, pull off to side and wait for runners to pass through before collecting it.
5. **Do not run or walk more than two abreast.** Unless you're leading the race, faster runners will need to pass you (especially if you lined incorrectly at the start of the race.) Don't create a roadblock!
6. **Let them know you are passing.** If you are about to pass someone, let them know you are coming so they can move to the side for you. Say something like "Coming through", "Excuse me" or "Passing on your left/right"
7. **Move to the side.** If you need to slow down or stop for any reason, pull off to the side and make sure that no one is directly behind you. It is important that you not block or impeded the runners behind you.

8. **Don't stop at the aid Station.** If you are planning on using an aid station, move all the way over to the table (or volunteer), grab the drink and move away from the area so others may have access to it as well. If you need to stop and drink, move to the side of the road so as not to impede other runners. If there is a garbage receptacle nearby, use it to discard your cup. If not, then try not to carry it too far as event staff have clean the area up.
9. **Be kind to volunteers.** Without volunteers, this event would not happen. Our volunteers get up early, make sure that you get your race packet, water, finisher's medal, and basically everything else. Thank them! Just because you are tired and sore, or having a rough day, it is not a reason to be rude to them.
10. **Encourage.** Feel free to encourage your fellow runners. It's great thing to hear when you hear when you are having a tough time.
11. **Pay attention during the race.** Expect the unexpected. As most of our race is being held on the shared river valley pathways, think unleashed dogs, playing kids, low branches, uneven surfaces, and potholes.
12. **Don't stop abruptly at the finish.** Follow the instructions and keep moving through the finish line, slow to a walk, but keep moving to get out of the way of other finishers.
13. **Don't hoard the post-race refreshments.** Trying to stock your cupboards with free food at the end of the race is generally frowned upon and not great etiquette. Leave some for the slower finishers.
14. **Cheating.** It happens more than we'd like to admit. For example, cheating may include running without a bib, helping someone else get a better time by wearing their bib, or cutting the course.
15. **Have fun.** It's not etiquette per se. But what is the point of doing this if you can't have fun!? Most of us are not going to win the race, we are here to challenge ourselves. So, let's enjoy the journey (training) and the destination (race)!