

Humber Valley Marathon 2016

01 October: 4:00 - 6:00 pm Race kit collection, Greenwood Inn & Suites, West Street

02 October: Race day. Please be at the start in front of Marble Mountain Ski Lodge at least 15 minutes before your event starts. If you need transport to Marble Mountain please be at the Greenwood inn & Suites on West Street 45 minutes before your start time.

08:00 Full-distance marathon (Transport from Greenwood at 07:15)

10:00 Half-marathon (Transport from Greenwood at 09:15)

10:50 10 km (Transport from Greenwood at 10:05)

12:30 Awards ceremony at Finish area

Wear your bib number **AT THE FRONT**, and make sure it is visible, to ensure accurate timing at the Finish line.

This is an OPEN COURSE. Parts of the course are coned off but no road is completely closed. Emergency vehicles have right of way. Stay within the coned areas and at all times run on the LEFT side of the road or shoulder.. Marshals and flagmen are stationed along the course but all runners are responsible for their own safety. ALWAYS watch out for wayward traffic and OBEY THE COURSE MARSHALS at all times. Other than when passing another runner, DO NOT RUN MORE THAN TWO ABREAST, so as to avoid blocking runners who wish to pass you.

Headphones: for safety reasons WE DO NOT RECOMMEND USING THEM. You need to be able to hear course marshals, traffic, other runners, etc. **USE HEADPHONES AT YOUR OWN RISK.**

Water/refreshment stations are at approximately 3(24.1), 7(28.1), 10.5(31.6), 14(35.1), 18(39.1) and 21.1(42.2) km. Gels will be available at the 10.5 km station.

Vehicles with amber flashing lights will be patrolling the course, and St. John Ambulance personnel will be present.

Full-distance marathoners should keep well to the left when finishing their first lap to avoid runners beginning the half-marathon.

Do not stop when you cross the finish line - move forward or to the side, out of the way of runners finishing behind you.

The course will be dismantled at 2:00 pm. If still on the course after this time complete your run on the shoulder or sidewalk.

This is a RUNNING event. NO walkers, chariots, roller blades, etc. ONLY RUNNERS.

Cancellation policy: if for any reason a runner who has registered for one of the three Humber Valley Marathon events withdraws the following will apply:

- 1) If the runner cancels their registration before noon on Friday 03 October they will have two options:
 - (a) Use their registration fee as a full credit towards a CBRC event within the next 12 months
 - (b) receive a refund of their fee minus a 10% administration fee
- 2) For registration cancellations after noon on Friday 02 October there will be no refund.