

Peace Hills – Timed Training Sessions
Sat June 12, 2021

NOTE: With rapidly changing Covid restrictions please stay in touch with us for any possible changes – email – peacehills.xcountry@gmail.com

Host: *GO Athletics*, Unity Track, Edmonton

Place: Peace Hills Park – Wetaskiwin

Time: 10 AM – please see note under Covid considerations for arrival time

Distances: 1.5km - 2km - 4km – 6km – 8km

Course: We will be using a 2 km loop with a modification for a 1.5 km addition Note: our two hills are NOT in this course – it is mostly flat with a gentle roll.

Course is minimum 12 feet wide at its narrowest. It is split & marked in 3 lanes – Inside RUNNING LANE 3 feet – middle NO RUN lane 6 feet – outside PASSING LANE 3 feet. (Depending on level of restrictions these lanes may OR may not be marked.)

Timing Services: Vernon Schmidt with Ellis Timing will be providing times for all runners.

Format: Maximum of 10 athletes per session – **Runners are to submit approximate times** which will be used to stagger start – slowest to fastest – stagger is 10 seconds. Run in RUNNING LANE – cross NO RUN lane to reach PASSING LANE – return to RUNNING LANE once pass is complete

Sessions will be organized by times submitted **rather** than age group (ie All-comers format) **except** as noted, men and women may be in same session according to submitted times and # of entries.

1.5km – ONLY for birth year 2014 & younger

4km, 6km and 8km **all open**

Entries: - you only need email – peacehills.xcountry@gmail.com - the following information – Full Name – Male or Female – Birth Year – Phone # - email address – Distance you choose to run – **Please have sent entry by Thursday June 10. Thank you!**

Payment: - The cost is by donation! You may use etransfer to peacehills.xcountry@gmail.com or by cheque – Peace Hills X Country – the day of the race.

Covid Considerations:

- 1 – as noted above please stay in touch with changing restrictions – **this could become an actual RACE – YEAH!!**
- 2 – please do not arrive more than a half hour before your scheduled session (we will email a session schedule Friday afternoon OR check with us
- 3 – there will be no opportunity to jog the course but it will be super well marked and is looping
- 4 – there are no change facilities and only 1 or 2 portables
- 5 – **No Spectators are to congregate around start or finish** – it is a LARGE park so please stay spread out
- 6– Athletes (masked) please pick up your #'d bib at Registration – please keep the 6' allowance :(
- 7 – Proceed immediately to roped off warm up area (mask off once in) and from there you will be escorted to start of your session
- 8 – There will be 3 finish chutes – to keep 6' distance - you will be directed into one of them
- 9 – proceed immediately from finish to cool down area and then exit park
- 10 – **NO results** will be posted but will be available online at Ellis Timing as soon as possible after sessions

Thank you for your patience while we provide these timed sessions while observing Covid protocol. BUT NOTE – as of Thursday June 10 all these restrictions on Sport could change – for the BETTER!