

Athletics Alberta Run the River 5&10km
Sunday, October 4, 2020
Kinsmen Park

GENERAL PROTOCOLS AND GUIDELINES:

As we all know, we've been living a different kind of way the past few months and we're mostly used to the protocols. We're feeling very privileged to be able to put on this event under these times and really just want you all to have a fun, safe morning. We've used these protocols in Calgary and they work really well. It will be a bit of a learning curve but you've got this! Be patient. And be kind to one another and to the volunteers. As they say "we're all in this together". Please do not attend if you feel at all unwell on event day.

1. Please maintain 2m physical distance from others at all times. This may mean you have to slow down to safely pass at times and that's okay.
2. Hand sanitizer is available throughout the venue, please use as required.
3. Please read all of the information below carefully.
4. We have a team of amazing volunteers helping us out and they will help guide you through. Please be sure to thank them.
5. We aren't able to have a post race awards party right now
6. Above all, have fun.

PARKING: There is plenty of parking available at Kinsmen Centre.

ARRIVAL: Please don't arrive any more than 15 – 20 minutes before the race start.

RACE START: We will be starting you in groups according to distance. 10km will go first followed by the 5km. We will send you out one at a time, 10 seconds apart within each group. Family groups will be able to start together if you like. Distance markers will be on the ground so you know where to stand with one set of markers at the start line and another set for the waiting 5km runners. The 810m rolling start will begin at 9:00 followed by the 5km at 9:05. The start/finish area is in the grassy patch between the parking lot and the river.

LATE PACKAGE PICK UP: If you did not pick up your package at Kinsmen Centre on Saturday, we will have your package available at the race start beginning at 8:40.

TOILETS: There are public washrooms inside Kinsmen Centre. Please be sure you have your mask to wear when inside.

SANITIZER: We will have hand sanitizer available on tables near the start and finish as well as at the timing area.

WHILE RUNNING: Please ensure you maintain physical distance from others outside of your home or cohort at all times. When running, stay to the far right of the pathway. If

you need to pass somebody, call out “passing on the left” then proceed to pass if it is safe to do so. If somebody is coming the other way, please slow down and pass only when the way is clear. If you have been passed, drop back to maintain 2m of distance.

HYDRATION AND NUTRITION: Please carry any hydration or nutrition that you might need for your run as we are unable to have traditional aid stations at this time.

HEADPHONES: Please no headphones or earbuds. You need to be able to clearly hear the directions of marshals and others around you.

RACE COURSE: The course leaves Kinsmen Centre on a gravel trail then crosses the pedestrian bridge to the north side of the river. The 10km will turn right on the north side and run and out and back then continue on to the 5km turn around point. The 5km will turn left and head to the turn around point across from Victoria Park. The pathways are all wide enough to accommodate physical distancing while running and passing.

TIMING: We use an electronic timing system with a handheld timing device. It is important that your bib is clearly visible at all times for our timing team and our volunteers.

FINISH: You will finish under the same arch as the start. Water will be available and volunteers will hand you your medal. You will be allowed to linger for a short while after you finish so long as too many people haven't gathered.