



Information for all Cape Breton Fiddlers Run 2010 Participants

Race Venue – Victoria Park Armories, Esplanade, Sydney, NS. Sunday, September 19, 2010.

Kit Pick Up

Kit pick up will take place Saturday, September 18 from 2:00pm to 5:00pm

Location: Victoria Park Armories, Esplanade, Sydney, NS.

If you can't make it to Saturday's kit pick up there will be limited time for kit pick up at the race venue on Sept. 19 from 7:00am to thirty minutes before your start time.

Late Registration

We will be accepting registrations on September 18 from 2:00pm to 5:00pm at the Victoria Park Armories.

Race day Registration at Victoria Park Armories: We will accept registrations on September 19 from 7:00am to 7:30am sharp for the Full Marathon and till 8:00am sharp for all other events. This is strongly discouraged. You risk missing the cut off so to avoid disappointment please register before race day.

T-Shirts

The final t-shirt order will be September 12. After that we will estimate the number and sizes of shirts required for race day. We hope our estimates are correct, but we can only guarantee the correct size shirt for those who registered on or before September 12.

Pre-race Pasta Meal

There will be a complimentary pasta meal provided by Boston Pizza for the first 150 registrants.

Location: Victoria Park Armories

Date and time: Saturday, September 18 from 4:00pm-5:30pm.

Entertainment will be provided

This is a great opportunity to mingle with your fellow runners and meet our awesome volunteers!

Race Day – Sunday, September 19, 2010!

The Victoria Park Armories will be open to the public at 7:00am.

Time Restriction

**** The Cape Breton Fiddlers Run Marathon course will be open from 8:00am to 2:00pm. This allows six hours to complete the Full Marathon. After 2:00pm the course will officially close. Volunteers will leave the course and barriers, water stops, etc. will be removed. Remaining runners must move to the sidewalks. Runners who remain on the course after 2:00pm do so at their own risk and will be running without course support.**

Parking

Please park on surrounding streets and walk in to the venue. The venue will be restricted to authorized vehicles only and the entire area will be closed to any moving traffic once the race starts.

Bag Storage

There will be an area set aside for bag storage. Please do not leave any valuables in our storage. **We are not responsible for lost or stolen items.**

Start Times

Marathon – 8:00a.m. sharp.

Half Marathon, Half Marathon Team Relay, and 10K – 8:30a.m.

5K – 8:35am. The 5K is started later to avoid heavy congestion at the turnaround.

**** If you plan to walk the Full or Half Marathon you must notify the Race Director by September 18 and you will be required to start at 8:00am for the half marathon and 7:00am for the full.**

Course Support

There will be volunteer Course Marshals positioned along the route. CBRM police will patrol the route during the race.

Water Stops

All water stops will provide both water and Gatorade. There are 6 water stops in total along the route with five intended for all events and the sixth only available for the Full Marathoners.

Portable toilets

Portable toilets are located for your convenience at the start/ finish area, at the 10k turnaround on Lewis Drive and at the Half Marathon turnaround at the Westmount Legion.

Safety

You will be running on open roads filled with traffic. Please be careful. **In the interests of safety we strongly encourage you to not wear portable music devices during the race.**

Post Race**Awards Ceremonies**

There will be awards ceremonies for the top finishers. These will be happening shortly after the winners of each event have finished their races. There will be announcements in the venue to indicate when these ceremonies will be happening.

All participants receive a finisher's medal and can print a free race certificate from Atlantic Chip's website after the event.

Post Race Nutrition

There will be a selection of post race food available in the Venue for all finishers.

Weather

**** The Cape Breton Fiddlers Run Marathon is a rain or shine event.**

Refund Policy

The Cape Breton Fiddlers Run has a no refund policy. If you are unable to run, we will defer your registration to 2011 provided we are informed in writing by September 13, 2010.

Thank you for planning to participate in the sixth annual Cape Breton Fiddlers Run Marathon. Your support of our event is much appreciated.

Sincerely,

2010 Cape Breton Fiddlers Run Organizing Committee