



Race Venue: Victoria Park Armories, Esplanade, Sydney, N.S.

Start times: Full Marathon - 8:00am

All other races - 8:30am

The Cape Breton Fiddlers Run is a Run Nova Scotia supported race.

Kit Pick Up - Sat. Sept. 19 from 2pm to 6pm at the Royal Cape Breton Yacht Club 246 Esplanade, Sydney, NS. If you can't make Saturday's Kit Pick up there will be limited time for kit pick up race morning at the race venue from 7am to thirty minutes before your start time.

Late Registration - We will accept registrations on September 19 from 2pm to 6pm at the Royal Cape Breton Yacht Club.

Race day Registration - At race venue from 7am to 7:30 am for the Full Marathon and from 7am to 8am for all other distances. This is strongly discouraged. You risk missing the cut off so please try to register before race day.

T-shirts - The t-shirts were ordered Sept. 2. We have estimated 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 before Sept. 2.

Pre-race Pasta Meal - There will be a complimentary pasta meal provided by Boston Pizza and Aliant for the first 150 registrants.

Location: Royal Cape Breton Yacht Club

Saturday, Sept. 19 from 4pm to 6pm.

Entertainment provided by: Easy 13

This is a great chance to mingle with your fellow runners and meet our awesome Race Director David Gabriel.

Race day - Sunday, September 20, 2009

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

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 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.

Walkers - Walkers are welcome in all events except the Full Marathon. If you plan to walk the Half Marathon you must notify the Race Director by Sept. 19 and you will be required to start at 8am with the Full Marathoners.

Course Support - There will be volunteer Course Marshals positioned along the route. CBRM Police will patrol the route during the race. There will be first aid support on the course.

Water stops - All water stops will provide both water and Gatorade. There are 6 water stops in total along the route with 5 intended for all events and the 6th 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 Dr. and at the Half Marathon turnaround at the Westmount Legion.

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

Awards Ceremonies - There will be awards ceremonies for the top finishers in each event. These will be held shortly after the winners of each event have completed their races. There will be announcements in the venue indicating when these ceremonies will begin.

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

Post Race Nutrition - There will be a selection of post race food available in the venue for all participants.

Weather - The Cape Breton Fiddlers Run 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 2010 provided the Race Director is notified in writing by Sept. 14, 2009.

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

Sincerely,  
2009 Cape Breton Fiddlers Run Organizing Committee