

## **Registration**

### **Question 1: How do I register for one of the runs?**

1. Online at <https://raceroster.com/events/2017/10214/cape-breton-fiddlers-run> before Wednesday, September 6<sup>th</sup>, 2017;
2. On Saturday, September 9<sup>th</sup> at Victoria Park from 1:00 to 6:00 p.m.

### **Question 2: Is there a cut off date?**

Online registration closes Wednesday, September 6<sup>th</sup>, 2017 at 11:59 p.m. Onsite registration closes on Saturday, September 9<sup>th</sup> at 6:00 p.m.

### **Question 3: Can I register for an event on race day?**

There will be **NO REGISTRATION** on race day.

### **Question 4: If I have to cancel my registration, what is the process?**

Registration fees are non-refundable. However, if you contact us at [info@capebretonfiddlersrun.com](mailto:info@capebretonfiddlersrun.com) before August 1<sup>st</sup>, 2017, we will carry forward the registration into the next race year; no deferrals will be accepted after August 1<sup>st</sup>, 2017. There is a \$10 administration that applies to all deferrals - no exception.

### **Question 5: I registered for one race and want to run another, what do I do?**

Distance changes will be accepted up to September 1<sup>st</sup>, 2017 by contacting us at [info@capebretonfiddlersrun.com](mailto:info@capebretonfiddlersrun.com) only. Facebook or Twitter messages requesting a distance change will not be answered. A \$10 administration fee will apply to all distance changes – no exception. If you are changing a registration that requires additional fees, that increased fee is due at the time of the change. There will be no refund if the registration fee is less.

### **Question 6: Are there any events that walkers are allowed?**

Walkers can participate in the 5k and 10k event. There are no prizes for walkers. Walkers are **NOT ALLOWED** in the half marathon and full marathon.

### **Question 7: Where and where do I pick up my race kit?**

Race kits can be picked up on Saturday, September 9<sup>th</sup> from 1:00 –6:00 p.m. at Victoria Park and Sunday, September 10<sup>th</sup> prior to your race.

### **Question 8: Can a friend/family member pick up my race kit?**

Yes.

**Question 9: Can I park at Victoria Park?**

No, access to Victoria Park is restricted to pedestrians. Please allow for an hour to park and organize yourself prior to race times. There is parking available in the vicinity of Victoria Park.

**Question 10: What does the student rate mean?**

Any student 19 and under before December 31st, 2017.

**Question 11: Is there a cap on any of the categories?**

Absolutely not! We have not limited the number of participants in any race. It's Cape Breton; we love a large crowd!

**Question 12: Can I use the Cape Breton Fiddlers Run Marathon to qualify for Boston?**

Yes, you can use the Fiddlers Run Marathon to qualify for the Boston Marathon. The course is a certified Boston Marathon qualifier.

**Question 13: I would like to volunteer, how do I register?**

We require around 250 volunteers to make the Weekend a success. Please click the following link to sign up [www.raceroster.com/events/2017/10214/cape-breton-fiddlers-run/volunteer](http://www.raceroster.com/events/2017/10214/cape-breton-fiddlers-run/volunteer).

**Question 14: Where can I purchase official Cape Breton Fiddlers Run merchandise?**

You can get your official Cape Breton Fiddlers Run merchandise during the expo at our booth. We have a variety of crested items, running hats, t-shirt, and much more! They make a great souvenir or gift.

**Question 15: Are there age limitations?**

- Children under the age of 6 are only eligible for the youth run on Saturday, September 9<sup>th</sup>, 2017;
- Children between the ages of 6-12 years are permitted to run the 5K race, but must be accompanied along the route the entire time by a registered participant over 18 years of age;
- Children 12-18 years are permitted to run the 10k with parental consent;
- Adults 18 years or older can register for all races (5k, 10k, half-marathon, relay and marathon).

## **Race Shirts**

### **Question 1: Tell me about the race shirts?**

The t-shirts are short-sleeve technical shirts. T-shirts are available in ladies and men's sizes from small to XXL.

### **Question 2: Am I guaranteed to get my correct shirt size?**

You are guaranteed your size if you register by August 20<sup>th</sup>, 2017. There will be additional shirts ordered, but we cannot guarantee your size after August 20<sup>th</sup>, 2017.

## **Other Weekend Events**

### **Question 1: What other race related events are happening?**

*Friday, September 8<sup>th</sup>, 2017:* Pre-race Ceilidh at Breton Brewing featuring local entertainment from 6:00 – 10:00 p.m. A limited edition 'Cape Breton Fiddlers Run' beer will be available for purchase. This is a 19 and older event.

*September 9<sup>th</sup>, 2017:*

Healthy Living Expo – between 1:00 – 5:00 p.m., we will be offering an expo including a wide range of wellness and active living related presenters and merchants from around Atlantic Canada.

Pasta Supper - between 4:00 – 6:00 p.m., Boston Pizza will be providing a tasty and nutritious pasta meal. Tickets can be purchased through Race Roster when registering for a \$5 fee; tickets can be purchased for non-runners.

Live Entertainment – during the pasta supper.

Glowing Hearth Kids Run – registration between 6:30 – 7:17 p.m. Race starts at 7:30 p.m.

*Sunday, September 10<sup>th</sup>:* local, live entertainment will be along the course!

### **Question 2: What accommodations are available close the run site?**

The Holiday Inn Sydney is the official hotel for the Fiddlers Run. Ask them about the special rate for the Fiddlers Run by phoning (902) 562-7500.

### **Question 3: When and where will the Glowing Hearth Kids Run take place?**

Registration for the Glowing Hearth Kids Run will take place on Saturday, September 9<sup>th</sup>, between 6:30 pm and 7:15 pm at Open Hearth Park at the security building. The race itself will start at 7:30 pm. Our course marshals will have glow sticks and we ask all kids to wear reflective clothing. There is a \$5.00 registration fee for the Glowing Hearth Kids Run.

## **Route**

### **Question 1: What are my responsibilities for knowing the course?**

Check out the maps under routes on our website. There will also be large display maps (and a limited amount of printed small maps) at race kit pick-up and registration on September 9<sup>th</sup>, 2017 and on race day.

### **Question 2: Where are the water stops on the course?**

There will be six water stops, several of which can be accessed twice on the out and back route.

### **Question 3: Can I have special drink and good along the course?**

Yes, but you are responsible to manage this yourself.

### **Question 4: Will there be Gatorade at the water stops?**

There will be water and Gatorade at every water stop.

## **Race Day**

### **Question 1: Where do the races start and finish?**

All races start and finish at Victoria Park.

### **Question 2: What time does my race start?**

Full Marathon: 7:30 a.m.

Half Marathon and Relay: 7:30 a.m.

10k: 9:30 a.m.

5k: 9:45 a.m.

### **Question 3: Is there an earlier start time for those runners who may take over 2 ½ hours to complete the half and 4 ½ hours for the full marathon?**

Yes, those runners needing more than 2 ½ hours for the half can start at 7:30 a.m. and 7:00 a.m. for those needing more than 4 ½ hours for the full. Participants must use the left sidewalk on Esplanade/ Kings Road until 7:30 a.m; there will be limited support prior to 7:30 a.m. Participants requesting an early start time must contact us at [info@capebretonfiddlersrun.com](mailto:info@capebretonfiddlersrun.com) prior to August 15<sup>th</sup>, 2017.

The time limit for the marathon is six hours.

### **Question 4: When should I be at the start line for my race?**

You should be at the start area at least 15 minutes prior to your race start time.

**Question 5: During the race, will there be a secure place to leave my personal belongings?**

Yes, there will be bag storage near the race kit pick-up. Please do not leave anything valuable. The Cape Breton Fiddlers Run is not responsible for lost or stolen items. Clear bags will be provided; for security reasons, these bags are the only bags we accept. Attach the tear off section of your bib to the bag.

**Question 6: Are pets, child strollers and other equipment allowed on the race route?**

To ensure the safety of all participants on the route, no baby strollers or baby joggers are allowed on the 10k, half or full marathon route. Strollers or baby joggers are allowed on the 5k route. Runners with strollers and baby joggers are asked to start at the end of the pack. Pets are **NOT ALLOWED** on any race routes.

**Question 7: Should I line up at the start according to my expected finish time?**

That is the accepted protocol.

**Question 8: Where do I wear my race chip?**

Your race chip is attached to your bib.

**Question 9: How should I wear my race bib?**

The bib must be worn on your front and be clearly visible so that we can identify runners on the course. Your bib is also your identification for the race photographer. Runners who cross the finish line without a race bib will be disqualified.

**Question 10: Will there be vehicle traffic along the route?**

A lane will be closed along King's Road. There are several street crossings along the route. Police and course marshal's will be present to ensure your safe crossing. It is your responsibility to be cautious about all vehicles along the route.

**Question 11: Will there be toilet facilities available along the route?**

Portable toilets are placed along the course. Check the map before starting, or ask a volunteer along the course.

**Question 12: Can I wear ear buds during the race?**

We understand that some runners enjoy listening to music and find it helpful to distract themselves while training. Our approach to wearing headphones in a race is based on three factors: the desire that all participants fully enjoy being part of group event (we put effort into creating an upbeat atmosphere on the route); concern for the safety of all runners, those who may not be able to hear directions and cautions and those who may be impacted by this. Therefore, we strongly advise against headphones and hope that participants will cooperate with us.

**Question 13: Where do I park on race morning?**

Please plan to park on surrounding streets and walk to the venue. Allow extra time to get to the race site. Please note, access to Victoria Park will be limited to pedestrians and event vehicles.

**Question 14: Will there be cyclists leading each event?**

Yes, cyclists will lead each event. Their purpose is to show the lead runners where to turn and to clear any congestion in front of them on the path. There will also be a bike at the back of each event.

**Question 15: Can I use the Nordic walking poles in the walking event?**

Yes, poles are allowed, but we simply ask that you exercise caution for the safety of those around you.

## **Post Race**

**Question 1: Where is the finish line?**

All races finish at Victoria Park.

**Question 2: When and where will the award be presented?**

The awards for each event will be presented in the drill hall as soon as the majority of runners in a given event have completed their race. There will be light refreshments and live entertainment.

**Question 3: Can I get my medal or prize if I am not able to stay for the award presentation?**

It is our policy not to mail out awards or prizes. However, contact us and we can arrange for pick up at a later date.

**Question 4: Will my friends and family be able to greet me at the finish?**

We encourage spectators to come and enjoy the post race atmosphere and celebrate with the runners. However, for the safety of runners finishing their race, please ensure you stay off the course and meet up in a safe spot in the finish area.

**Question 5: Where will the results be posted after the run?**

Race results are posted periodically as groups of runners' finish. They are usually posted inside the venue at Victoria Park. Results will also be posted on our website and [www.atlanticchip.ca](http://www.atlanticchip.ca).

**Question 6: How will I be able to identify a race official if I need information or help?**

Race officials will be wearing red or blue Cape Breton Fiddlers Run vests or shirts with Volunteer on the back.

**Question 7: Will there be food, Gatorade and water available for runners at the finish line?**

There will be a selection of post-race food and beverages available at Victoria Park for all finishers.

**Question 8: Will there be massages available in the finish area?**

Yes, massages will be available in the finish area on a first-come, first-served basis.

**Question 9: Are there showers available for after the race?**

Yes, there are showers and change facilities located inside Victoria Park.