



Information for all Cape Breton Fiddlers Run 2011 Participants

Race Venue – Victoria Park Armories, Esplanade, Sydney, NS. Sunday, September 18, 2011.

Kit Pick Up

Kit pick up will take place Saturday, September 17 from 1:00pm to 6:00pm

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. 18 from 7:00am to thirty minutes before your start time.

Late Registration

We will be accepting registrations on September 17 from 1:00pm to 6:00pm at the Victoria Park Armories.

Race day Registration at Victoria Park Armories: We will accept registrations on September 18 from 7:00am to 7:30am sharp for the Full Marathon, 10k, 5k and Team Challenge and till 9:00am sharp for the Half Marathon. This is strongly discouraged. You risk missing the cut off so to avoid disappointment please register before race day.

T-Shirts

The t-shirts have been ordered based on past year's sizing and projected numbers for this year. We always order a large number of shirts to try to accommodate everyone, but the later you register and pick up the greater the risk we will run out. This is another reason to register before race day.

Pre-race Pasta Meal

Pasta meal provided by Boston Pizza. This is complimentary thanks to Boston Pizza.

Available to all registrants **while supplies last!!!**

Location: Victoria Park Armories

Date and time: Saturday, September 17 from 4:00pm-6:00pm.

Entertainment will be provided

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

Expo – We will be hosting a Runner’s Expo at the venue from 1pm to 6pm on Saturday, September 17th. There are over 30 confirmed vendors including The Running Room and there will be several interactive presentations throughout the afternoon!

Race Day – Sunday, September 18, 2011!

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.

10k, 5k, Team Challenge – 8:00 am (staggered start after the marathoners)

Half Marathon – 9:30 am.

**** WALKERS – Walkers are welcome in all events EXCEPT the Full Marathon. If you plan to walk the Half Marathon distance please inform the Race Director at least the day before and you will be required to start at 8:00am with the Full Marathon.**

Course Support

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

Water Stops

All water stops will provide both water and Gatorade. There are 5 water stops in total along the route with four intended for all events and the fifth 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. Not all drivers are respectful of runners. **The Cape Breton Fiddlers Run does not allow headphones along the course and assumes no responsibility for those who wear them 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 2012 provided we are informed in writing (Canada Post or email) by September 11, 2011.

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

Sincerely,

2011 Cape Breton Fiddlers Run Organizing Committee