



**REGINA POLICE
SERVICE
HALF MARATHON,
RELAY & 5K
RACE INFORMATION**



Race Information Sheet Sunday, April 30, 2017

Thank You for joining us in the RPS Half Marathon. Please review the information to enhance your safety and enjoyment during the run/walk.

1. Attach your **running number** securely to the front of your shirt/jacket so it is visible at all times, particularly at the transitions and the finish line. Your race number is NOT transferable. For Relay Teams, the third runner must wear the race number. Timing chips are located on the back of each race number.
2. There is **NO package pick up** race morning.
3. Race participants are able to use our **baggage check** at the Canada Games Athletic Complex (CGAC). Bring your bag to our volunteers at the main building near the track. If you choose to leave your bag in your vehicle, please ensure that your belongings are out of sight and your vehicle is locked.
4. There is **parking** available in the neighborhoods near the CGAC, but for the safety of our runners, the roadway into the CGAC will be closed to vehicle traffic on race morning at 6:30 a.m. There will be no participant parking at CGAC. Limited parking is available along McDonald St. adjacent to Douglas Park.

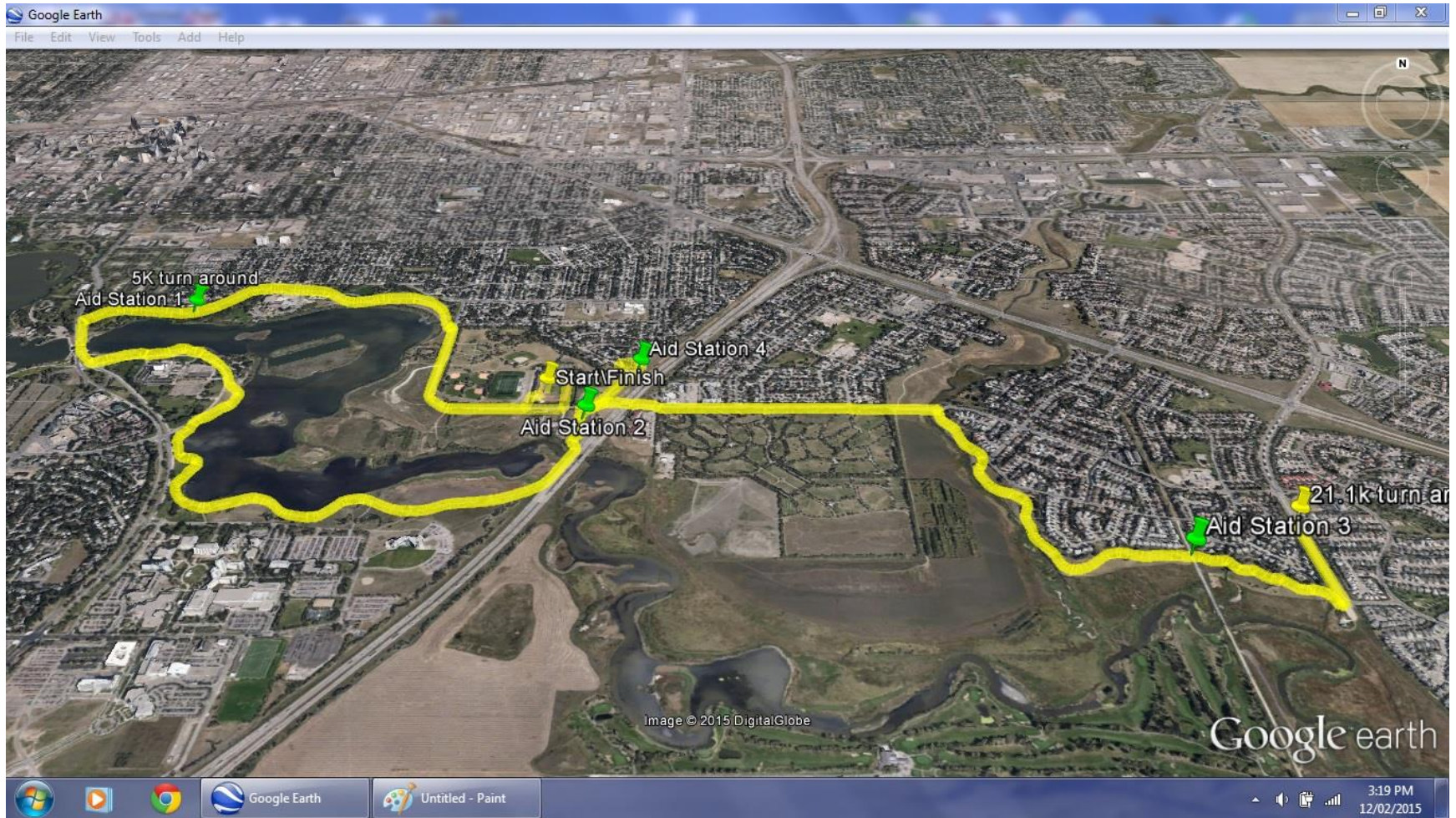
5. **Walkers:** Your start is 7:30 a.m. sharp. **All half marathon and relay runners,** your start time is 8:30 a.m. sharp. **The 5K Fun Run** will begin approximately 10 minutes after the half marathon start. The Start and Finish lines will be at Douglas Park Track at CGAC.
6. Walkers on the course should **yield to runners**. If the running/walking lane is congested, please stay to the right, allowing runners to pass on your left.
7. For **course information** and notice of road closures, view www.rpshalfmarathon.com or check the map on the reverse of this page. As per the attached map, the transition area is within walking distance of the track.
8. The use of **portable headphone devices** (iPods, iPhones, MP3 players, etc.) is discouraged. For your safety, and that of others, you must be aware of your surroundings at all times. This includes being able to hear verbal warnings from police and course marshals as well as the sounds of traffic and other participants on the course.
9. **Aid Stations** will be located throughout the course. Water and Gatorade will be available. Please don't forget to say thank - you to our aid station volunteers! If you need to discard a layer of clothing you may leave items at the water stations. Discarded items will be brought to the Regina Police Service, Human Resources department located at 1725-11th Avenue, 3rd Floor. **Any items not claimed by May 6, 2016 will be donated to charity.**
10. **Course marshals** will be wearing reflective vests and will be positioned along the course to direct both motorists and participants as necessary. The course will be marshaled until 11:30 a.m.
11. **Bathroom** facilities are available on the course and at the CGAC.
12. Strollers are **NOT allowed on the course**. No participation using bicycles, strollers, skateboards or in - line skates will be allowed. In consideration of race participants, no pets will be allowed on the race course.
13. Your **finishing time** depends upon following the volunteers' instructions at the finish line. A digital clock will be positioned so you can see your results as you cross the finish line. Volunteers will assist you after you cross the finish line and direct you toward the recovery area.
14. There will be no formal presentations this year. Instead we will be presenting runner awards at the track immediately following your finish.

15. Post-race snack bags will be provided once you cross the finish line at the TRIP tent.
 - a. You will be required to show your race number to pick up your snack bag.
 - b. The final relay runner will collect all 3 snack bags.
 - c. To avoid congestion, please keep moving through the tent and take advantage of the recovery area and Edward Jones Fan Zone.

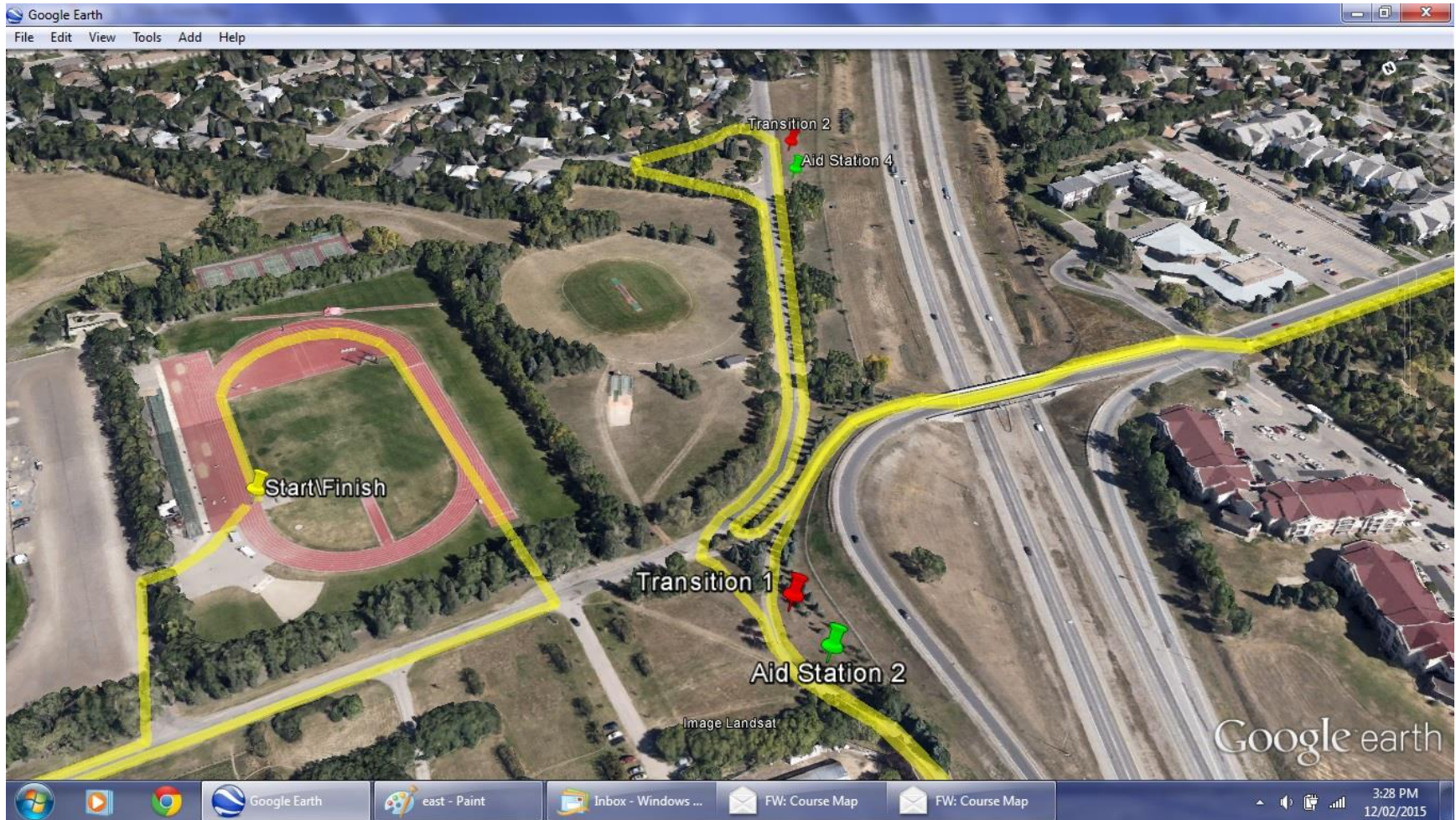
16. NEW this year: Please invite family and friends to watch you cross the finish line in our Edward Jones Fan Zone. Stone's Throw Coffee Collective, which will be located by the Edward Jones Fan Zone, will be present with their "Rolling Stone" supplying coffee and snacks for purchase.

HAVE A GREAT WALK/RUN/RELAY!

Course Map



Transition Areas



Regina Police Service Half Marathon
Would like to THANK the following sponsors:

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