

Race Day Fool's Guide



<p>Start Line </p> <p>The start line is 300m up Park Road. Look for the big inflatable arch. You'll be running away from the rec centre, up the hill.</p>	<p>Start Time </p> <p>The main start time is 9:17am. The early start for walkers and finishers over 3 hours is 8:17am.</p>	<p>Bib & Chip </p> <p>Pin your bib to your chest. Make sure it is clearly visible at the finish. Timing chip is on the back of the bib. Do not fold or crumple.</p>
<p>Gear Check </p> <p>Label your bag & put in one of the gear check vans parked out front. Use bib tear-off & stapler (in room 209). Retrieve at finish, in Mission Point House.</p>	<p>Toilets </p> <p>Indoor toilets in the community centre; portapotties on course at each aid station, relay exchange 3, and finish; indoor toilets 150m past the park (beach parking area).</p>	<p>Relay Buses </p> <p>Relay/spectator buses leave the Comm. Centre at 9:10am & 9:40am, make 2 round trips to the finish, via the highway, stopping closest to each exchange.</p>
<p>On the Course </p> <p>Aid stations @ 5.5k, 11k, 15k, 18.5k. Water & Gatorade available. No dogs, bikes, or wheels. Baby joggers on legs 1 & 2 only. Earbuds: keep volume low or 1 ear only; or none!</p>	<p>Race Photos </p> <p>Look for our photographers on course and at the finish line, and smile! Make sure your bib is clearly visible. All photos will be available FREE online within a week of the race.</p>	<p>Awards & Prizes </p> <p>Finisher medals at the end. Pick up age group and relay awards and draw prizes at the Awards table beside the stage. Overall awards presented on stage starting at 11:20am.</p>
<p>Buses to Gibsons </p> <p>Free shuttles from beach parking lot to Gibsons & 1:05/3:15 ferries. Last bus from finish line at 1:20. Last bus from Cedars Inn at 2:00 for 3:15 ferry.</p>	<p>Food & Drink </p> <p>Coffee, tea, soup, fruit, yogurt and more under the tents beside the finish line. For runners and volunteers only. Spectators please buy coffee/food in Davis Bay.</p>	<p>Changing/ Showers </p> <p>Changerooms at Davis Bay Beach. Showers at Gibsons Community Centre. Show your bib # to get a free shower.</p>

Race Day Schedule 2018



7:30am	Ferry leaves Horseshoe Bay for Langdale (Gibsons)
7:30am	Free Shuttle from Davis Bay leaves for Gibsons
7:45-9:00am	Late Registration & Packet Pickup at Gibsons Community Centre, Room 209 (registration closes 8:45am)
7:45-9:10am	Gear Check at Gibsons Community Centre: label bag inside; load onto mini-vans outside
8:15-8:25am	Free shuttle buses bring ferry passengers to start area
8:17am	Early Start (walkers/3 hr+ individuals), on Park Road
9:10am & 9:40am	Spectator & Relay Shuttle buses leave Community Centre
9:17am	Main Race Start on Park Road
11:00am-12:30pm	Age group, Relay, Group awards & prize PICK UP at the Awards Tent beside the stage, Mission Point Park
11:00am	Kids' Activity Tent opens in Mission Point Park
11:20am-12:00pm	Main awards ceremony & Costume Contest on stage
11:30am, 12pm, 12:15, 12:35, 1:05, 1:20pm (approx)	Free shuttle buses leave Davis Bay for Gibsons. First 3 buses get to ferry in time for 1:05 sailing; last 2 buses for 3:15 sailing. 12:35 bus to Gibsons only.
12:00pm	Home Healthcare Network Kids' Jester Dash presented by Pastimes in Mission Point Park (pre-reg required)
1:20pm	Last bus leaves Davis Bay for Gibsons (15 min. trip time)
2:00pm	Buses originating from Community Centre & Garden Hotel leave Cedars Inn for ferry terminal and 3:15 sailing
All afternoon	Celebrate at The 101 Brewhouse & Distillery, Sita's Spag & Suds, Gibsons Tapworks, Persephone Brewing Co, Blackfish Pub, Gramma's Pub, Molly's Reach
5:25, 6:40, 8:55pm	Later ferries leave Langdale for Horseshoe Bay (public buses run from Gibsons Landing to the ferry)