



10K Relay Information Package

We would like to invite all runners to participate in our 10K Relay! Open to participants of all ages, this is a great opportunity to get children and adults involved in a physically active event, or to compete with your friends. The Nutrience Oakville Half Marathon is also a great way for all to participate in a large scale community event.

Following this letter is an information package which will provide you with an overview of the entire weekend and the necessary information regarding the 10K Relay. The final page is the registration form. Please ensure EACH PARTICIPANT from each team completes one of these forms and submits all team forms together with payment.

All schools, sports teams, neighbours, family members and friends are encouraged to participate in the 10K Relay and can raise money for their own athletic program or any charity of their choice. The pledge form is available at: <http://oakvillehalfmarathon.com/Fundraising>.

Please visit the following links for more event information:

10K Relay: www.oakvillehalfmarathon.com/10k-relay/
Nutrience Oakville Half Marathon: www.oakvillehalfmarathon.com
Registration: www.oakvillehalfmarathon.com/register/

For any further questions or concerns please contact Peter Milway at: pmilway@landmarksport.com or call 905-949-1910 ext. 231.

We look forward to hearing from you soon!



Nutrience Oakville Half Marathon

5500 Rose Cherry Place, Mississauga, ON, L4Z 4B6

Phone: 905-949-1910 ext. 231 **Fax:** 905-949-4984 **Email:** pmilway@landmarksport.com **Website:** www.oakvillehalfmarathon.com



10K Relay – Information Package

EVENT START

Date Sunday, September 24th, 2017
Time 7:30 AM

RACE KIT PICK-UP

Race kits must be picked up at the Runner's Expo by a team representative at Coronation Park **NO LATER THAN 6:00 PM ON SATURDAY, SEPTEMBER 23rd**.

T-shirts and race bibs will be included with these kits. Team bibs will all have the same number or the same team name and a different letter. The letter corresponds to your running position i.e. A = Runner 1. **ONLY** the last runner (Runner D) will receive a timing chip on their race bib and **MUST** wear it to receive a team finish time.

RUNNER'S EXPO

Date Saturday, September 23rd, 2017
Time 10:00 AM - 6:00 PM
Location Coronation Park
1426 Lakeshore Road West, Oakville

NOTE: Race Kits MUST be picked up by 6:00 PM sharp! After 6:00 PM they are no longer available for pick up.

COURSE

The 10K Relay will follow the same course as the 10K. Teams will be comprised of two, three OR four members and may be male, female or co-ed. The course has been divided into four (4) legs for the relay event, with each member of the team being responsible for one, two or three legs.
(Exchange points are the same for every team.)

EXCHANGE POINTS

Please note: If you are a team with only two or three runners, be sure you're aware of who is going to which exchange point. All team members need to know what runner they will be looking for at their exchange areas.

10K Start Line – Coronation Park, 1426 Lakeshore Road West (Runner A will start here)

- We kindly ask for all relay runner A's not to start at the very front of the line as this may cause injury.

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Exchange Point # 1 (2.5KM) – Appleby College, 540 Lakeshore Road West (Runner B start)

- Runner A will “high-five” Runner B upon arriving at this exchange point to switch runners. Runner B is asked to stay off the course until their teammate arrives but keep a **CLOSE** look out for them.
- Runner A will then be shuttled back to the finish area from here to connect with all other relay runners on their team.

Exchange Point # 2 (5KM) – South Oakville Centre Tim Hortons, 1515 Rebecca Street (Runner C start)

- Runner B will “high-five” Runner C upon arriving at this exchange point to switch runners. Runner C is asked to stay off the course until their teammate arrives but keep a **CLOSE** look out for them.
- Runner B will then be shuttled back to the finish area from here to connect with all other relay runners on their team.

Exchange Point # 3 (7.5KM) – Sobeys, 2441 Lakeshore Road West (Runner D start)

- Runner C will “high-five” Runner D upon arriving at this exchange point to switch runners. Runner D is asked to stay off the course until their teammate arrives but keep a **CLOSE** look out for them.
- Runner C will then be shuttled back to the finish area from here to connect with all other relay runners on their team.

BAGGAGE

It is recommended that participants have suitable clothing with them depending on the weather before and after their run. Runners (especially those running the later legs of the course) will be waiting for a period of time prior to their run. In addition, participants who have completed their run will have to wait a short period of time before departing for the finish line.

Please note that the final runner (and other team members) should make arrangements for dry clothing to be at the finish. Runners will need to coordinate with their team members how they will handle their baggage needs on race day. We recommend the following:

- Runner A gives their clothing to Runner B prior to the race so that it is waiting for them at the first exchange point.
- Runner B gives their clothing to Runner C prior to the race so that it is waiting for them at the second exchange point...and so on.

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FREE PARKING

There is no parking at the Start/Finish area in Coronation Park or the relay exchange points. All relay participants (Runners A, B, C and D) as well as spectators are asked to park at the Bronte Go Station (2104 Wyecroft Road) which will begin operating at 5:00 AM to be shuttled to Third Line and Marine Drive (5 minute walk to Coronation Park).

Shuttle buses for relay runner A and B will leave at 6:30 AM SHARP! Buses for relay runner C and D will leave at 7:00 AM SHARP! Please ensure you arrive at Bronte GO Station with ample time to ensure you do not miss your bus.

Buses will head back to the Bronte GO Station from Third Line and Marine Drive (where you were dropped off) using a fill and go system with the last bus leaving at 12:30 PM.

FREE RELAY SHUTTLE BUS SCHEDULE

Runner	Pick Up Location	Departure Time	Drop Off Location
A	Bronte Go Station	6:45 AM	Coronation Park
B	Bronte Go Station	6:45 AM	Appleby College
C	Bronte Go Station	6:45 AM	South Oakville Centre
D	Bronte Go Station	6:45 AM	Sobeys

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TIMING & PRIZING

Timing for the relay will be based on “Real Time” (from the time the gun sounds to start the race to the time the anchor runner crosses the finish line). **The team member running the final leg of the course will be responsible for wearing the timing chip and recording the team’s official time for the event.** This is Runner D in a team of four members.

All team members will receive a medal in which the last runner will pick up on behalf of the team upon crossing the finish line. The top three overall 10K Relay teams will be awarded and presented on stage. All other team results will be posted onsite at the event and online post event.



FINISH AREA

- Teams should meet in the finish area at Coronation Park after their race.
- Post-race snacks will be available for all team members in the finish area.
- The final runner will receive all four medals for their team and have their timing chip removed.
- 10K Relay Awards Ceremony will begin at 8:45 AM on the stage in the park.

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10K RELAY Registration Form: Sunday, September 24th, 2017

The **10K Relay** takes place on **Sunday, September 24th, 2017** in conjunction with the 10K event of the Nutrience Oakville Half Marathon. The teams in the Relay Challenge may have 2, 3 or 4 members, each completing at least one 2.5K leg of the 10K course. Teams may be comprised of males, females or co-ed.

10K RELAY REGISTRATION CLOSES: Thursday, September 21st, 2017

No Runner's Expo or race day entries.

TEAM NAME _____ **No. of Team Members** _____

The top 3 overall teams will be awarded by gun time.

School/Organization Name: _____ Team Leader/Liaison: _____

Phone #: _____ Email Address: _____

Address: _____

Team Member First and Last Name _____

- Please complete a **SEPARATE** form for **EACH** team member and submit all forms together with payment.

Runner: A - B - C - D - Male - Female - Age on Race Day: _____

COST PER TEAM (maximum of four team members):

Entry Fees	By Thurs. Sept. 21 st
10K Relay (max. 4 members per team)	\$80.00 CDN (+\$10.40 HST)

Please make cheque payable to: Oakville Half Marathon. Payment must be **RECEIVED** by Thursday, September 21st. No exceptions beyond this date. NSF cheques are subject to a \$25 service charge. Please send all forms and payment to: Oakville Half Marathon, Landmark Sport Group Inc., 5500 Rose Cherry Place, Mississauga, ON, L4Z 4B6. **No Runner's Expo or race day entries for this race.**

Waiver, Release & Indemnification

In consideration of the acceptance of my application and the permission to participate as an entrant or competitor in the Nutrience Oakville Half Marathon, 10K, 10K Relay, 5K, 2K and any other 2017 activities that take place prior to or after the event. I, for myself, my heirs, executors, administrators, successors and assigns, hereby release, waive and forever discharge the Town of Oakville, Halton Regional Police, First Student, all sponsors and contributors, Landmark Sport Group Inc and its employees and volunteers, the Nutrience Oakville Half Marathon Organizing Committee, and all other associations, sanctioning bodies and sponsoring companies, and all their respective agents, officials, servants, contractors, representatives, elected and appointed officials, successors and assigns of and from all claims, demands, damages, costs, expenses, actions and causes of action, whether in law or equity in respect of death, injury, loss or damage to my person or property however caused, arising or to arise by reason of my participation in the said event, whether as a spectator, participant, competitor or otherwise, whether prior to, during or subsequent to the event, and notwithstanding that the same may have been contributed to, or occasioned by, negligence of any of the aforesaid. When you participate in any event or volunteer during the 2017 Nutrience Oakville Half Marathon, the staff has the right to use your image for promotional and marketable purposes. I further hereby undertake to hold and save harmless and agree to indemnify all of the aforesaid from and against any and all liability incurred by all of them as a result of, or in any way connected with, my participation in the said event. By submitting this entry I acknowledge having read, understood and agreed to the above waiver, release and indemnity. I warrant that I am physically fit to participate in this event.

Print Name

Signature or Parent/Legal Guardian Signature (under 18 years of age)

Date

ALL ENTRIES ARE NON-REFUNDABLE

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