

Race Day Reminders

Welcome to the 2019 Miramichi Rock 'n Run!

OUR START LINE IS NOW BY 99.3 THE RIVER AND THE ECONO LODGE MOTEL. START TIME IS 8AM SHARP

Please read this important information to ensure a safe and enjoyable run for everyone.

For ALL runners/walkers:

No bikes or strollers are permitted on our course for any of our distances.

- Race kit pick-up will be held on Sat. June 22, from 1-5PM at the Kin Centre at 100 Newcastle Blvd, Miramichi and on race morning from 6:30-7:30am at the same location. This is also in the vicinity start line for the event.
- Your bib has your timing device on it....do not take it off your bib, no tag, no time
- All events start at 8:00am sharp. Please position yourselves according to pace with the fastest runners up front.
- Wear your bib on the front of your shirt.
- **Nathalie Waterbury is going to get us going with her pre race warm up starting at 7:45! Get here early and don't miss it!**
- We will have a Bag Check (use your bib tear off portion to identify your items). **Bags will be taken to the finish area under the awards tent.**
- Check out the Draw Prize Table which will be at the race kit pick up. Scan the list for your bib number...lots and lots of running gear prizes!! You must claim at race kit pick up or on race day.
- The first kilometre, along Pleasant St, is closed to traffic. Otherwise, all roads will be open to traffic.
- Police officers will be on the course for traffic control at busy intersections. Volunteers in Burgundy shirts will be all over the course! Give them a wave and a thank-you! Committee members have Blue Shirts.
- **It is your responsibility to know your course. Race course maps are online at www.runmiramichi.ca. Large maps will also be posted at the race kit pick up in the Kin Centre. We have changed our ½ Marathon and 10K route. See below!**
- **ONLY 5K PARTICIPANTS ARE TO RUN ON THE SIDEWALK OF THE BRIDGE** as the 5K turn-around is on the bridge....the half-marathoners and 10K'ers will run on the shoulder of the highway during this bridge crossing. Please read below for further race-specific details.

- Pita Pit and Sobey's will be supplying healthy snacks at the finish area and we really appreciate manager Joey MacDonald's support year after year and Andy and Jennifer MacFarlane of Pita Pit for joining in promoting a healthy lifestyle .
- Bottled water and chocolate milk will also be provided at the finish area
- Awards will be presented as results are received in order to allow out-of-town winners to get on the road more quickly. 5K awards at 8:45, 10K awards at 9:15 and ½ Marathon at 10:00- This year we are giving 1st place medals in each category
- The Kinsmen Centre will be open for runners to use the washrooms or change clothes. We have 4 porta potties near the start line. A volunteer will point you in the right direction. And of course Tim Hortons will be open.

Showers are available at the Civic Centre(487 King George Hwy after the run). Showers will be available until 12 noon.

- Distance markers every kilometre however we have none on the bridges. Distance marks on the bridges will be spray painted on the road instead.
- **Our course is open to traffic; running with earphones puts you at increased risk as you cannot hear traffic, police and course officials. Our organizing committee along with Run NB do not support the use of earphones on the course.**

CASSIE KOROBKO- RMT FROM PHYSIOTHERAPY PLUS, RIVER REHABILITATION & MIRAMICHI PHSIOTHERAPY WILL BE OFFERING 10 MINUTE MASSAGE BEFORE OR AFTER THE RACE! THANKS CASSIE!

Although all three events start at the same point, you will obviously be following different courses as you reach certain points.

Please read the following details that pertain to your event as there are some key points of which you should be aware.

5K Participants:

- The 5K route does not cross the entire length of the Miramichi Bridge - the turn-around point is found on the bridge sidewalk and will be clearly marked with a cone and volunteer.
- The sidewalk of the bridge is fairly wide but runners/walkers should avoid running 2 and 3 abreast during this portion of the run (less than one kilometer of the race).
- You must run **AROUND** the cone. Watch for oncoming runners and please be courteous to other runners during this more confined section of the course.

- After the turn around point and as you come off the bridge you will have traffic at your back. Although the road shoulder is wide on this section, please be alert and exercise additional caution.
- Your water station will be located at approximately the 3.5km mark.

10K Participants:

- Participants in the 10K must run on the paved road of the Miramichi Bridge as the 5K turn-around occurs mid-way on the bridge sidewalk.
- Your first water station is at the 3K mark and will also serve as your second water station on your way back after the turn-around point. Your 3rd and final water station is at the 8.5K mark.
- **Major change this year to our 10K.....once you cross the Miramichi Bridge you will be turning left, not right and following our route on Sully St which will then take you to Water St. There will be a turnaround on Water St and you will come back thru the same route, cross Miramichi Bridge again and go towards Pleasant St for the same finish as last year. We will have volunteers to direct you. After you turnaround, you will have traffic at your back, stay alert and exercise additional caution. Remember our course is open road.**

Half Marathon Participants:

- Participants in the Half Marathon must run on the paved road of the Miramichi Bridge as the 5K turn-around occurs mid-way on the bridge sidewalk.
- Your first water station will be at the 3K mark and then you will find water stations about every 3K.
- **Change for ½ Marathon Route: As you come off the Miramichi Bridge, you will be taking a LEFT TURN onto Sully St, then onto Water St and the route will be the same as last year. As you continue along you will come to 1st Porta Pottie by the Hospital.**
- After you come off the Centennial Bridge at approximately the 12.5K mark, there will be a port-a-pottie by the Napa Auto Building. You're on the home stretch back to Newcastle! Follow this highway until you come to the intersection of King George Hwy and Jane St, you will then turn left onto Jane and continue to the finish line. Volunteers will be there to guide you to the finish!