



10K Student Relay Information Package

EVENT START TIME: 6:30 p.m. Saturday, May 15, 2010
On Lakeshore Road at Johnson's Lane – Just east of Clarkson Rd.

RACE KIT PICK-UP

Race kits must be picked up at the Runners Expo by a team representative at the Mississauga Valley Community Centre, **NO LATER THAN 3:00 p.m. ON SATURDAY, MAY 15TH.** T-shirts and race number bibs will be included in these kits. Team bibs will all have the same number and a different letter. The letter corresponds to your running position ie: A = Runner 1. The team will receive a timing chip in their race kits. The **final relay runner (D)** must wear this timing chip. The final runner must attach the chip to their shoelaces using the tie provided before traveling to their exchange point.

The Expo Hours are:

Friday, May 14, 11:00 a.m. - 8:00 p.m.

Saturday, May 15, 10:00 a.m. - **3:00 p.m.**

NOTE: Race Kits MUST be picked up by 3:00pm sharp. After 3:00pm they are no longer available to pick up.

COURSE

The 10K Student Relay will follow the same course as the 10K. Teams will be comprised of two, three OR four members and may be male, female and 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

Start Area – Lakeshore Road at Johnson's Lane – east of Clarkson Rd.

The first runner (A) ONLY, will go to the start area. All other team members are to meet at the **Cawthra Community Centre**, located on Cawthra Road, south of the QEW. From here they will take a bus to their relay exchange areas. We suggest using a sign, banner or school colours to identify your team in the bus area at the centre.

- Runners are to be at Cawthra Community Centre no later than 5 pm, as buses will be departing for their respective exchange points.

Exchange # 1 (2.5K) - South side of Lakeshore Road at Rhododendron Gardens Park (Runner B will start here)

- Runners will wait here for runner A to arrive.
- Touching hands will signify the exchange. Runners waiting for their teammate are asked to stay off the course until their teammate arrives.
- Runner A will be shuttled to the finish line area once all relay runners have passed the exchange point.

Exchange #2 (5.0K) -Front Street South at J.C Saddington Park on the east side of the park near where the Credit River enters the lake (Runner C will start here)

- Runners will wait here for runner B to arrive.
- Touching hands will signify the exchange. Runners waiting for their teammate are asked to stay off the course until their teammate arrives.
- Runner B will be shuttled to the finish line area once all relay runners have passed the exchange point.

Exchange # 3 (7.5K) -South side of Cumberland Drive at Hiawatha Park.
(Runner D will start here and is wearing the timing chip on their shoe)

- Runners will wait here for runner C to arrive.
- Touching hands will signify the exchange. Runners waiting for their teammate are asked to stay off the course until their teammate arrives.
- Runner C will be shuttled to the finish line area once all relay runners have passed the exchange point.

RELAY BUSES

Relay buses will be located at **Cawthra Community Centre** and will depart at **5:30 pm SHARP** for the relay exchange points. Parents and/or teachers are welcome to accompany students on the relay buses if space permits.

- Bus service for Relay Runner A is from the south lot of the Clarkson GO to the start of Johnson's Lane at Lakeshore Rd. There is no bus service for Relay Runner A from the Cawthra Community Centre. Parking at the 10K start area is very restrictive.
- Runner B **MUST** board the bus identified as "Relay Runner B" which will take him or her to their exchange point. Runners C and D **MUST** board the appropriate bus in order to be shuttled to their appropriate relay exchange area. Buses will be identified as "Relay Runner B", "Relay Runner C, and "Relay Runner D".

***** Please note: if you are a team with only 2 or 3 students be sure to get on the correct Relay Bus in order to get dropped off at the appropriate relay point. Be sure all student team members know what runner they will be looking for at their exchange areas.**

Relay buses will remain at the exchange points until the last exchange runner departs. Runners will have shelter in the buses at exchange points and buses will transport all runners from the exchange points to the finish.

SHUTTLE BUSES

Shuttle buses for Runner A will be located from Clarkson Go South Lot to Start Line. There is no bus service for Relay Runner A from the Cawthra Community Centre. Note: If runner is accompanied by a spectator/teacher/parent there is one bus from the Start Line to the Finish departing half hour before start. Shuttles will take spectators from Cawthra Community Centre to the Finish. Shuttles will take runners and spectators from the Finish to Johnson's Lane/Clarkson Go and to Cawthra Community Centre. All shuttles end at 8:30pm.

BAGGAGE

It is recommended that participants have suitable clothing with them depending on the weather for 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 can leave their clothing at the exchange with their teammate and run to the next exchange where Runner C will have their clothing...and so on.

T-SHIRTS

All participants will receive a Mississauga Marathon presented by Canon participant t-shirt with their registration.

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 time will be the time posted on our event website after the race.

Prizes will be awarded to the top three teams in the co-ed, male and female categories in both the elementary and high school divisions.

FINISH AREA

- Teams should meet in the finish area after the race.
- The final runner will receive all the medals for their team.
- Awards will start at 7:30 p.m.
- There will be buses from the finish area back to Cawthra Community Centre and the 10K start line for all runners and spectators.
- Spectators are asked to park at Cawthra Community Centre and bus to the finish line to see the runners finish and enjoy the entertainment.