

Athlete Guide 2022

GEORGINA SPRING FLING

5k • 10k • 21.1k

Sunday, May 15, 2022

Presented by

GrowCo

Proudly supported by:



GEORGINA

2022

Welcome Athletes, Volunteers, Sponsors and Spectators!

Thank you for your support of this inaugural race. It took another leap of faith to present the Georgina Spring Fling 5k, 10k and 21.1k race, and a lot of hard work to put together an event that lives up to the reputation of the first Georgina Marathon & Half-Marathon. Our thanks go to the town of Georgina for their support and encouragement.

This guide covers important information for athletes and spectators, so please take the time to read through it so you know what to expect on race day. Although the restrictions of Covid-19 have been lifted, we encourage everyone to continue safe practices to ensure everyone stays safe. Your patience and kindness towards each other, event staff and volunteers will make this a great day for everyone.

A special thanks to our friends and family – many of whom ‘volunteered’ to help us out. And to our sponsors and supporters who are helping to make this first race a success.

Let’s celebrate that we can be out here – racing in-person and enjoying the beautiful shoreline of Lake Simcoe.

Your Race Co-Directors,



Cindy Lewis-Caballero



Sandie Orlando



GEORGINA
OFFICE OF THE MAYOR

Margaret Quirk, B.A.Sc.
MAYOR

TC-2022-005

May 3, 2022

Welcome Message from the Mayor

On behalf of the Council of the Town of Georgina, I am very happy to welcome all of the participants and spectators to the "Georgina Spring Fling" 21.1k/10k/5k race!

We are thrilled to have this event again in our community! The course runs along Lake Drive, offering wonderful scenic views of Lake Simcoe. I am certain that all of the participants and visitors to our town will thoroughly enjoy visiting here and experiencing the friendliness of our residents and local businesses.

We would also like to thank the organizers of this event for supporting two local organizations: the Georgina Food Pantry and Sandgate Women's Shelter. Your donations of food and financial support will go a long way in assisting local residents and families.

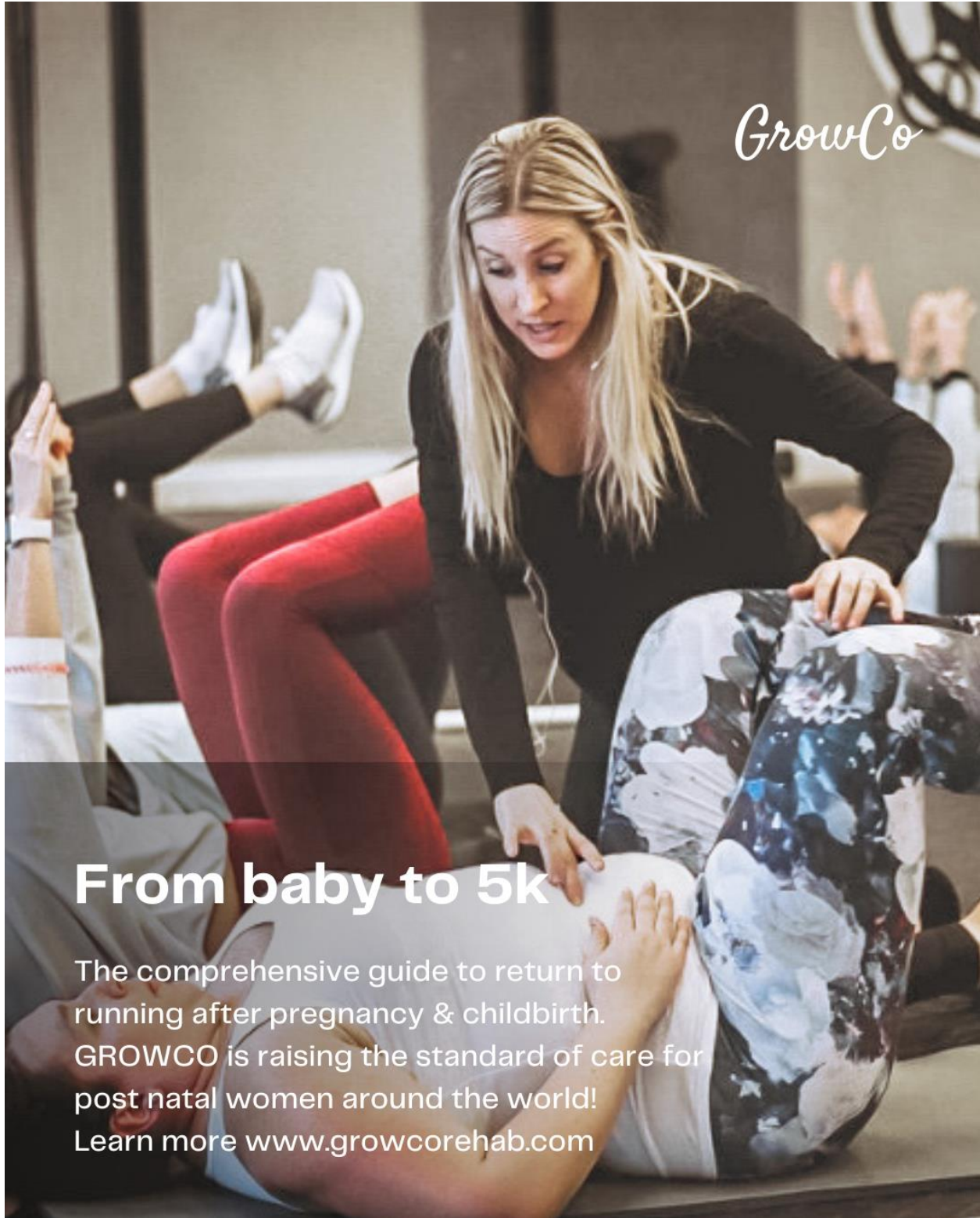
Once again, we are pleased to welcome everyone and we wish you all the best for safe and amazing races!

Sincerely,

Margaret Quirk,
Mayor

Georgina, 26557 Civic Centre Rd., Keswick ON L4P 3G1
905-476-4301 Sutton 905-722-6516 Pefferlaw 705-437-2210 mquirk@georgina.ca
www.georgina.ca

Thanks to our Presenting Sponsor



Thank you to our sponsors and supporters of the Spring Fling



Charities

Thinking globally, acting locally is how we make a difference. We are proud to be supporting two charities who provide tangible help to those in need.

Please bring a non-perishable food donation to the athlete expo or on race day for our collection boxes. Feel free to make a financial donation to [Sandgate Women's Shelter](#) or [Georgina Community Food Pantry](#) instead. Every little bit helps.



Race Kit Pick Up

Athletes will have four opportunities for race kit pick-up. We encourage you to pick up your kit before race day to cut down on race morning stress, whenever possible. You will need your ID and a signed copy of [both waivers](#). Please print and sign to bring with you.

If you are picking up for someone else, please be ready to show an email of their registration confirmation and their permission for you to pick it up on their behalf. Please have a copy of their signed waiver to hand in and a copy of their ID to show as well.

Wednesday, May 11th from 5:00pm-7:00pm in Burlington at [ProBodyWellness](#) clinic, [783 Brant Street \(lower\)](#). Parking is available on site.

Thursday, May 12th from 5:00pm-7:00pm in Toronto at [Matrix Fitness](#), [1650 Yonge St.](#) Parking is available on side streets, on Yonge St, or in Green P lots in the area.

Saturday, May 14th from 2:00pm-6:00pm at [The Briars Resort](#), [55 Hedge Road, Jacksons Point](#). Parking is available on site.

Sunday, May 15th (Race Day) – Although we encourage you all to pick up your race kit at one of the advance kit pick up dates/locations, race day kit pick up is available starting at 6:30am in [De La Salle Park](#). If you plan to pick up your kit on race day, please ARRIVE EARLY so you have plenty of time to find parking, get to De La Salle if you have to park off site, and get through any potential lines at race day pick up.

Race Expo & Pasta Dinner

We are excited to be offering a pre-race expo on Saturday, May 14th at the Briars Resort starting at 2:00pm until 6:00pm. Athletes and visitors are welcome to visit with our sponsors and shop at two retail booths (**TriSwim** and **Along the Road**) for any last-minute gear.

The expo is free and open to everyone. Tickets for the pasta dinner are \$29.95 + HST for adults / \$19.95 for 13 and under (3 and under free). Beverages will be available for purchase. The dinner will be served between 5:30 and 6:00pm. Tickets may be purchased by logging into your Race Roster account and going to 'Store' – in person at packet pick up and at The Briars.

Our speakers will do three rounds of presentations at approximately 2:00pm, 4:00pm and 6:00pm. Each will be followed by an 'Ask the Coach' session to answer your questions about race day preparation, nutrition, injury prevention – or anything else you are interested in.

Parking is available at the Briars Resort, 55 Hedge Road for this event.

GEORGINA
SPRING FLING
5k · 10k · 21.1k

Expo, Packet Pick Up, Pasta Dinner & Speakers

Saturday, May 14th from 2:00pm – 6:00pm at The Briars, 55 Hedge Rd, Jacksons Point, ON

Pasta Dinner opens at 5:30pm Tickets: \$29.95 adults/\$19.95 (13 & under); under 3 free

Caesar Salad/Garden Salad + Fresh Artisan Bread

Penne Rigate Aglio e Olio (Olive Oil based) &/or

Penne Rigate with Rustic Roma Tomato Sauce & Grilled Chicken

Selection of pastries, cakes & pies

Coffee, Tea, water, soft drinks

The bar will be open to sell wine, beer & spirits.

Pasta Dinner Tickets can be purchased in advance via the “store” link on Spring Fling Race Roster Page, by e-transfer at georginamarathon@gmail.com, or in person at packet pick up.

Speaker Presentations at 2:00/4:00/6:00pm

- **Dr. Cindy Lewis-Caballero**, CL Performance Training
Dr. Cindy Lewis is the founder and head coach of CL Performance Training, a Chiropractor and former professional Ironman triathlete. She will speak about her experiences as a pro athlete, training and coaching runners, motivational stories of athletes she has worked with, and what happened when she learned she was going to become a Mom.
- **Dr. Alli Cain**, GrowCo Rehab
Dr. Alli Cain is a Chiropractor and the owner of GrowCo Rehab and of ANCHOR, a health and fitness facility in Keswick. She will talk about training and treating athletes, common running injuries, and about how pregnancy and childbirth affect your core and how to approach getting your body back postpartum or after abdominal surgery.
- **Kim St. Vincent**, Spark Sport Nutrition
Kim St. Vincent has a degree in Kinesiology and will talk about the science of sport nutrition and hydration.
- **Steven Keating**, Along the Road
Steven Keating is the owner of Along the Road, a run and triathlon boutique store located in Waterdown, ON. He is also a running coach. He will talk about the latest trends in shoes and gear for running.
- **Ask a Coach Session** – Our panel of coaches will answer questions about run training, race day strategy, nutrition, what to wear, how to warm up, and more!

Getting to Georgina

By Car

There are two major highways that run into the Town of Georgina: Hwy 48 and Hwy 404. Georgina is located at the end of Hwy 404. It only takes about 50 minutes to get to Georgina from downtown Toronto.

By Transit

The Town of Georgina is serviced by York Region Transit (YRT) and GO Transit. For information on YRT services, visit yrt.ca or call 1-866-668-3978.

For more information about what Georgina has to offer visit www.georgina.ca

The Race Site – De La Salle Park

The race will start and finish from [De La Salle Park](#) located at **1924 Metro Road North, Jacksons Point, ON L0E 1L0**.

A water station and bag check will be available in the park. Our vendors and sponsors will also be set up in the park on race day. Be sure to stop by for any last-minute items, or after your race to learn about their products and services.

Elpida Café & Roastery will be on site to sell coffee, tea and limited pastries starting 7:00am. After your race, **The Briars** will have a BBQ in the park starting at 9:00am to sell hamburgers, hotdogs, sausages and peameal bacon on a bun – as well as soft drinks. (Cash, credit, debit accepted.)

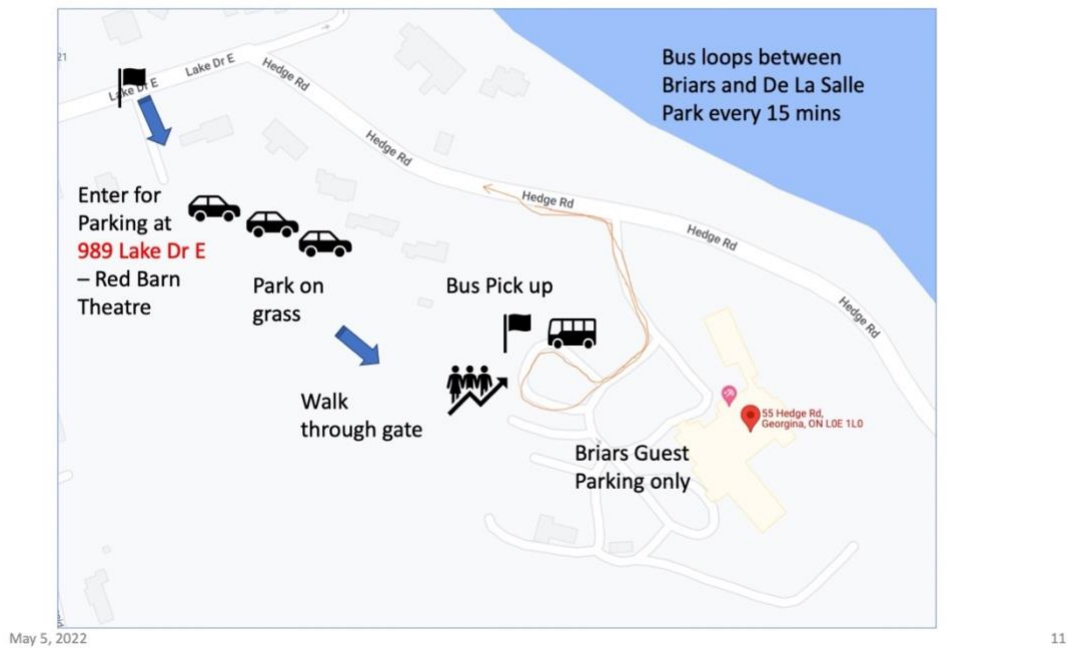
Parking & Shuttle Bus

Free parking is available at De La Salle Park (enter from Metro Road) and in The Briars overflow lot at **989 Lake Drive E**. When the lot at De La Salle Park is full, you will be directed to continue to the overflow lot at 989 Lake Drive E.

Look for a sign for The Red Barn Theatre – this the overflow lot entrance. Please do NOT park in the Briars Resort parking lot unless you are a registered guest. Plan to arrive early and follow the directions of our parking marshals to park, then look for a sign or flag at the far east end of the lot for the gateway to the Briars property for the shuttle bus pick up.

We will have **one** shuttle bus doing a loop approximately every 15 minutes between the designated parking lot at The Briars, 55 Hedge Road, Jackson's Point and De La Salle Park. This bus will continue throughout the day starting at 6:30am from the Briars lot and will continue throughout the day, with the last departure from De La Salle Park at 1:30 to bring athletes back to their car when they finish their run and celebration.

Please refer to this map to find your way to the shuttle bus pick up.



Note: Please observe city parking signage if looking for parking on side streets. Where it is available, it is limited to a 3-hour maximum. There is no parking on Lake Drive at any time.

When You Arrive on Race Day

1. Athletes who have not already picked up their race packets should report to the Chapel Building/Bag drop area or ask at the Information tent and expect:
 - You must show ID with your name, picture and birth date on it.
 - You will sign a liability and COVID-19 waiver when you pick up your race kit.
2. A bag drop for dry clothes will be available at an indoor location (see signs directing you to bag check when you arrive). Please ensure your bag is clearly marked with your **bib number and name**. Please do not leave valuables in your bag.
3. A water station will be available for filling your own bottle or pack. We will NOT have Spark Nutrition available in De La Salle Park at this station.
4. Listen for the race announcer's call to assemble in the starting corrals and seed yourself in the appropriate wave for your expected finish time. The waves will go out approximately 5 minutes apart in groups of approximately 50 people to allow runners to spread out on the course.

Pre-Race Amenities at De La Salle Park

- Portable washrooms equipped with hand sanitizer
- Limited number of indoor washrooms/change areas
- **Bag Drop** (indoor) – Please mark your bag clearly with your bib number and identification to make it easier to find afterwards. Volunteers will be on hand to help.
- Water fill station
- There will be a vendor on site with a supply of items in case you have forgotten something important.
- Donation drop off boxes for Georgina Community Food Pantry and a donation collection box for Sandgate Women’s Shelter

Coffee & Food at De La Salles Park

Elpida Café & Roastery will be set up in the park to sell coffee and tea and a limited number of pastries starting at 7:00am.

The Briars will be setting up a BBQ to sell hamburgers, hotdogs, sausages and peameal bacon on a bun starting at 9:00am. Non-alcoholic soft drinks will also be available.

Note that there are no food outlets within walking distance of De La Salles Park.

Wave Starts

Waves for all race distances are self-seeded. We will send out waves of approximately 50 people with a few minutes in between to allow for more space on the course. There will be a lead bike for the half-marathon and for the 10k run.

Race Day Schedule

| Sunday, May 15, 2022 | |
|----------------------|---|
| 6:00am | Race site opens for staff, volunteers & vendors |
| 6:30 am | Athlete Check In opens for Packet pick up |
| 6:30am | Shuttle bus begins pick-up loop from The Briars lot |
| 7:00 am | Race announcer begins |
| 7:45 am | Half marathon runners will be asked to line up for the race start |
| 8:00 am | Half marathon starts |
| 8:40am | Lead half marathon approaching turn around in De La Salle Park |
| 9:15am | Half marathon lead runner approaching finish line |
| 11:00am | Half marathon course closes |
| 11:10am | Half marathon awards (time may change) |
| 11:15am | 5k runners called to line up in start chutes |
| 11:30am | 5k race starts |

| | |
|---------|---------------------------------------|
| 11:30am | 10k runners called to starting chutes |
| 11:40am | 10k runners start |
| 11:45am | 5k lead racers to finish |
| 12:00pm | 10k lead racers to finish |
| 12:15pm | 5k and 10k awards |
| 1:30pm | Welcome final finishers |
| 1:30pm | Course closes |

Race Announcer & Timing

Our race announcer will start providing you with reminders and updates at 7:00am – please listen for directions and the call to get into the starting chutes. Volunteers will help get you organized.

Your official race time will be your chip time and will start as you cross the starting line mat. Your bib has a programmed sticker on the back that is your timing chip. No bib = no chip = no time. Timing mats will be placed at the 5k turn around for the half marathon and 10k turn around for the half marathon, and at the 5k turn around for the 10k.

Spectators may follow runners and results will be posted at www.EnfieldTiming.com.

On The Course

The course begins on a packed gravel surface inside De La Salle Park and makes a left turn approximately 40 meters after the starting line on to Lake Drive East. Course marshals will be controlling traffic coming in the eastbound lanes.

Lake Drive is a two-lane road that was built to service a cottage community which means it is narrow and must be shared with vehicular traffic to allow residents and emergency vehicles access. As a result, the run course occupies the **westbound lane** for runners going in **both directions**.

Please be mindful of not blocking the way for runners coming from behind trying to pass you – and watch for runners coming towards you. The half marathon will make two loops of the course, turning around at the starting point at De La Salle Park under the finishing arch. Watch for the marshal to direct you around the turn and back out on the course.

The road will be coned off and traffic control measures will be in place to ensure safety for runners. Be aware that there are some private driveways and roads on the north side of the road. Volunteers or traffic control technicians will be on hand to assist any residents who need to turn left through the run course.



Aid Stations

Aid stations are located on the north side of the road **only** and you will pass one every 2.5km. Runners will pass by the same aid stations as they return on the first loop of the course after the turn around. They will both have water and Spark Sports Hydration, and you may take a cup from a volunteer or from the table, if you prefer. Spark Sports Gels will be offered at the 5k/15k aid station for the half marathon only.



When approaching the aid station from **either direction**, please watch for runners coming from the other direction to allow for a safe passage and pick up.

Note: Support is to be provided only by those registered or officially volunteering/working for the race. Accepting support otherwise can result in a disqualification.

Portable toilets will be located on the north side of Lake Dr at each aid station.

Medical Support on the Course

Odyssey Medical is providing medical aid on the course and at the finish. They will have a 'gator' vehicle patrolling the course. If you become injured or are unwell, please let a course marshal or aid station captain know so they can alert the mobile team. If you are between aid stations, ask another runner to carry the message forward for you. Each aid station will also have a first aid kit available if you simply need a bandage.

Littering on the Course

Littering on the course is not acceptable. The residents of this community welcome the opportunity to share this scenic route, but not the litter that can be typical for a running event. Garbage cans are available on the course – please carry any water bottles, caps, gel packets and the tabs or caps with you and dispose of them properly! Any spectators who are setting up cheering stations along the route should be mindful of leaving nothing behind.

Half-Marathon Turn Around

Half-marathoners will do two loops of the course. The second loop begins in De La Salle Park at the finish line. You will be directed across the timing mat and around a cone to head back out on to the course after your first loop. This will be a tight U-turn so be prepared and watch for the course marshal to guide you around that turn.

An aid station will be set up beside the course just before you leave the park with water and Spark Nutrition in cups. Upon completion of your second loop of the course, you will proceed directly through the finish line.

Finish Line and Finish Chute

The course will turn back into De La Salle Park from Lake Drive to the finish line approximately 40 meters along the packed gravel path, then turn off to the right. Be prepared to make this quick turn if you are a finish line sprinter!

You will proceed through the finisher chute to pick up your medal, a bottle of water, banana, a bagel, and a Kate's Cakes cookie – then proceed out to the recovery area. A medical team will be available for athletes who may need support after the race.

Medical Support

A medical team will be on the course and available to assist with any medical issues or emergencies. If you are in distress or suffer an injury, notify the nearest aid station, course marshal, or runner who can relay your position to our team. Medical staff will be on hand to watch for runners who may need assistance at the finish line, and a medical tent will be set up in the finishing area for anyone who needs aid. Note: There will NOT be massage services available.

Timing, Awards & Prizing

| Awards | Half-Marathon male | Half-Marathon female | 10k male & female | 5k male & female |
|----------------------------------|--------------------|----------------------|-------------------|------------------|
| Overall | 1 | 1 | 1 | 1 |
| Age groups in 10-year increments | 3 | 3 | 3 | 3 |

Timing is provided by Enfield Timing. Chip time will be your official time. You must wear your race bib clearly visible on the front of your body. Do not fold, cut or damage your race bib.

*Age as of the end of the calendar year.

Results will be posted at the race site and are available online at www.EnfieldTiming.com.

Athlete splits will be available at EnfieldTiming.com. Final results will be posted on RaceRoster.com upon completion of the event.

An awards ceremony will be held at the end of each race.

Spectators

Family and friends are welcome to cheer for you on race day in De La Salle Park – or in any of the parks along the course. The park at Willow Beach offers a great view and photo opportunity. The corner of Kennedy Road and Lake Drive will be a hot spot with the Jennifer Jones Team cheering at the aid station, and a live broadcast by HITS105.5FM. Please be aware that traffic is restricted to **eastbound** lanes only on Lake Drive, and there is no parking allowed on Lake Drive at any point.

There is one grocery store at Kennedy and Lake Dr E that sells BBQ hot dogs and ice cream (Note: cash only). A small parking lot is available.

Photography

Mike Cheliak Photography will be on the race course and at the finish line to capture your race images. You will receive an email after the race with a link to where images can be found for purchase.

Post-Race

Join us at the finish of your race in De La Salle Park to celebrate your accomplishment. We will have a 'selfie' backdrop for you to share your photos on social media [#georginaspringfling](#) – and a ship's bell mounted for you to ring out your personal best, first race, or whatever else you are celebrating!

Stop by the Briars BBQ for a bite to eat, visit our sponsor and vendor tents, say thank you to our staff and volunteers who have worked hard to make the day a success. Don't forget to sign up for the **Georgina Marathon & Half-Marathon** on Sunday, September 11th before you head home. www.enduranceeventproductions.com/georginamarathon

A Final Thank You

The town of Georgina staff and businesses are an important part of making this race possible. Now that you've seen how scenic the area is – please consider coming back for another visit to enjoy more of what they have to offer.

Did You Give Our Course Alligator a High Five or a Tail Swat?

The course alligator was inspired by a sign one of the Lake Drive residents has on their boat house to beware of alligators crossing. Our Georgina Marathon and Half-marathon route passes by this spot twice. We invited the alligator to join us for the Spring Fling to give everyone some extra encouragement to keep going!

Brave & Crazy

Endurance Event Productions adopted the brave and crazy tagline because the co-race directors felt a little of both when starting a race series during Covid times – and recognized that most runners can probably relate to that sentiment when out on those tough training days. Keep it fun – because we're all a little brave and crazy!

