

Athlete Guide 2022

GEORGINA MARATHON *and half marathon*



Sunday, September 11, 2022

Marathon start 7:30am/ Half marathon start 7:45am / 5k start 8:00am

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GEORGINA
2022

Welcome Athletes, Volunteers, Sponsors and Spectators!

Welcome to the second annual Georgina Marathon & Half-Marathon + 5k. Some of you have raced with us before, and we thank you for your continued support and enthusiasm. For those of you who are first timers, we hope this fast, flat and scenic race will become one of your favourites. Our thanks go to the town of Georgina for their continued 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 healthy. 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 race a success.

Let’s celebrate that we can be out here once again enjoying the beautiful shoreline of Lake Simcoe together.

Your Race Co-Directors,



Cindy Lewis-Caballero



Sandie Orlando

GEORGINA
OFFICE OF THE MAYOR



Margaret Quirk, B.A. Sc
MAYOR

September 11, 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 second annual Georgina Marathon & Half-Marathon + 5K!

We are thrilled to have this event again in our community, and to see the addition of the new 5K distance to encourage even more participants to visit Georgina. The course runs along Lake Drive, offering wonderful scenic views of Lake Simcoe. I am certain that all of the runners and visitors to our town will thoroughly enjoy 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 georgina.ca

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Thank you to our sponsors and supporters of the Georgina Marathon & Half-Marathon + 5k



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 donation 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 your waiver. Please print and sign to bring with you. Proof of Covid vaccination is not required – masks are welcome but optional.

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 (an email is sufficient). Please have a copy of their signed waiver to hand in and a copy of their ID to show as well.

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

Thursday, September 8th 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. The nearest TTC station is St. Clair.

Saturday, September 10th from 2:00pm-6:00pm at [The Briars Resort](#), [55 Hedge Road, Jacksons Point](#). Parking is available on site.

Sunday, September 11th (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 5:30am at the chapel building 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 or get to De La Salle on the bus and get through any potential lines at race day pick up.

Hoodies, Buffs & Pasta Dinner Tickets

If you have purchased a hoodie, buff or pasta dinner ticket – be sure to pick yours up when you are getting your race bib. We will have your purchase in our system, but please remember to tell us so you don't miss out.

We will have a few hoodies available to sell at the expo. Cost is \$55.00 plus tax.

Packet Pick Up, Race Expo & Pasta Dinner



Saturday, September 10, 2022

55 Hedge Road, Jackson's Point, ON

Packet Pick Up & Expo 2:00pm – 6:00pm (free) – The Briar's Resort, Great Hall

Pasta Dinner 5:30pm (ticketed) The Briar's Resort, Great Hall

Tickets may be picked up with your race kit at packet pick up.

Athlete Pasta Dinner starts at 5:30pm

*Caesar Salad & Garden Salad with selection of dressings
Fresh Artisan Bread*

*Penne Rigate Aglio e Olio (Olive oil based)
Penne Rigate with Rustic Roma Tomato Sauce & Grilled Chicken
(Gluten-free pasta option available)*

*Dessert selection of pastries, cakes and pies
Coffee, Tea, Soft Drinks & Water
(Cash Bar available)*

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.

Parking & Shuttle Buses

Parking at **De La Salle Park** is free but limited to about 120 cars. Enter off Metro Road, but plan to be there VERY early. We recommend you save time and aggravation by going directly to one of our off-site lots at the **ROC** or **Red Barn** lot at The Briars and take the shuttle bus to the race site. Metro Road tends to get backed up, and if you are trying to get into the De La Salle Park lot and it turns out to be full – you may have to turn back. ***We will post on our social media (Facebook and Instagram) when that lot at De La Salle is full to help you avoid the frustration.***

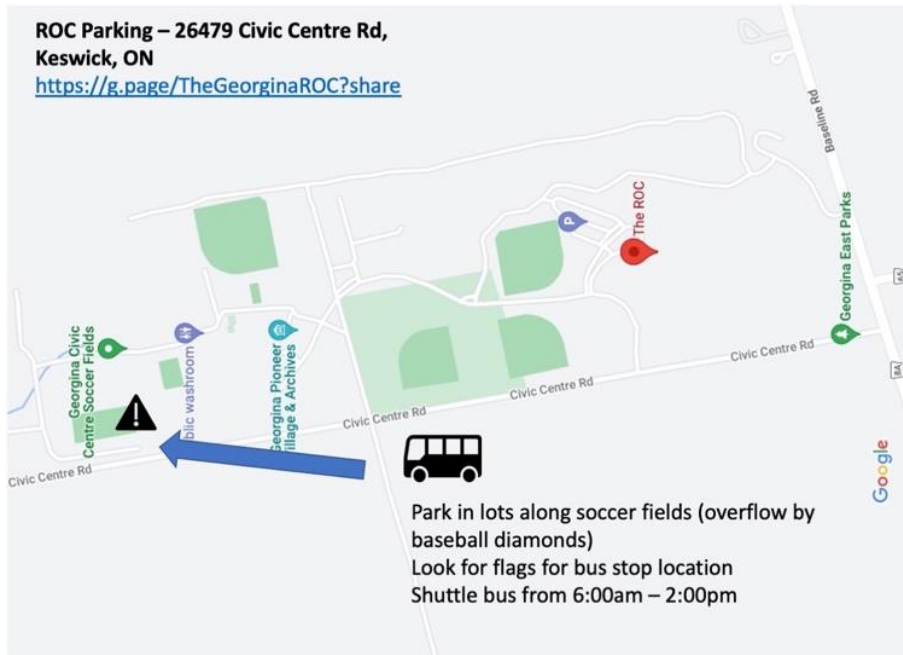
We will have **three** shuttle buses moving people between the parking lots at the **ROC** soccer field and The Briar's **Red Barn** Theatre lot to De La Salle Park throughout the day. The first bus will leave the ROC at 6:00am, the second bus at 6:15am and we expect a bus to return to the ROC every 15-20 minutes between 6:00am and 8:00am – depending on traffic. The first bus will leave the Briar's Red Barn Theater Lot at 6:00am and will be looping between there and De La Salle Park from 6:00am to 7:30am.

Departures after the race will leave from De La Salle Park throughout the day (last bus at 1:30pm) to bring athletes back to their car when they finish their run and celebration. Two buses will be operating – and will do a loop to The Briars Red Barn lot first, then on to the ROC. Please advise the driver if you are going to The Briars lot. (If nobody on the bus is going there – the bus will go directly to the ROC.)

Option #1 - ROC Parking + Shuttle Bus

The ROC is located at 26479 Civic Centre Road in Keswick, ON. ROC sport fields parking lots have free parking space for 400 cars by the soccer fields and another 200 by the baseball diamonds. Please fill the soccer field lots first – and use baseball diamond lots for overflow. There are portalets at these locations.

Buses will start shuttling participants from 6:00am and continue throughout the day until approximately 1:30pm. Look for the flags and the parking marshal in the soccer fields lot for the pick-up location. <https://goo.gl/maps/c1DFJ8Sfm6Mb9R9w5>

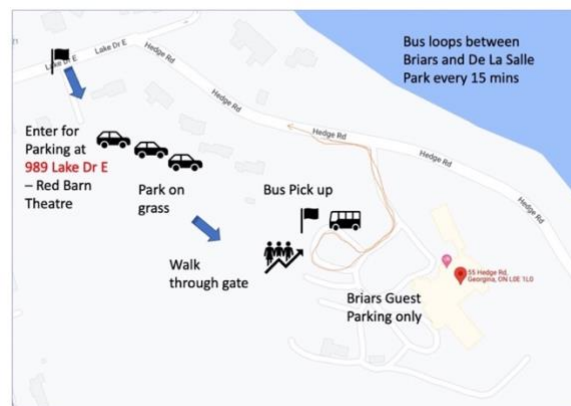


Option #2 - Red Barn Lot

The Briars overflow lot is at [991 Lake Drive East](#). They have space for about 250 cars. A shuttle bus will run between De La Salle and this lot starting at approximately 6:00am until 8:00am. It is approximately 1.6km from De La Salle Park if you prefer to use that as your warm up jog/walk.

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.

Please refer to this map to find your way to the shuttle bus pick up. We will have parking marshals at the entrance and at



May 5, 2022

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the Gate to help you find your way.

Athletes returning to The Briars Red Barn lot after the race will board the school buses and advise the driver of their destination.

Parking on Town Streets: 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.

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**.

Marathon start 7:30am/ Half marathon start 7:45am / 5k start 8:00am
Please plan to arrive early!



Pre-Race Amenities at De La Salle Park

- Portable washrooms equipped with hand sanitizer and one hand-wash station
- 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 on the wall of the Park office

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- 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

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 for race day packet pick up and registration. Expect:
 - You must show ID with your name, picture and birth date on it.
 - You will provide or sign a liability waiver when you pick up your race kit.
2. A bag drop for dry clothes will be available in the Chapel building (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. Volunteers will be available to help.
3. If you are dropping off bottles for the self-supported aid stations, you must have them in a bag, clearly identified with your bib number. Drop them in the appropriate bin before 7:00am. The bins will be located inside the chapel, near registration. **Note that you will NOT get this stuff back – whatever is left at the self-supported aid stations will be recycled after the race.**
4. A water station is available for filling your own bottle or pack. We will NOT have Spark Nutrition available in De La Salle Park.
5. Listen for the race announcer's call to assemble in the starting chute and seed yourself according to your expected finish time.

Self-Serve Aid Stations & Drop Off

Athletes in the marathon and half-marathon distance have the option of bringing their own prepared hydration/nutrition to be available at the self-serve aid stations on the course. You must put your bottle in a bag CLEARLY labelled with your bib number AND the aid station number (#1, #2, or #3). The first self-serve station will be at the 10.5k turn around (#1) and is available to full and half marathoners. Aid station #2 will be for marathoners only and will be located outside De La Salle Park for runners to access after they have turned inside the park and are heading out on the second loop. Aid station #3 will be for marathoners only and will be the same as #1 at the far turn-around point.

You must deliver your labelled bags to the Self-Serve Aid Station drop off point inside the chapel building where registration is, in De La Salle Park, BEFORE 7:00am. There will be bins marked for SS Aid Station #1, #2 and #3. Our volunteers will put the bags out in order of bib number at those aid stations. It will be up to each runner to locate their bag at the station, so make sure you have labelled yours clearly. **Volunteers will NOT be handing you your bag – you will need to find it and take your own stuff – so we recommend making your bag or bottle visible so you can spend as little time as possible locating it.** A garbage bin or bag will be available to dispose of any packaging.

Body Marking

We're borrowing this from the multi-sport races because it makes a lot of sense. Body marking refers to marking your age in marker on the back of your calf and/or arm so your competitors can gauge whether to pace or pass. This is optional, but if you'd like to participate – look for our volunteers with markers in the start chute.

Wave Starts & Pace Bunnies

Waves for all race distances are self-seeded. This is a narrow course, so please consider your pace and allow faster runners to start toward the front. We will have pace bunnies for the following distances/paces:

Full marathon: 3:40; 4:15
Half-marathon: 1:40; 1:50; 2:00; 2:10

Race Day Schedule

| Sunday, May 15, 2022 | |
|-----------------------------|--|
| 5:30 am | Race site opens for staff, volunteers & vendors |
| 5:30 am | Athlete Check In opens for Packet pick up |
| 6:00 am | Shuttle bus begins pick-up loop from The Briars lot and from the ROC lot |
| 6:30 am | Race announcer begins |
| 7:15 am | Marathon runners will be asked to line up for the race start |
| 7:30 am | Marathon starts |
| 7:45am | Wheelchair race starts |
| 7:46 am | Half-Marathon starts |
| 8:00 am | 5k starts |
| 8:15 am | Lead 5k runner approaches finish |
| 8:45am | Marathon approaching turn around in De La Salle Park |
| 9:00 am | Lead half-marathon finishers approach finish line; 5km awards ceremony |
| 10:00 am | Marathon finishers start |
| 10:30am | Half marathon awards (time may change) |
| 12:00pm | Marathon awards ceremony (time may change) |
| 1:30pm | Welcome final finishers |
| 1:30pm | Course closes; Final shuttle bus leaves De La Salle Park |

Race Announcer & Timing

Our race announcer will start providing you with reminders and updates at 6:30 am – 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. The half marathoners will run over a timing mat at the 10.5km turnaround and the start/finish line and the marathoners will run over a timing mat at 10.5km, 21.1km, approximately 31.5km and the start/finish line.

Live tracking will be available online and results will be found at www.EnfieldTiming.com.

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**. Be aware that there is a wheelchair category, so please give these races the space they need. For the safety of all runners, strollers and dogs are not allowed.

Please be mindful of not blocking the way for runners coming from behind trying to pass you – and watch for runners coming towards you. If you choose to wear earbuds, keep the volume low so you can hear voices and directions from race marshals and other runners. The 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 & On the Course Support

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 have both water and Spark Sports Hydration, and you may take a cup from a volunteer or from the table, if you prefer. Spark Sports Nutrition Gels will be offered at select aid stations.

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 except at Kennedy Road, where they will be located in the parking lot across from the aid station.

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.

Marathon Turn Around

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 after you leave the park with water and Spark Nutrition in cups. The self-serve aid station will be located just after that as you begin your second loop. 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.

You will proceed through the finisher chute to pick up your medal and a bottle of water. At the end of the finisher chute you are invited to turn into the covered picnic area to enjoy your breakfast sandwich, complimentary from your race directors and prepared by The Briar's, take a selfie at the race backdrop, and ring the bell to announce your accomplishment. Dan Pollard of Hits105.5FM will be doing a live broadcast and will be co-hosting the awards ceremonies with Teresa Baerg.

A medical team will be available for athletes who may need support after the race.

Coffee & Food at De La Salles Park

After your race, we are providing a free egg and cheese breakfast sandwich for all registered athletes, made by [The Briars](#). You will need to be wearing your race bib to claim yours. The Briars will also be selling breakfast sandwiches and water to spectators. (cash, debit, credit) *Unfortunately, we are not able to offer a vegetarian or gluten-free option this year. Coffee will be available for purchase at a [Velofix](#) cart.

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

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.

Timing, Awards & Prizing

| Awards | Marathon male & female | Half-Marathon male & female | 5k male & female |
|-------------------------------------|---|---|---|
| Overall | 1 st , 2 nd , 3 rd | 1 st , 2 nd , 3 rd | 1 st , 2 nd , 3 rd |
| Age groups in 10-year increments | 1 st , 2 nd , 3 rd | 1 st , 2 nd , 3 rd | 1 st , 2 nd , 3 rd |

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

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.

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 with plenty of paid parking and washrooms on site. Aid stations at the corner of Kennedy Road, Civic Centre Road and Sheppard Rd will have teams from local groups cheering and encouraging runners. There is one grocery store at Kennedy and Lake Dr E that sells BBQ hot dogs and ice cream with paid parking and portolets. (Note: cash only).

The corner at North Gwillimbury Park will be a hot spot with the [Jennifer Jones Team](#) cheering at the aid station, and a live broadcast by HITS105.5FM. Paid parking and portolets are available.

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.

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 [#georginamarathon](#)– and a ships bell mounted for you to ring out your personal best, first race, or whatever else you are celebrating!

Stop by the Briars table for your breakfast sandwich, 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 Spring Fling 5k/10k/21.1k](#) on Saturday, May 6/23 or next year's [Georgina Marathon & Half-Marathon](#) on Sunday, September 10/23.

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. www.georgina.ca

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 again to give everyone some extra encouragement to keep going! Watch for him...he might be hungry.



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!

