

Athlete Guide 2023

GEORGINA SPRING FLING *marathon · 21.1k · 10k · 5k*

Saturday, May 6, 2023

Presented by

**THE BRIARS**
RESORT & SPA ON LAKE SIMCOE

Proudly supported by:



GEORGINA
2023

Welcome Athletes, Volunteers, Sponsors and Spectators!

Welcome to our second Georgina Spring Fling race. This year marks the introduction of the full marathon distance to the spring race. Our thanks go to the town of Georgina and to The Briars Resort & Spa for their continued support and encouragement.

This guide covers important information for athletes, volunteers, 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 the community who continue to help make Georgina races successful.

We encourage everyone to join us after the race for the ***Spring Fling Explore Georgina Festival*** hosted by The Briars Resort & Spa for a sampling of what the region has to offer and to encourage our youngest runners as they chase the Georgina Alligator around a 1km wooded trail in a Kids’ Fun Run.

Your Race Co-Directors,

Cindy Lewis-Caballero & Sandie Orlando



GEORGINA
OFFICE OF THE MAYOR

Margaret Quirk, B.A. Sc
MAYOR

May 6, 2023

Welcome Message from the Mayor

On behalf of the Council of the Town of Georgina, I am happy to welcome all of the participants and spectators to the “Georgina Spring Fling” marathon, half-marathon, 10K and 5K event!

We are thrilled to once again have this event hosted in our community. The course is flat, fast and scenic, running along Lake Drive and offering wonderful views of the beautiful shores of Lake Simcoe.

We would also like to thank the organizers and sponsors of this event for their continued ambassadorship of the Town of Georgina through their support of this unique certified marathon and half marathon course. The addition of this year’s Kids 1K Fun Trail Run and Spring Fling Explore Georgina Festival hosted at the Briar’s Resort and Spa is a wonderful way for visitors to learn more about our community, and get engaged with local sites, attractions and events. I am certain that all of the participants and visitors to our town will thoroughly enjoy visiting this wonderful community, and experiencing the friendliness of our residents and local businesses.

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

Sincerely,

A handwritten signature in black ink that reads "Margaret Quirk".

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

Thanks to our Presenting Sponsor

The Briars Resort & Spa has supported the Georgina Spring Fling and Georgina Marathon races from the beginning. For each race, The Briars has welcomed athletes to their property and provided special pricing for accommodations, space for race kit pick up, marathon specific menus, parking, race day support and more.

This year, The Briars welcomes race participants and local residents to the **Spring Fling Explore Georgina Festival** showcasing local businesses, sites, attractions and events that will leave you wanting to come back for more!

Runners and their families and friends are invited to return to The Briars after their race to enjoy a sampling of what the resort and the region have to offer. Take advantage of their showers, explore the grounds, learn about their history, play a few games, enjoy their menus, relax on the lawns, and meet some of the local artisans, vendors and special interest groups.

Their recreation team has set out a course for our first Kids' 1k Fun Trail Run that takes a tour around the nature trails on the property. Kids can enter to participate and come away with a swag bag and medal – and bragging rights for having chased the Georgina Alligator!

Stay the night at special rates, enjoy breakfast and take a tour of the region to get some special deals. You might even discover your next family vacation spot.



Thank you to our partners, community 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 the waivers (see last two pages). **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. Note that the signed waiver is separate to what they did in race roster - it needs to be their actual penned signature on the waiver when you give it to us - or a picture of that.

Saturday, April 29th from 10:00 am-2:00 pm in Burlington at [ProBodyWellness](#) clinic, [783 Brant Street \(lower\)](#). Parking is available on site.

Sunday, April 30th from 10:00 am-2:00 pm in Toronto at [All Access Health & Fitness](#) at 423 Danforth Ave. -Steps away from TTC Chester Station; Green P Street Parking available on Danforth Avenue; Green P Parking Lot on Chester Avenue; Free Street Parking on Logan Avenue & Side Streets

Friday, May 5th from 2:00 pm-8:00 pm at [The Briars Resort](#), [55 Hedge Road, Jacksons Point](#). Parking is available on site. Plan to spend some time visiting our vendors at the race expo.

Saturday, May 6th (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 5:45am 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. Parking information is included later on in this athlete guide.

Race Expo

A few vendors will be on-site on Friday, May 5th at the Briars Resort & Spa starting at 2:00pm until 8:00pm that you are welcome to come by and check out, including Surge Activewear with the Spring Fling Official Merchandise and Along The Road with some great deals on running and multisport gear. Athletes and visitors are welcome to browse exhibits. The expo is free and open to everyone.

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

Getting to Georgina

By Car

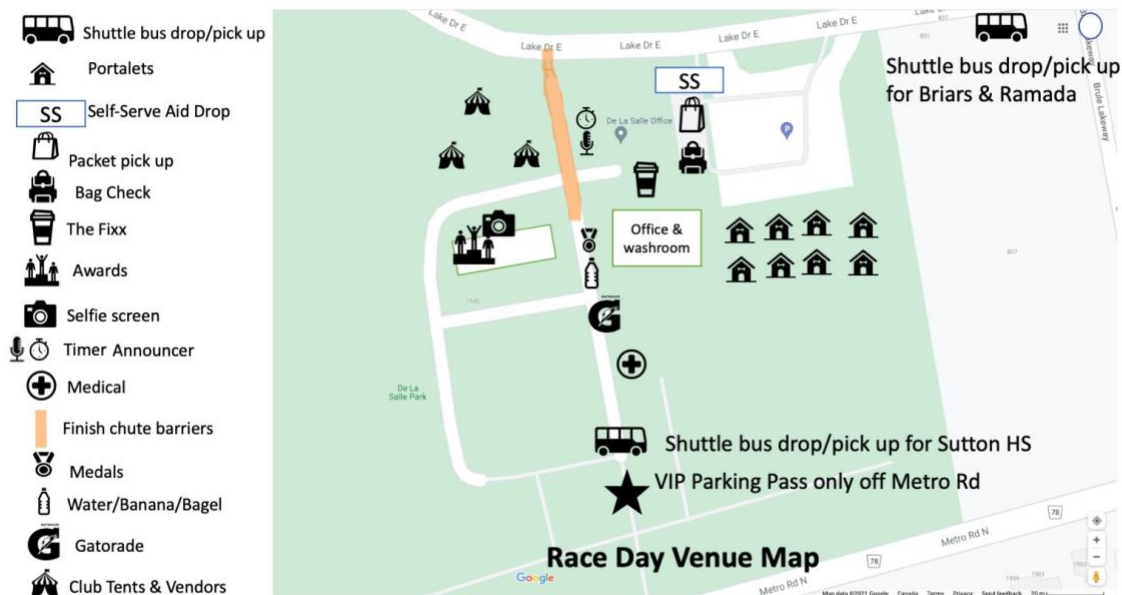
There are two major highways that run into the Town of Georgina: Hwy 48 and Hwy 404. Georgina is located at the end of Hwy 404. It only takes about 50 minutes to get to Georgina from downtown Toronto.

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



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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, portable toilets and bag check will be available in the park. Our vendors and sponsors will also be set up in the park on race day. Velofix will have The Fixx coffee cart on site.

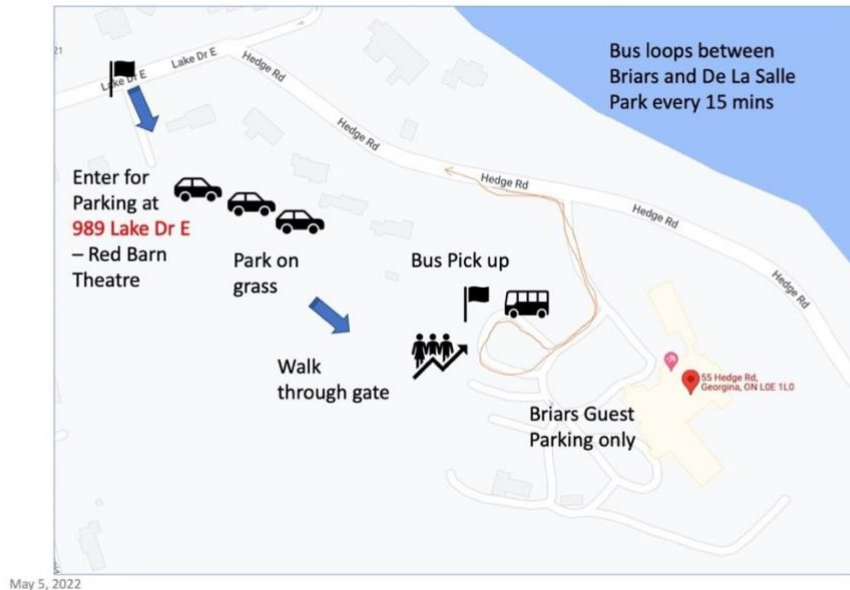
Run clubs are welcome to bring their team tent to set up in ‘tent city’ in the park to cheer their team mates on.

Parking & Shuttle Buses

Parking at De La Salle Park is available ONLY for those who have pre-purchased a VIP Parking Pass. These passes are limited and have been sent out by mail in advance. Be prepared to show your pass and ID when entering De La Salle Park from the Metro Road entrance.

General Admission FREE parking is available in the following locations, with shuttle buses running throughout the day starting at 6:00 am. The last bus will leave De La Salle Park at 2:00 pm

If you plan to join us at the Explore Georgina Festival after the race – you will want to park at the [Red Barn Theatre lot](#) – 991 Lake Drive East, Jacksons Point, ON L0E 1L0



Look for a sign for The Red Barn Theatre and our race flag at the entrance. This is 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.

[Sutton District High School](#) – 20798 Dalton Road, Sutton, ON L0E 1R0

There is a generous amount of parking behind the school where the shuttle bus will stop to pick up passengers.

[Bonnie Park lot adjacent to the Ramada by Wyndham Jacksons Point](#) – our shuttle bus will pass by this area to pick up guests who are staying at the hotel. There is a parking lot just past the Ramada entrance with free parking available.

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.**

Spectators will also find free lots along the course at [Willow Beach](#) and [North Gwillimbury Park](#). There will NOT be a shuttle from these locations. There is a small lot at Kennedy Road and Lake Drive with a variety store (cash only!), BBQ and ice cream.

Shuttle Bus Routes

Free shuttle buses are available to take participants and spectators from their cars to De La Salle Park to the Briars if you wish to attend the Festival events after the race. The last shuttle bus will be leaving De La Salle Park at 2:00pm.



Sutton District High School
 Briars – Red Barn Theatre lot
 Jackson Point Harbour lot

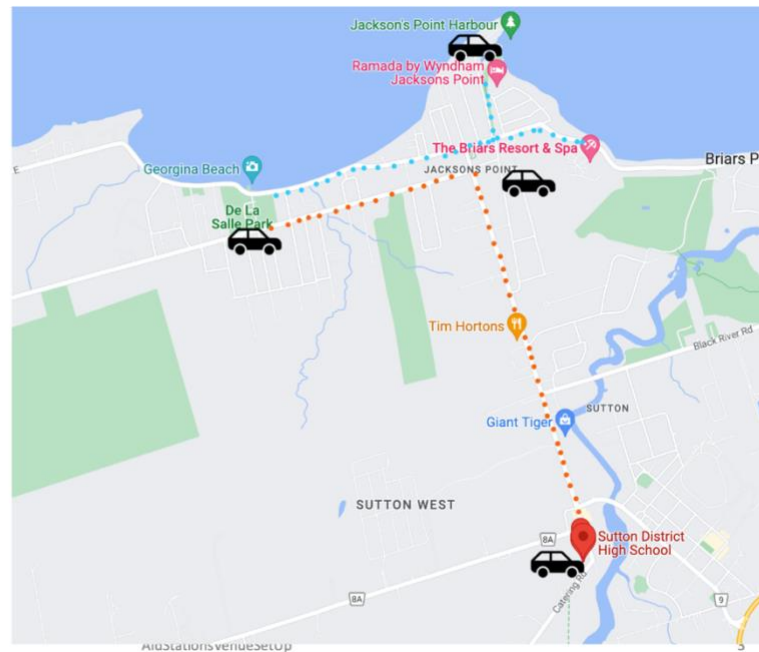
VIP parking passes only at De La Salle park



Free shuttle bus between the park and the parking lots starting at 6:00am – 2:00pm



April 17, 2023



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 and expect:
 - You must show an ID with your name, picture and birth date on it.
 - You will sign a waiver and release form when you pick up your race kit.
2. A bag drop for dry clothes will be available inside the chapel building. Please ensure your bag is clearly marked with your **bib number and name**. Please do not leave valuables in your bag. We cannot guarantee security at all times with your bag.
3. A water station will be available for filling your own bottle or pack.
4. Marathoners may leave their own self-serve bags that are clearly marked with their bib number on the table inside the kit pick up/bag drop building.
5. Listen for the race announcer's call to assemble in the starting corrals and seed yourself in the corral based on your expected finish time.
6. Pre-Race Amenities at De La Salle Park
 - Portable washrooms equipped with hand sanitizer
 - Limited number of indoor washrooms/change areas

Proudly supported by:

- **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
- The Fixx coffee cart will be selling hot drinks

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

Race Start

You will self-seed yourself in the starting corral based on your expected finishing time. You will see volunteers with signs in the starting corral - look for those and seed yourself behind the sign that matches your expected pace or finish time. We will not have pace bunnies for this race. There will be a lead bike for the marathon and half-marathon and one for the 10k run.

Race Day Schedule

This schedule may change according to weather or other circumstances. Please pay attention to the race announcer on race day.

	Saturday, May 6, 2023
5:45am	Race site opens for staff, volunteers & vendors
5:45 am	Athlete Check In opens for Packet pick up & bag drop
6:00am	Shuttle buses begin pick-up loops from Sutton High School and Briars lots
7:00 am	Race announcer begins
7:15 am	Marathon & Half marathon runners will be asked to line up for the race start
7:30 am	Marathon & Half marathon starts
7:40 am	10k & 5k runners line up for race start
7:50 am	10k & 5k race begins
8:05 am	5k winners return
8:20 am	10k winners return
8:15 am	Marathon turn around and half-marathon winners finish
9:00 am	5k & 10k award presentations
9:45 am	Half-marathon award presentations
11:30 am	Marathon award presentations
	Continue to welcome in finishers; Shuttle buses to Briars for Festival events
1:30 pm	Welcome final marathon finisher & course closes
2:00 pm	Final shuttle bus leaves for Sutton High School & Briars
3:30 pm	Check in for Kids' 1k Fun Trail Run at The Briars Festival
4:00 pm	Kids' 1k Fun Trail Run

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. Additional timing mats will be placed at the turn around for the 10k and at the turn around for the marathon and half-marathon.

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 stay in the right hand side of the lane.

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 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.

The marathon, half marathon and 10k courses are professionally measured and certified.



Aid Stations

There will be aid stations serving water and Gatorade hydration approximately every 2.5km on the course. There will be no gels or other nutrition available. Runners should carry their own nutrition and deposit any garbage at the aid stations. **Please do not leave your garbage on the road anywhere else along the course - the community supports this event and we want to keep it that way. Be respectful and keep your garbage on you until you get to an aid station,** you can leave it there. Portable toilets will be available at each aid station and at the half marathon turn around.

This map shows locations of the aid stations and turn around points for the 5k, 10k and marathon/half-marathon. An aid station will be placed on the course for the second loop of the marathon outside of the park after the turn.

Self-Serve Aid Station for Marathon ONLY

Marathoners may choose to bring their own 'special needs' bag that will be placed on a table on the course after the half-way turn around. This will be a self-serve table only! Bags clearly marked with bib numbers may be left on the drop off table **inside the chapel building** on race morning for volunteers to bring out to the self-serve station after the race has begun. Bags will be set out in order of bib number. **Athletes will be responsible for finding their own bag and depositing any garbage in the bin provided.**



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.

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, look for a zone marshal or ask another runner to carry the message forward for you. There will be an AED defibrillator on the course at every aid station, courtesy of Odyssey Medical.

If there is active weather, we have plans to communicate and bring runners in from the course. Please check the weather forecast in advance to dress appropriately and be sure to pack warm/dry clothing to change into after the race.

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 onto 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.

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, a bottle of water, banana, bagel, Gatorade and protein bar – then proceed out to the recovery area. A medical team will be available for athletes who may need support after the race.

Timing, Awards & Prizing

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.

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.

Awards	Marathon male & female	Half-Marathon male & female	10k male & female	5k male & female
Overall	1/2/3	1/2/3	1/2/3	1/2/3
Age* groups in 10- year increments	3	3	3	3

*Age as of the end of the calendar year.

Prizes must be picked up on race day for age group categories. Overall winners will be contacted to receive the prize if they aren't present for the award presentations.

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 cheering at the aid station. 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 on the south/east corner.

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 and they will be **free** to all athletes in the race to download.

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](https://www.instagram.com/georginaspringfling) – and

a ship's bell mounted for you to ring out your personal best, first race, or whatever else you are celebrating!

Race Souvenirs

Celebrate your accomplishment with something special. We have some items that will be for sale at the race expo on Friday, May 5th, and onsite on race day. Although quantities may be limited, we will take orders and ship items to you after race day.

Items include special edition mugs, hoodies, buffs, singlets from 2022 races.

Our online store is taking orders in advance. www.enduranceeventproductions.com/shop



Surge Active Wear will be taking orders for custom race jackets, hoodies, long sleeve and short sleeve t-shirts, and singlets. Look for them at the race kit pick up on Friday, May 5th at the Briars and in the park on race day. To order, visit

<https://surgeactivewear.com/collections/georgina-spring-fling-marathon>



Special Edition Mugs

Proudly supported by:

The image on these mugs was created by Paula Banks, an artist and runner who got her Boston Qualifier at the Georgina Marathon in 2022.

She created this painting to commemorate her race using photos of actual runners from that race and shared it with us. You can purchase your special edition mug at the race expo while supplies last. Paula also designed this year's race t-shirt. You can see her work at paulabanks.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 a few times. We invited the alligator to join us for the Spring Fling to give everyone some extra encouragement to keep going!



Some Final Thank You's

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. More information is available at www.georgina.ca

Volunteers

We wouldn't be able to put together this event without the support of our volunteers. Please take a moment to thank them for getting up early and standing all day to make sure you have a safe and supported race experience.

Plan Ahead for Fall 2023 and Beyond

Our Georgina Marathon & Half-Marathon + 5k race is on Sunday, September 10th, 2023. Registration is open with discounted pricing until August 26th.

Race Dates for 2024:

Georgina Spring Fling - Sunday, April 28, 2024

Georgina Marathon - Sunday, September 8, 2024

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!



Feedback

We are happy to hear your comments and feedback. Share your thoughts to georginamarathon@gmail.com.

Please fill out, print, and bring this waiver to race kit pick up.

WAIVER, RELEASE & INDEMNITY

COMPANY NAME (RELEASED PARTY): ENDURANCE EVENT PRODUCTIONS LTD. And ATHLETICS ONTARIO

EVENT: Georgina Spring Fling Marathon, ½ Marathon, 10k, 5k

PARTICIPANT NAME (RELEASING PARTY):

I understand and agree that my participation in events, programs, races, or activities organized, operated, conducted and/or sanctioned by the COMPANY is conditional upon my execution of this document.

1. I am aware that running, racing, and participation in competitive sport and endurance events, involves the possibility of personal injury, medical trauma, medical emergency or death.
2. I accept these risks, and all others arising from the EVENT even if arising from the negligence, gross negligence, or negligent rescue by those associated in any way with the COMPANY and the EVENT, the venues at which the EVENT takes place or by those organizing, officiating, or participating in the EVENT, including their respective officers, directors, employees, agents, servants, volunteers and representatives (the "Releasees").
3. I understand that all applicable rules for participation in the EVENT must be followed and that SOLE RESPONSIBILITY FOR MY PERSONAL SAFETY REMAINS WITH ME, including my physical and emotional preparation and fitness to participate in the EVENT.
4. I undertake and agree to remove myself from participation in the EVENT if I sense or observe any unusual hazard or unsafe condition, or if, at any time, I feel unable or unfit to safely continue for any reason.
5. I give a FULL RELEASE AND WAIVER OF LIABILITY AND ALL CLAIMS that I have, or may have in the future, against any of the Releasees set forth in paragraph 2 above from all liability for any loss, damage, injury, medical emergency or condition or death, or any expense associated therewith, that I may suffer as a result of my participation in any part or parts of the EVENT or my presence at the venue at which the EVENT may take place, due to any cause whatsoever including the forms of negligence set forth in paragraph 2 above or from any breach of contract or statutory duty or other duty of care including any duty of care owed under the relevant *Occupier's Liability Act*, on the part of the Releasees.
6. I AGREE NOT TO SUE and I further agree TO INDEMNIFY AND SAVE HARMLESS the Releasees from all expenses, fees, liability or damage award or cost of any type whatsoever arising from my participation in the EVENT.

I HAVE READ AND UNDERSTOOD THIS WAIVER, RELEASE, AND INDEMNITY. I am aware that by signing this document I am waiving substantial legal rights (on my behalf and on behalf of my heirs, executors, administrators and next of kin), including the giving up of my right to sue.

Participant Signature or Parent/Guardian (if under 18 years old): _____

Date: _____

Witness Signature:

_____ Date: _____

Photographic Consent and Release Form:

I hereby consent and agree that Endurance Event Productions Ltd. (the COMPANY) has the right to take or use photographs of me and/or my property and to use these in any and all media worldwide including online, now or hereafter known, and for any purpose whatsoever. I hereby release to the COMPANY all rights to exhibit this work in print and electronic form publicly or privately and to market copies. I waive any rights, claims or interest I have to control the use of my identity or likeness in the photographs and agree that any likeness described herein may be made without compensation or additional consideration of me.

I represent that I am at least 18 years of age, have read and understand the foregoing statement, and am competent to execute this agreement.

Participant Signature or Parent/Guardian (if under 18 years old): _____

Date: _____

Witness Signature:

_____ Date: _____