

Hello Hallow's Eve Racers!

We are anticipating a great day of racing this year! Keep something crossed so we get eerily good weather again. The temperature will still be cool, so please bring some warm, dry clothes to change into after your race. We will have hot soup waiting for you at the finish line, along with bagels, peanut butter/cream cheese, cookies, oranges, bananas, hot coffee, hot chocolate and oh yes...can't forget the Hallow's Eve candy!

This document contains information about the race that you, racers, should know. Please read as part of your race day preparation.

## SCHEDULE OF EVENTS

### Race Day

07:30 am	Racer Check-in Opens
08:30 am	Marathon Race Start
09:00 am	Half Marathon Race Start
10:00 am	10K Race Start
Top 3 in (M&F)	Awards 10K Race
Top 3 in (M&F)	Awards Half-Marathon
Top 3 in (M&F)	Awards Marathon

### Reminders:

- ☠️ The start/finish line is at Inter River Park. Pay parking may be in effect.
- ☠️ ALL racers must check-in 30 minutes prior to race start. This includes racers who picked up their race package on Friday.
- ☠️ NO Dogs allowed on course (unless this is your costume!)
- ☠️ **Carry water and fuel.** There are some big climbs between some of the aid stations.

☠️ We will have an 8 a.m. start for marathoners who may need more time—**you MUST let us know in advance!**

### Volunteers

Please remember to thank our wonderful volunteers for helping to make this a great event!

## COURSE INFORMATION

**All race distances start and finish Inter River Park, North Vancouver.** Drive down Inter River Park Drive (off Lillooet Road). Take the first left turn, then the first right into the parking lot. The start is near the bathrooms and the BMX track area.

Distance	Ascent	Decent	Hills	Race Start Time	Course Map
Marathon	1745m	1745m	↑ 49.5%   ↓ 50.7%   → 3.5%	08:30 a.m.	<a href="#">Map &amp; Description</a>
Half Marathon	866m	868m	↑ 48.7%   ↓ 47.9%   → 3.4%	09:00 a.m.	<a href="#">Map &amp; Description</a>
10K Run	441m	443m	↑ 44.6%   ↓ 50.0%   → 5.4%	10:00 a.m.	<a href="#">Map &amp; Description</a>

### Cut-off Times

There will be a cut-off time for the Marathon course at the Lynn Headwaters aid station. The cut-off time is 1:30 p.m. The Lynn Headwaters aid station is at approximately 24.5K.

### Aid Stations

There are five aid stations in total: five for the Marathon, three for the Half Marathon and one for the 10K. Aid stations will have water, electrolyte drink, gels, chips, blocks or chews, cookies and other treats. First Aid supplies are available at every aid station.

Aid Station locations:

1. Pipeline Bridge (Rice Lake Road) near Varley Trail (marathon & half marathon)
2. Lynn Headwaters at hiker sign-in bridge (crosses Lynn Creek) (marathon & half marathon)
3. LSCR gazebo area (10K, marathon & half marathon)
4. Baden-Powell at Mosquito Creek (marathon only)
5. Old Mountain Highway (marathon only)

**Call out your bib numbers at all aid stations.** This is for safety reasons.

**Half-Marathoners** must also call out their bib number to the marshal at the junction of Old Mountain Hwy & Upper Griffin.

### Supplies to Carry

We do ask that marathoners and half marathoners carry some water and fuel. There are a few long stretches between some of the aid stations with some great climbs and you will need the hydration and fuel.

### Marshals

Marshals are located at various points along the course to help keep you on course. Please listen to the marshals at street crossings. We are not allowed to stop traffic, so they are there to help you cross the road and keep you safe! There will be signage (and flagging) at intersections with no marshals.

## EVENT INFORMATION

### Package Pickup

- Friday, October 28<sup>th</sup>, at 5-7 p.m. at Forerunners North Shore, 980 Marine Drive, North Vancouver.
- Race Day (Saturday, October 29<sup>th</sup>) at the race start 30 minutes before your race start time.

### Race Day Check-in

**EVERYONE MUST CHECK IN 30 minutes before race start.** This is for safety reasons. If you do not check-in, it will be like you were never here.

### Dry Bags

- Dry bags, with a change of dry, warm clothes, may be dropped off at race start area.
- Please ensure your race number is marked on your dry bag.

### Awards

- Awards will be presented for top three by gender, by event.
- Draw prizes will be announced around the awards time.
- Every racer will receive a race souvenir at package pickup.
- Award times:
  - For 2022, awards will be presented once third place of category crosses the finish line.

### Cup-less

All Foretrails Run Series events are now cup free events, meaning you'll need to pack your own container for fluids at aid stations and at the finish line. For example, a foldable cup or packable style bottle.

### Race Day Rules & Etiquette

We are a community minded event and want our racers, along with volunteers, family, friends and other community members who are enjoying the North Shore trails to have a great experience. To help us with this goal, please review our [Race Rules and Etiquette](#).

### Hotel Nearby

The [Holiday Inn and Suites](#) is in walking distance from the start & finish line.

### Parking

- ***There is limited parking near the start line & pay parking may be in effect.***
- CARPOOLING IS RECOMMENDED.
- Racers are asked NOT to park at the equestrian center or Jaycee House. You will be towed.