



Hallow's Eve Race Information 2023



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 and cream cheese, cookies, oranges, bananas, hot coffee, hot chocolate and Hallow's Eve candy.

This document contains information that racers need to know. Please read it as part of your race day preparation.

SCHEDULE OF EVENTS

Race Day

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

Important Notes

- ☠️ The start/finish line is at Inter River Park. Pay parking may be in effect.
- ☠️ ALL racers must check-in 30 minutes before the 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.

☠️ **EARLY START** We have a 7:30 a.m. start for marathoners who 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 at Inter River Park, North Vancouver. Drive down Inter River Park Drive (off Lillooet Road). At the bottom, **veer right** into the parking lots by the sports fields. 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%	08:00 a.m.	Map & Description
Half Marathon	866m	868m	↑ 48.7% ↓ 47.9% → 3.4%	09:00 a.m.	Map & Description
10 km Run	441m	443m	↑ 44.6% ↓ 50.0% → 5.4%	10:00 a.m.	Map & Description

Cut-off Times

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

Aid Stations

There are five aid stations in total: five for the Marathon, three for the Half Marathon and one for the 10 km. 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 and Half Marathon).
2. Lynn Headwaters at hiker sign-in bridge where it crosses Lynn Creek (Marathon and Half Marathon).
3. LSCR gazebo area (10 km, Marathon and Half Marathon).
4. Baden-Powell at Mosquito Creek (Marathon only).
5. 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 Mountain Hwy and Upper Griffen.

Supplies to Carry

Carry some water and fuel for every hour out there. There are a few long stretches between some of the aid stations with some great climbs and you will need 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 27, 2023 from 5-7 p.m. at Forerunners North Shore, 980 Marine Drive, North Vancouver.
- Race Day Saturday October 28, 2023 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 2023, 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, use a foldable cup or packable style bottle.

Race Day Rules and 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 and finish line.

Parking

- ***There is limited parking near the start line and pay parking may be in effect.***
- ***When you drive down Inter River Park Drive, veer RIGHT at the bottom to park near the sports fields.***
- CARPOOLING IS RECOMMENDED.
- Capilano University also has parking.
- Racers are asked NOT to park at the Equestrian Centre or Jaycee House. You will be towed.