

February 8, 2010

### 2010 KRRA Twosome Run 5k Newsletter #3

Race Date and Time: February 14, 2010, 11AM

**New Location:** Winston Churchill Public School

See also: Newsletters #1 and #2 –

[www.krra.org/twosome/TwoosomeNewsletter1.pdf](http://www.krra.org/twosome/TwoosomeNewsletter1.pdf)

[www.krra.org/twosome/TwoosomeNewsletter2.pdf](http://www.krra.org/twosome/TwoosomeNewsletter2.pdf)



**KRRA TWOSOME RUN**

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#### Race Day Instructions

It's Race Week! Time to get that final race day checklist together.

Remember that online registrations close at midnight on Friday, Feb 12th. For those pre-registered (or those that want to register), you can pick up your race kits on Saturday from 12-4PM at Runners' Choice, 260 Princess Street. If you wait until race day to register, race fees go up by \$5!

#### **Race Day Schedule**

- 9:45AM - Registration and race kit pickup at Winston Churchill P.S.
- **10:30AM – On-site registration closes for this event**
- 11:00AM - Race begins on MacDonnell Street
- 12:00PM - Awards/Draws/Food & Beverages sponsored by Tim Hortons

Be sure to pick up your race kits (the socks are IN and look great!) and your timing chip before the race. Inside the school, you'll find warm beverages, water, first aid and washrooms.

Remember to have your bib# visible on the front of your torso to assist race officials, and to help identify your photos. Did you know that Zoom Photo will be at the race shooting photos? With your bib# properly displayed, you'll be able to click directly from your Sportstats race results to your race photos!

To everyone taking part, have a great race.

## Race Etiquette

We know many of you have trained through some cold, lonely mornings on the roads to be ready for our race. Please bear in mind that Sunday morning, you'll be out there with many other competitors, so I thought I'd include a friendly reminder of some of the unwritten rules of the road:

- Arrive early so there's no rush getting to the starting line
- Please don't park on Earl St or in school parking lot – let's keep the course free of parked cars
- Self seed at start (faster runners to the front, slower runners to the back)
- Anyone with a stroller – please start at the back and take great care when passing
- Listen to volunteers and police – remember that the roads are NOT closed, so please consider your safety and run WITHOUT your personal listening device
- Please don't litter
- If you're running with a group, try not to run more than two abreast, so others can pass you
- If you're taking walk breaks, please move to the right before slowing down
- Thank the volunteers!
- Have Fun!!

## Race Director News

- Remember that the course is slightly modified from previous years, especially at the Earl-Sydenham-West-Bagot-Barrie Street end. We'll have volunteers on the course to point you in the right direction.
- Speaking of volunteers, we can always use more. Contact Jane Howe at 613-545-2321 or [jane\\_k\\_howe@yahoo.ca](mailto:jane_k_howe@yahoo.ca).
- Race results will be posted in the gymnasium after the race and will be available online later through [www.sportstats.ca](http://www.sportstats.ca).
- We're very grateful to our race sponsors and supporters:
  - ✓ Runners' Choice
  - ✓ Tim Hortons and J.E. Agnew Food Services
  - ✓ Ambassador Hotel
  - ✓ Boston Pizza Gardiners Road
  - ✓ Culligan of Kingston
  - ✓ Hochelaga Inn
  - ✓ Hometown Mortgage Team (James Clarke and Cathy Campanaro)
  - ✓ iRun Magazine
  - ✓ Grizzly Grill
  - ✓ Kingston Police Volunteers

- ✓ K-TOWN Physiotherapy
- ✓ Pasta Shelf
- ✓ St. Johns Ambulance
- ✓ TI Cycle
- ✓ Zycom Technology Inc.

Happy Running!

Peter Ellis and Jane Howe

Race Directors, 2010 KRRR Twosome Run

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