

Runner's Guide



OCTOBER 16, 2016

- Race Starts at 8:00 AM at Cape Spear
- Buses to Start leave at 6:45 AM
- Reception at Marine Institute after the race
- Shuttles for spectators and runners on Signal Hill
- Kit Pickup on Saturday, Oct. 15th from 1 PM to 5 PM at Marine Institute

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10th Anniversary of Cape to Cabot!

The 10th Annual Scotiabank Cape to Cabot 20 km Road Race is ready to go! The maximum of 500 registered runners will hear the gun fired by the official starter at **8:00 AM on Sunday morning, October 16th** at the starting line at Cape Spear.

Runners will be bused to the start line from the parking location near the bottom of Signal Hill, departing at 6:45 AM.

A Signal Hill shuttle bus service from the Fort William Building parking lot to Cabot Tower will move spectators around Signal Hill, and bring runners down to their cars.

The post-race reception, awards presentation, and health expo

will take place at the **Marine Institute** on Ridge Road starting at about 10 AM with awards at about noon.

RACE KIT PICK-UP

Race Kit Pick-up is scheduled for **Saturday, October 15th, from 1:00 PM to 5:00 PM**, at the **Marine Institute** as well. This is



the only opportunity for kit pick-up. There is no pick-up possible on race day. Kits contain your Bib #, Timing Chip, Reception and Prize Draw tickets, technical shirt, and other important items.

To have someone pick up your kit for you, an authorization form must be presented (available at www.capetocabot.com).

As 500 runners will be picking up their kits, to avoid congestion and delays, please do not wait until the last minute!

Special: check out our [health expo](#) and [special guest speakers](#) (page 5) during the pick-up afternoon—with bouncy castles!

Race News and Advisories

Beaumont Hamel

We are honouring the 100th anniversary of Beaumont Hamel this year in several ways:

- Honour 100 logo - shirts & bibs
- “Blue Puttee” blue colour theme for shirts and bibs
- Forget-me-not cluster on finisher’s medal
- Starter will be dressed in World War I regimental uniform

Please take a moment to remember our brave young boys as you make your way along the same

historic streets they would have marched on to leave for the war.

10th Anniversary

We are celebrating the 10th running of Cape to Cabot this year by awarding permanent race numbers to the 12 runners who have competed in all of them. We also have designed a unique finisher’s medal to mark this special occasion: “Ten Years Running”.

Hashtag: #capetocabot2016

One Parking Place for Bus to Start

All buses to start will leave from the Fort William Building parking lot. One of them will be tasked to pick up those who have signed up for the Marriott location.

Post-Race Yoga

Four 25 minute sessions of light, post-run yoga to relax and speed recovery at 10:00, 10:30, 11:00 and 11:30 at reception!.

The Course!



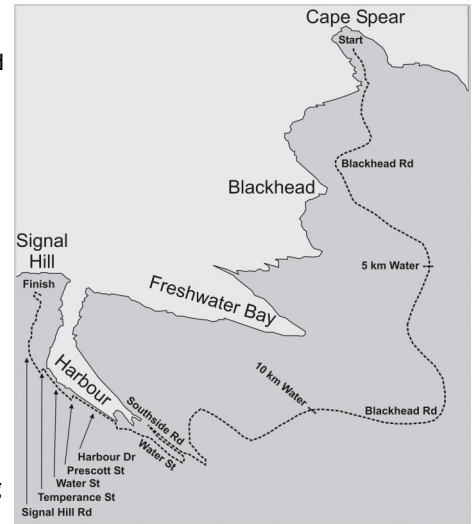
Cape Spear Lighthouse

Cape to Cabot is well marked and marshaled. Each kilometer is painted on the pavement, as well as key turns, and the turn-around on Southside Road. There will be a lead car and police escort to assist runners. Nonetheless, it is the responsibility of all runners to know the race route, so please review the course maps and look over the course in advance if you have a chance.

There are a couple of key places to note, including the right turn onto the 1 km out

and back portion of Southside Road which is added to make an exact course length of 20 km. Take a close look at the Downtown portion of the map too.

Runners should be aware of road repair and other construction work along the course.



Larger maps at www.capetocabot.com

Runners are requested to run "with traffic" on the Right Hand side of all roads on the course route. Keep to the right of the cones on the route.

Downtown Routing

The curb lane on Water Street West is marked off with cones as a running lane to keep runners separate from traffic, but always be sure to keep an eye on turning and crossing traffic.

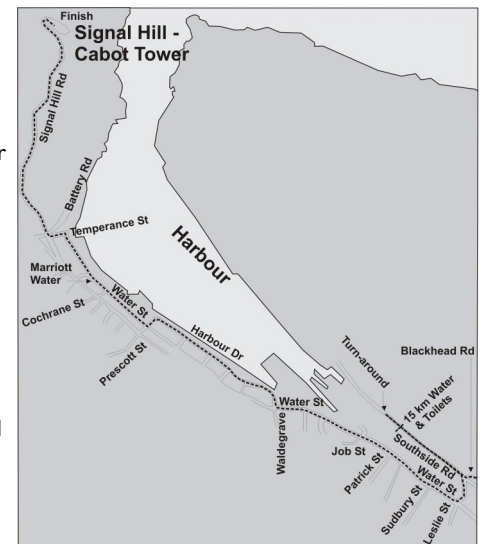
Turn right off Water Street onto Harbour Drive. Parts of Harbour Drive are marked off with cones, so keep to the right of the cones. Harbour Drive is closed to eastbound traffic, but please keep to the right of the cones.

At the end of Harbour Drive, turn up Job's Cove then right onto Water Street and proceed to the bottom of Tem-

perance Street, where you pass under the arch for the start of the Munn Mile!

The top of Temperance is a five-way intersection, so caution is advised.

Parts of Signal Hill Road are marked with cones to keep runners on the right and make room for the shuttle buses to get up and down the hill.



Larger maps at www.capetocabot.com

Detailed Description

The race begins in the parking lot of Cape Spear National Historic Site and proceeds along Blackhead Road, past the village of Blackhead and through Shea Heights to the intersection with Southside Road at the bottom of the Southside Hills. Take a right turn onto Southside Road and proceed about 650 m to a turn-around point before return-

ing to the Blackhead Road intersection. Take a right hand turn onto Blackhead Road and over the bridge to a right hand turn onto Water Street West. Proceeding in the curb lane, marked by cones, runners continue to a right hand turn onto Harbour Drive. At the end of Harbour Drive, runners turn left onto Job's Cove, and immediately right onto Water Street. Runners remain on Water Street all the way to a left hand turn up Temperance Street. At the top of Temperance Street, a right hand turn

brings you to the bottom of Signal Hill Road. Runners ascend Signal Hill Road to finish the race at the Cabot Tower parking lot at the top of the Signal Hill National Historic Site.

Please keep to the right of cones at key points along the route.

Water and Gatorade are available at the 5 km, 10 km, 15 km, and 18 km points on the course. **Toilets** are available at the start, 5km, 10km, 15 km, and the finish on Signal Hill.



Cabot Tower



Parking & Bus-to-Start Arrangements

A bus service will bring all runners to the start of the race. Runners are encouraged to use this bus service since **there is no parking available at Cape Spear**. To avoid severe traffic congestion, please do not arrange to be dropped off at Cape Spear or drive out to Cape Spear.

Buses will leave the Fort William Building parking lot (runners only) on a load and go basis starting at 6:45 AM. The last bus will leave by 7:10 AM to ensure timely arrival at Cape Spear. Buses will be designat-

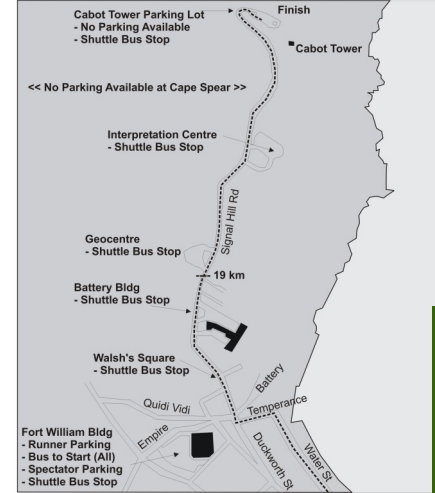
ed to pick up runners staying at the Marriott (**please let us know you are there—sign up at kit pickup!**).

Runners must have their racing bib and identify themselves by name to the bus attendants before boarding a bus.

In case of inclement weather, runners may stay on the buses until just before the start of the race.

Space on the buses is limited, so only registered runners can be shuttled to the start.

Runner & Spectator Parking, Bus to Start, & Shuttles



Larger maps at www.capetocabot.com

There is no parking available at Cape Spear, nor at the top of Signal Hill. Please use designated parking areas and the shuttle services.

Signal Hill Shuttle Bus

There will be a shuttle bus service operating from 8:30 am to 11:30 am on race day. The shuttles will run from the parking lot at the Fort William Building to the Interpretation Centre on a continuous basis. The buses will stop along the way for pick ups and drop offs—look for the shuttle bus signs! Use of the shuttle buses is free of charge and open to spectators and runners. Runners can use the shuttles to get down Signal Hill and return to their

parked cars after they have finished the race. We have six shuttles working the Hill this year!

Race Committee Members

On race day, Race Committee members will be wearing a name tag. If you have problems or questions, do not hesitate to approach one of us for assistance.

Gear Return

Two Cape Spear shuttle buses will be designated to bring runners' warm up gear back to Signal Hill at the Interpretation Centre.

You are advised to have warm, dry clothing available as conditions at the top can be quite challenging. Stickers to identify your gear are included in your race kit.

During the race, extra gear can be left at the bins provided at the water stations and they will be brought to the reception.

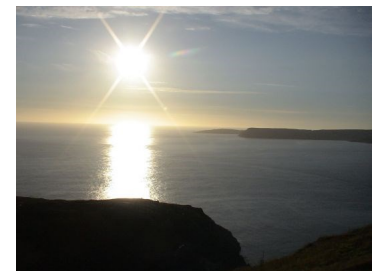
Ear-buds & Headphones are strictly prohibited during the race!

Spectator Parking/Viewing the Race

Spectators are asked to park at the parking lot at the Fort William Building. **There will be no parking available on Signal Hill during the race.** To avoid traffic congestion, frustrating delays, and ensure the safety of runners, spectators should use the available shuttle bus service to go to and return from viewing points on Signal Hill from 8:30—11:30 AM.

There will be no parking available at Cape Spear for runners or spectators for the start of the race. Blackhead Rd is closed to traffic during the race. Any spectators along Blackhead Rd after the start will be stuck for an hour or more, or forced to return via Petty Harbour. In viewing the race at other points, drivers are cautioned to pick areas where they can pull

completely off the road and out of the way. We discourage spectators from driving alongside runners, or providing supplies to runners, as this extra traffic creates dangerous situations for runners. There are plenty of water stops for this purpose.



Cape Spear viewed from Signal Hill on a beautiful morning

Pledge of Sustainability



Departing
Cape Spear!

Athletics NorthEAST and the Penney Mazda Cape to Cabot Race have subscribed to the **Pledge of Sustainability** as established by **Athletes for a Fit Planet**.

We have joined such major events and organizations as the Marine Corps Marathon, Seattle Rock n Roll Marathon, and USA Triathlons in working toward lowering the impact of our athletic events on the planet.

Check out Athletes for a Fit

Planet's **Event Directory** for other eco-friendly activities. Make a formal commitment to support events that are going green by taking the **Athlete EcoPledge** at their web site. Find out details of the St. John's recycling program and make sure you take action.



www.afilplanet.com

Runners are requested to use the provided receptacles for recyclable and compostable materials.

What You Can Do

- Car pool to Signal Hill and Reception
- Use the buses to get to Cape Spear for the start
- Check in warm gear for the finish—no thermal blankets
- **Donate your old running shoes at Kit Pickup**
- Re-use your kit bag
- Place recyclable materials in the proper receptacles
- Recycle your customized bib if you don't intend to keep it
- Print your Finishers Certificate only if you will display it
- Take only the food you will eat and napkins you will use
- Watch our Awareness Presentation at Kit Pickup
- Take the Athlete's EcoPledge at Athletes for a Fit Planet
- Get informed about the St. John's recycling program and participate

Athlete EcoPledge

I pledge to be environmentally responsible in my daily life by...

- Reducing, reusing, recycling, and composting (if possible)
- Reducing my carbon footprint
- Reducing my water footprint
- Buying from companies that are committed to operating sustainably
- Treading lightly on the earth

And I pledge to support races and events that are...

- Reducing, reusing, recycling, and composting (if possible)
- Reducing their carbon footprint
- Reducing their water footprint
- Buying from companies that are committed to operating sustainably
- Treading lightly on the earth

What We Are Doing

- Online Registration Only
- E-Communications Only
- No Paper in Kits
- Hybrid buses to Start
- Shuttles for spectators
- Car pooling of marshals and water station volunteers
- Hybrid lead car
- Water dispensed in paper cups, no bottled water
- Snacks distributed from bulk trays, avoiding individual snack bags
- No thermal blankets at finish, runners advised to check in warm gear
- Finisher Certificates on the Internet
- Re-usable tote bag for Kits
- Permanent signage
- Linens, cutlery, and utensils for Reception—no disposables
- Left over food donated to food bank
- Draw prizes in reusable bags
- Permanent chips used for timing
- Banana peels used for composting
- Paper cups, juice boxes, cans, etc collected for recycling
- Unwanted bibs recycled
- Use of recycled materials for resident notifications, napkins, etc
- Old running shoe collection
- Reduction in packaged goods
- Awareness program

Almost to
the Top!



RUNNER'S GUIDE

Speaker's Series (Part of the Cape to Cabot Health Expo)

Marine Institute Lecture Hall

- 2:00 PM—Introduction (Susan Flanagan)
- 2:10 PM—Tanya Jones: In Flanders Fields Marathon
- 2:35 PM—Susan Glynn: Ovarian Cancer Survivor Tackles Cape to Cabot
- 3:00 PM—Deanne Dietz: Her Journey from Drug Abuser to Ironman Athlete
- 3:25 PM—Amanda Hancock: How Being Fit Allows You to Heal

Tanya Jones: Tanya Jones started running about seven years ago. To date she has done ten half marathons, two full marathons and hopes to complete her fifth Cape to Cabot tomorrow. Her first Half Marathon was in Dublin and her first full marathon was the In Flanders Fields Marathon in Belgium. Tanya is going to share her moving experience of running in a battlefield.

Timing Chip

This year your timing chip is attached to the back of your racing bib.

IMPORTANT— Do not bend, fold, or wrinkle up your bib, or you risk breaking the antenna in the timing chip—no chip no time!

IMPORTANT— Do not attempt to remove the timing chip from the back of the bib—no chip no time!

IMPORTANT— Your bib must be visible on the front of your body (not your leg) at all times during the race.

Susan Glynn: Susan Glynn is running the 2016 Cape to Cabot despite the fact she has stage 3 ovarian cancer. She understands the challenge she has set for herself and hopes her efforts to create awareness about ovarian cancer will help establish a much-needed support group in NL.

“Sharing this fight is so important,” she says. “No Cancer patient should be alone with their daily fears and frustrations, and there is a real need for better understanding in the community. A little kindness goes a long way to brightening someone’s day, and a little consideration can make a big difference.”

Deanne Dietz: Deanne Dietz is an Ironman athlete and past coach of Team Canada triathlon. She is also a naturotherapist and mother of two lovely children. But things weren’t always so positive. In 2006 while teaching on Bell Island, Deanne became depressed. Smoking up to two packs a day, and binging on junk food, Deanne became overweight. To combat the pain she was feeling inside, Deanne began using cocaine and ecstasy. Instead of succumbing to her addic-

tions however, Deanne took charge of her life, moved to Hamilton, Ontario and started going to the Y. Successfully trading drugs for sports, Deanne went back to school and studied nutrition at the Institute of Holistic Nutrition in Toronto. She completed her first half Ironman in 2008 in Corner Brook and her first full Ironman in Florida in 2009.

Amanda Hancock: A six-time regatta champion, and accomplished triathlete, Amanda Hancock was diagnosed with cancer in 2014. Sport was and continues to be a very important part of her recovery. Amanda got active as soon as she was able after her surgeries, and remained active throughout her chemotherapy. Just six months after her final radiation treatment, Amanda successfully completed the Hawaii half Ironman, and this August, she was named Oarswoman of the Year at Quidi Vidi Lake.

Open to all participants in Cape to Cabot and the general public.
FREE Admission and FREE Parking.

Cape to Cabot Speaker Series

- **WHERE:** Marine Institute, Ridge Road
- **DATE:** Saturday, October 15, 2016
- **TIME:** 2:00—4:00 PM
- **FREE ADMISSION**
- **FREE PARKING**
- Runners and General Public are welcome

Kit Pickup & Health Expo
Kits, Vendors Displays
Speaker Series
Runners & Public Welcome

Bouncy Castles:

*Are on site to keep the young ones busy while you listen to the speakers and browse/shop the expo!
Plan to Stay Awhile!*

Special Sign-up at Kit Pickup

From Marriott to Start

Buses taking runners to the start at Cape Spear will be stopping at the Marriott Hotel, at 7 AM sharp!

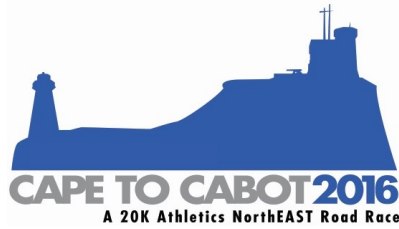
If you are staying at the Marriott, and intend to catch the bus at the Marriott, **make sure you sign up at Kit Pickup.** We need to ensure there is enough room on the buses

for everyone at the hotel pickup location.

Note that most runners should catch one of our buses at the Fort William Building parking lot—lots of parking available for runners.



Bus arriving at Cape Spear with runners for Start



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parcsCanada.gc.ca

Post-Race Reception

The post-race reception will be held at the Marine Institute, Ridge Road. Doors open about 10:00 AM for early finishers and formal presentations will begin at 12:00 Noon.

A delicious après-race brunch will be served. The formal presentations will include the overall and age group awards, recognition of sponsors, and selection of numerous draw prizes.

Showers Available

In addition to other assistance, there are shower facilities available to runners —so runners have a chance to spruce up a little right after the race.

Runners & Volunteers Only for Brunch

Note that due to limited space, the brunch is strictly limited to runners and volunteers only. Tickets will be required and will be provided with your racing kit. The rest of the reception and expo is open to the public.



When you're serious about running.

The Cape to Cabot 20 km running race is hosted by Athletics NorthEAST. Contact the race committee at info@capetocabot.com or (709) 579-2342.

Health Expo

Cape to Cabot features a Health Expo as part of each year's race. Running related health practitioner's and product vendors will be on hand at Kit Pick-up and the Reception, open to all participants and the public:

- Outfitters Adventures**
- Splash n Dash, Natural Shampoos**
- Active Health Chiropractic**
- The Healthy Root, CMHA**
- Avalon Laser Health, Definitions**
- Premier Athletic Therapy**
- Believe Fit Apparel, Belize Bake Sale**
- Once in a Lifetime Travel**
- Melissa Burry-Epicurist**
- R Hammond-Accupuncturist**
- Voxxlife, Live Without Pain**
- Nova Physiotherapy, Lupus NL**
- Dental Hygiene Studio**
- Core Insight, Academy Canada MTs**
- Biped, Running Room**

Awards

All finisher's will receive the official engraved slate race medal, distributed at the finish line.

The **Ian Ash Memorial Trophy** will be presented to the male and female winners of the race.

Certificates will be presented to the top three overall male and female winners, and the male and female age group winners.

The top male and female Munn Mile times will also receive awards.

The Autism Society of Newfoundland and Labrador will be presenting its **Ian Ash Memorial Award** to "an individual who has given selflessly to the sport of running and through it, to the community at large." The award is presented annually from nominations submitted to an independent panel.

Draw Prize Sponsors

Toyota Plaza
Penney Auto Group
Opimian Society
Athletics NorthEAST RC

And many more to follow!

Bring in your gently used sports equipment and running gear to donate to the REAL Program during Kit Pickup.