



Volunteer Information Package

September 2023

Dear Volunteer!

First and foremost, we would like to THANK YOU for your time and dedication as a volunteer for the 2023 Melissa's Road Race, 5K, 10K & Half Marathon races. We can't do it without your help! Volunteer job responsibilities are not limited to what is listed below and we appreciate your willingness to cooperate with the needs of the race. This document is hopefully going to answer a lot of your outstanding questions and give you a chance to orient yourself with how things are going to go on race day. Thank you!

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1. Your Role as a Volunteer

The Face of the Event:

- As a volunteer you play an extremely important role in the Melissa's Road Race.
- You are responsible for helping to ensure that all participants enjoy the race.
- In the eye of the public you are the face of the event – upholding the standards of conduct and representing the community as a whole.

2. What to Wear/Bring

• Wear:

- o The Melissa's Road Race t-shirt provided to you when you check-in for your shift. Please do not wear anything over your shirt – wear warm layers underneath, if necessary. If possible, make your shirt visible at all times.
- o If you are marshalling you must wear a safety vest, which will be provided on race morning.

• Bring:

- o Sunglasses and sunscreen.
- o Waterproof clothing, if necessary.
- o Snacks and water. Lunch will be provided. Please bring your own portable water bottle and/or coffee mug to reduce waste.
- o Bring a pencil/paper for taking notes or reporting incidents.
 - If someone is injured it is important to get as much information as possible!
 - Make a note of any wildlife on the course so that it can be reported back to Parks Canada.
- o Bring your cell phone, if you have one, and provide the number to your Area Captain in advance.
 - Please make sure your phone is charged and with you.
- o If you are a marshal on the course please bring your vehicle as a refuge from wildlife.
- o Chair/Speakers
 - If you are a course marshal you are encouraged to make your area your own and have fun with it. The athletes love it and will remember if you get creative!

3. Code of Conduct

- Safety is top priority – be safe and provide a safe environment for others.
- Be helpful, courteous and respectful of all people at all times. Please avoid coarse language. Remember to smile!
- Remain calm and collected at all times, even during emergency situations.
- When you are asked a question that you do not know the answer to, please find another volunteer that can assist.
- Keep your area and surrounding area(s) clean and free of garbage.
- Stay at your assigned station at all times, unless instructed to leave by your Captain.
- Be present and watchful at all times. (Please, no talking/texting/etc. while performing duties!)
- Alcohol and smoking are prohibited on course and violators could face fines and expulsion.

4. Parking & Transportation

Street parking will be limited close to the race course and Central Park. Please try to carpool, take public transit (ROAM bus), ride your bike, or walk to the event. Visit www.banffparking.ca for a list of local parking lots and the maximum time limit for each. Volunteers are encouraged to park at the Train Station or Fenlands Recreation Centre and walk to the Banff Recreation Grounds (start/finish) from there – about a 10 minute walk (please use Pedestrian Bridge in Central Park). **There will not be any parking across (south side) the Banff Ave Bridge.**

5. General Event Information & FAQs

Athletes are coming from all over the world to participate in this event. Updates are sent out to everyone to ensure they know the protocol on race day, but as a volunteer you may be asked questions to do with the course, registration, and many other aspects of the race. The more you know the better! Please get acquainted with the following information. This will not necessarily prepare you for all the questions you will get; if you do not know something please direct the question to another volunteer or committee member.

Melissa's Road Race will take place on September 23rd, 2023 in beautiful Banff National Park. Celebration activities are in place along with a commemorative long sleeve shirt that each participant will enjoy. Since 1979, Melissa's has been described as a colourful display of sport and fun in Banff National Park - famous for its entertainment along the course, contagious spirit, post-run party and long-sleeved commemorative running shirt featuring local art.

SCHEDULE – See 'Event Schedule' section below

FAQs

Are there medals for the runners?

Participants had the option to purchase a medal during registration. On the race bib, there is a "pull-off" tab that reads MEDAL if they purchased a medal. The medals are picked up next to the t-shirt tent after the race. There may be an option to purchase a medal after the race if there are enough available after the 3 events have finished.

What is available at the aid stations?

There will be water at each aid station. There will also be a first aid kit, radio, and volunteer with first aid training. Washrooms are also located at some aid stations.

Race Bib Colours:

The race bib's will be the same color for all the distances. The race bibs include a 'MEDAL' tab (if they purchased a medal), a 'BEVERAGE' tab and a 'SHIRT' tab. Participants pull off these tabs to claim these items in the finish area/beer garden.

General Locations and Information:

Volunteer Tent: When you arrive on site for your shift, please check in at the Volunteer Tent, which will be at the Banff Recreation Grounds. Your Volunteer shirts will be available there, unless your captain has made other arrangements. You will also be able to pick up any required equipment for your role (safety vest, radio, etc).

There will also be refreshments (coffee, water, fruit), sunscreen and bug spray available. Bagged lunches will be provided to the course volunteers. Lunch and/or food tickets will be available at the Volunteer Tent.

Road Use: Road use will be limited due to closures for the course. Notifications of delays and closures have been distributed. Residents are aware of the event, however Banff is a major tourist destination - so try to have patience with motorists and pedestrians and direct them as best you can.

Lost and Found: Located at the Volunteer Tent.

Medical tent: at the Banff Recreation Grounds, near the finish line. There will also be medical volunteers on bikes and at various stages along the course.

Security: No one will be allowed in the finish line or food areas unless they are a runner or have accreditation as a volunteer, VIP or member of the organizing committee.

Race Results: Results will be listed on the website www.MelissasRoadRace.com LIVE on race day.

6. 2023 Event Schedule

Wednesday, September 20th

4:00pm-7pm - Race Bib Pick-Up - Calgary - Strides Running Store Marda Loop (3566 Garrison Gate SW)

Thursday, September 21st

10am-2:00pm - Race Bib Pick-Up - Calgary - Strides Running Store Fish Creek (380 Canyon Meadows Dr SE)

Friday, September 22nd

10:00am-1:00pm - Race Bib Pick-Up – Canmore – Strides Canmore (108, 1240 Railway Ave)

4:00pm-8:00pm - Race Bib Pick-Up - Banff – Melissa's Restaurant - 201 Banff Ave, Second Floor

Saturday, September 23rd (Race Day!)

8:15am - "Melissa's Express" Shuttle Bus begins - Voyager Inn, 555 Banff Ave

8:30am - Race Site Opens - Banff Recreation Grounds

8:30am-9:30am – Emergency Race Bib Pick-Up - Banff Recreation Grounds (1 Sundance Rd)

10:00am – Pre Race Warm-Up

10:30am - Races Start! - Banff Recreation Grounds (Sundance Road)

- Half Marathon Start at 10:30am

- 5K/10K Start at 10:35am

12:00pm – 5K Awards Ceremony - Banff Recreation Grounds – Pavilion

1:00pm – 10K Awards Ceremony - Banff Recreation Grounds – Pavilion

2:00pm – 21K Awards Ceremony - Banff Recreation Grounds – Pavilion

6:00pm – Melissa's Post Race Party* - Melissa's Restaurant - 201 Banff Ave, Second Floor

**Dinner reservations required or first come/first served*

7. Racing Timeline Chart

In Appendix A you will find an overview of the expected timings for the runners at each point along the 5K, 10K and Half Marathon courses.

8. Communications & Key Contacts

Handheld Radios and Cell Phones:

Radios are the best way to communicate around the course. Please have your radio with you and ensure you have your Captain's contact information, and they have yours, before the race. Cell phones are for back up communication. Please notice the number that is on your radio, this is linked with your name. Also, please make sure you return the radio and you get signed out.

Melissa's Road Race Radio Protocol

Radios in the Town of Banff are on zone 1.

Please use the following guidelines for communicating over the radios:

- Use radio only when necessary
- Please listen to the radio and ensure it is clear for your turn to talk. Try not to interrupt a conversation.
- Keep your conversations short and succinct.
- Avoid using racers names or personal details of others over the radio use bib numbers otherwise use a cell phone or other means
- When calling someone start with their name or call sign followed with your name or call sign. "John this is Susan"
- If someone is calling you acknowledge then by indicating who you are and indicating, you are ready for information. "This is John, go ahead"
- Use closed loop communications "John can you bring ten chairs to the volunteer tent?"
 - "Ok Susan, ten chairs to volunteer tent"
- Use plain language. "Over and out" ten codes and other catch phrases can lead to confusion.
- If it is absolutely imperative that you interrupt a conversation you can do so by saying "Break Break Break" this should not happen unless it is completely necessary!

To call Parks Canada

- Wildlife related issues (mainly golf course) call Wildlife 1
- Assistant Resource Management Officer (TOB) call Wildlife 2

Medical calls/conversations:

- All medical conversations will take place on a secondary station.
- If needing to contact medical, please state your location.
- i.e. "Aid Station 2 to Medical Director"
- **All runners are to be discussed by bib number not name.**

How to Communicate: Emergency situation, accident or medical crisis: CALL 911

If you do not have a phone or are on a section of the course that does not have reception, go to or get a message to the nearest Radio Operator immediately.

Non-medical/ non-emergency communications:

If for any reason you cannot get through to the first person on the list below, carry on to the next option:

- Call or radio your Captain
- Contact the Volunteer Captain
- Contact the Race Director

Additional contact information and phone numbers will be issued to you at the start of your volunteer shift. Key race weekend contacts are as follows:

2023 Melissa's Race Committee Contacts

Position	Number	First Name	Last Name	Email
Volunteer Captain	403-678-8723	Joanne	Duncan	indovinaduncanj@gmail.com
Medical Director	780-399-1002	Brad	Allcock	Brad.Allcock@teamodyssey.ca
Park Communications Lead	403-431-0436	Laura	Bowie	laura.bowie@pc.gc.ca
Dispatch - Parks Canada	403-762-1470	Dispatch		
Emergency - Parks Canada	403-762-4506	Emergency		
Environmental Monitor	403-836-5582	Kelsey	Morin	kelsey@ridgeenvironmental.ca
Race Communications	403-872-8008	Catherine	Medynski	catherinemedynski@gmail.com
Food/Vendors/Beer Gardens	403-680-1960	Hayden	Daniels	haydendanielsc1@gmail.com
Aid Station Director	403 763-3838	Ross	McEwen	rossmenator@gmail.com
21K Route Manager Director	403-688-1266	Megan	Watts	megwatts1981@gmail.com
5K/10K Run South Route Dir	509-989-1415	Matt	Hickok	m.hickok@outlook.com
5K/10K Run North Route Dir	403 763 7800	Peter	Salfner	peter.salfner@gmail.com
Event Director	250-589-1230	Paul	Regensburg	paul@pinnaclefitness.ca
Assistant Event Director	403-992-2725	Richard	MacLennan	rich.maclennan@gmail.com
Site Director/Finish/Awards	403-678-7457	Laurin	Duncan	laurin@rmswomensrun.com
Site Assistant	403-679-0037	Jack	Pengelly	jpengelly@albertaworldcup.com
Cust. Service/Solutions/Spon	250 812 3639	Lori	Morgan	lori5612@telus.net
Social Media/Website	250-516-4352	Janet	Nielsen	janet@pinnaclefitness.ca
Merchandise Captain	250-744-9847	Pam	Nielsen	pamnielsen@shaw.ca
Sustainability Director	403-679-1158	Joey	O'Brien	joey.obrien@shaw.ca
Sustainability Assistant	403-688-6326	Melanie	Guest	Guest.md@gmail.com
VIP Coordinator	250-413-7258	Marlene	Faulkner	mtfaulkner333@gmail.com
Race Bib Pick-Up	250-661-6876	Christa	Toews	christatoews@yahoo.ca
Site Infrastructure Captain	780-289-3304	Mark	Fraser	mcfrazer@me.com
Parks Res Con	403-431-0355	Sarah	Fassina	sarah.fassina@pc.gc.ca
Town of Banff	403-763-9349	Sparta	Humphries	sparta.humphreys@banff.ca
Traffic - Standish Towing	403-762-4869	Kristie	Van de Geer	standishtowing@hotmail.com

All Volunteers should be aware of the race officials, VIPs and Sponsors involved. They will be wearing accreditation on race weekend (wrist band). Please watch for these people and be helpful and friendly!

9. Medical Situations and Emergencies

Medical aid is present for all athletes, spectators and volunteers. Additional medical handouts will be distributed to all medical volunteers. The Medical Team consists of all levels of care including: Emergency First Aiders, First Responders, Paramedics, Emergency Nurses, Physiotherapists, and a Physician.

Serious Medical Situations/Concerns

In an emergency always call 911 first

Any and all medical concerns, issues or accidents are to be reported to the Medical Captain and/or Race Director immediately and documented by the volunteer reporting. If an incident happens and you are unable to immediately contact the Medical Captain or Race Director - call 911.

Incident documentation should include a written record of:

- race #
 - brief patient description
 - details of the incident
 - time of day
 - individuals involved
 - description of care provided, etc. for the continuum of care report. (Incident forms are provided at aid stations and start/finish line medical tent)
-
- When reporting medical incidents on the radios, do not report names – identify individuals by Race Bib numbers.
 - Check the back side of the Race Bib for emergency medical information and report patient status – breathing, pulse, responding, etc.
 - All volunteers must be familiar with the Medical Communications & Patient Flow information included in this package.
 - Wearing gloves when rendering assistance is always recommended.

How to Contact Medical

For life threatening situations, call 911 and then report the incident to event medical. For non -life threatening situations call event medical via radio or contact Medical Director:
Brad Allcock 780-399-1002

Medical Team

The medical team is organized into three parts:

- **Vehicles:** cars and bikes are located at various positions on the course to provide aid to athletes or transport them to other places as required for more advanced care.
- **Medical Tent:** At the finish line.
- **Aid Stations:** Most aid stations will have an emergency medical volunteer.

At the Aid Stations

Most issues will be minor. The most common injuries that we expect to see at aid stations are blisters, and chafing. Aid station kits have the supplies for treating minor discomforts such as these. Please open the kits if you are stationed at an aid station and familiarize yourself with the content. At each aid station, identify those who may be trained in first aid. Decide in advance who will assist any runner asking for help, until an official race medical volunteer arrives. Most of the aid stations will have at least one Emergency Medical volunteer. In an emergency always call 911. (List of medical emergencies in every first aid kit at aid stations).

FAQ's

Athlete collapses at your location.

– Call 911. Place them in the recovery position, keep them warm and await arrival of help. Give fluids if thirsty.

Athlete has collapsed somewhere.

– Find out where the person is, then call 911 and give direct information to the operator.

Athlete has not collapsed, but needs some assistance.

– Find a first aid person or call the Medical Director who will direct someone to the location.

Athlete wants to stop running and cannot continue.

– Contact the medical captain to arrange for transport back to the finish line.

Athlete asks for help with a chafing problem.

– Offer them some Vaseline if you have it. First Aid Kits located at aid stations contain Vaseline.

Athlete complains of soreness, pain, blisters.

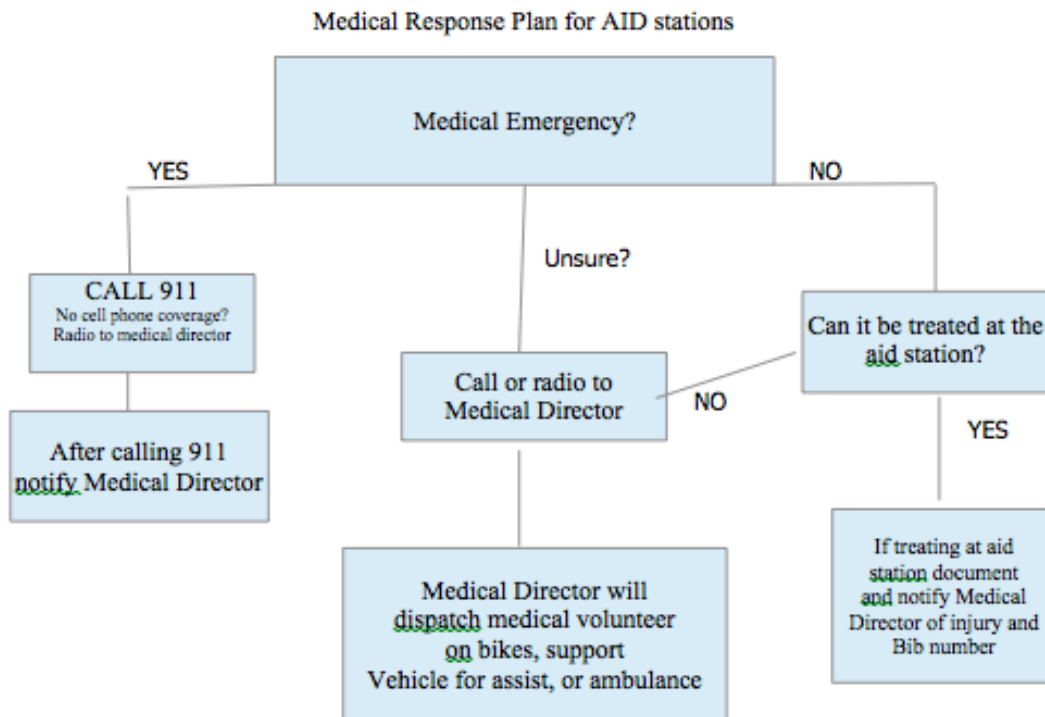
– Offer Vaseline / Band-Aids from First Aid kit and advise them to check in at the Medical Tent at the finish line. ***

Athlete complains of dehydration and considers quitting.

– Encourage a rest period including consuming some fluids and then continue with walking, if up to it, or arrange transport back to the finish line. ***

*** *This athlete is now categorized as an “athlete in distress” and needs to be monitored throughout the rest of the race via radio check-ins and assessment by a Medical Volunteer at an early stage after first contact. Record athlete’s name and race number and nature of their injury/illness and immediately contact the Medical Director.*

Medical Response Plan for Aid Stations



10. Wildlife Safety

Along with the wild nature and grand beauty of this natural mountain environment comes the possibility that the event may be rerouted, delayed, or even canceled to protect sensitive wildlife along the route or to avoid wildlife encounters. A Wildlife Response Plan has been prepared, and an alternative route has been organized if necessary.

How is Wildlife Attracted?

Food!

- Please keep all wildlife attractants (food and garbage) secure
- Please keep station clean

If Wildlife approaches you:

1. Collect all food
2. Take refuge in a nearby vehicle
3. Contact the Environmental Monitor by phone to alert them of your location and the animal(s) present. Please refer to the station name and number when identifying yourself and where you are.
4. A wildlife reporting form is attached to this package. Please use this document to list any wildlife viewings throughout the race.

Environmental Monitor: Kelsey Morin: 403-836-5582

Banff Parks Dispatch: Ph#: 403-762-1470

Bear Spray

Each Aid Station is equipped with a can of bear spray which can be used in an extreme situation. Aid station personnel should be familiar with bear safety and are required to watch the Parks Canada "How to use Bear Spray" video. This information can be found at the following website:

parksCanada.gc.ca/bears-and-people

Wildlife Response Flag Procedures

During the event, Parks Canada will monitor and assess potential risk of wildlife to event participants and staff. The Wildlife Response Flagging System is used as a means to manage participant movement along an event route. The flagging system is modeled on universal traffic control colours; **green**, **yellow**, **red**. A Parks Canada representative or the Event Environmental Monitor will notify the Aid Station Captain if there is change in status. A representative at the station should display the flag to the participants who will also be educated on the system:

Green Flag or No Flag: Response: The event to continue as planned.

Yellow Flag: Response: The event may continue along the planned route, but the participants are to be warned of the wildlife sighting and to use caution in the area, potentially having to slow down, stop, or turn around.

Red Flag: Response: The event is not permitted to proceed and all people must remain at a safe distance as designated by the RMO(S). Stop at Aid Station

11. Sustainability

The 2023 Melissa's Road Race will complete the following steps and will lay the foundation to create a template for sustainable events in the future. A priority of Melissa's Road Race is to implement the world-leading programs that the Banff Marathon currently utilizes to be the "Greenest Marathon on the Planet". With the same team that operates the Banff Marathon now running the Melissa's Park Road Race, this is a chance to bring some of the best practices over to Melissa's. The strategy is to calculate and understand the environmental footprint and then reduce where we can and mitigate where we can't. Melissa's again included a number of programs that set it apart from most sporting events.

We are aiming for 100%!

The sustainability programs include:

- ✓ Toward Zero Waste (TZW) – to lower the amount of waste and divert as much as possible from landfill. The Banff Marathon achieved an astonishing 100%
- ✓ Melissa's will eliminate the use of 10,000 single serve plastic water bottles that have been traditionally used in the event
- ✓ Elimination of plastic participant bags by adding the electronic Virtual Event Bag
- ✓ Sustainability Education and Awareness to Participants, Suppliers, Sponsors and others by education, electronic and other. The best example we can give of this is at every TZW station we encourage the runners and guests to self sort the waste into 5 to 7 different bags. While this process is happening we discuss where each stream of waste ends up and how it is managed.
- ✓ Adding bio-digestible cups that are corn based and degrade very quickly back in to the earth is an example of how easy it is to make a change.
- ✓ Encouraging participants and volunteers to bring their own water bottles
- ✓ Encouraging athletes to transit, carpool, bike and run to the event
- ✓ And more!

These efforts are led by the Melissa's Organizers in partnership with SustainDriven and only can truly be implemented by you!

12. Course Maps/Routes

The **Melissa's Road Race** will take place on Saturday, September 23rd and will include runners of all abilities from the Bow Valley, around Canada and from different countries around the world. The Melissa's Road Race is partnering with the Day Care Society Banff/Canmore, where all fundraising efforts will be put towards valuable services in the community. All the participants in the event will begin and finish the course in Banff's Recreation Grounds. The 5k route will do a loop in the townsite. The 10K route will go through the townsite and will continue on towards Tunnel Mountain. The courses have been designed to have very few impacts on traffic around Banff. Please use alternative routes as signed, or allow time for delays during these periods. Please note also that there will be amplified music and race announcing on the Banff Recreation Grounds on Saturday.

5K Route



Half Marathon Route:

HALF MARATHON ROUTE MAP



Melissa's Road Race 21km Route

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MELISSA'S ROAD RACE - TRAFFIC INTERRUPTIONS DURING THE EVENT

Saturday, September 23rd, 2023 - 10:30am to 2:00pm

Roads Affected:

Cave Ave:

Full closure from 10:30am - 10:55am

Sundance Rd:

Full closure 8:30am - 3:30pm

Banff Ave (including vehicle bridge) from Cave Ave to Wolf St:

Bridge fully closed and Banff Avenue northbound lanes (Ped Zone) closed 10:35am - 10:55am. Rolling reopening

Wolf St, from Banff Ave to Muskrat St:

Single lane closure 10:35am - 11:00am. Rolling reopening

Muskrat St, from Wolf St to Buffalo St:

Single lane closure 10:35am - 11:00am. Rolling reopening

Caribou St from Muskrat St to Otter St:

Single lane closure 10:35am - 11:05am. Rolling reopening

Otter St. / Tunnel Mtn Rd, from Caribou St to Tunnel Mountain Drive (at Buffalo Mountain Lodge)

Single lane closure 10:35am – 11:35am. Single lane access to main entrance of Buffalo Mountain Lodge

Tunnel Mountain Drive from Buffalo Mountain Lodge main entrance to south Parks Gate on Tunnel Mountain Drive (at St. Julien Way – entrance to Banff Centre):

Full closure 7am – 12 noon. Tunnel Mountain Drive gates will open to the public at 12 noon

Park gates will remain locked from 7pm night before (Friday)

Tunnel Mountain Drive / Buffalo Street from St. Julien Way to Muskrat St:

Single lane closure 9am – 12 noon. Southbound traffic only in right lane, descending). Vehicles can exit Banff Centre (right turn only). Ascending traffic lane on Tunnel Mountain Drive is closed until the last runner enters the trail system at Muskrat Street. Access to The Banff Centre is via St. Julien Rd (follow detour).

Pedestrian Bridge:

Dedicated lane to runners until 12:30pm

Birch Ave and Birch Drive:

Full closure from 10:25am - 11:00am

Single lane access from 11:00am – 2:00pm to the Luxton Museum, Trading Post and residences via Cave Ave/Birch Drive only

Glen Ave:

Full closure at 10:30am - 10:50am

Single lane closure (westbound): 10:50am – 2:00pm

Single lane traffic access eastbound – Local Traffic Only: 10:50am – 12:30pm (access via Trading Post)

Single lane traffic access eastbound – All Traffic: 12:30pm – 2:00pm

Bow Falls Ave:

Full closure 10:30am – 10:50am. After last runner passes by Bow Falls parking lot, two-way traffic allowed until runners return, then single lane alternating traffic (radio controlled) until approximately 1:45pm

Golf Course Rd:

Single lane access via pilot vehicle 10:30am - 1:30pm. Please stage in the designated parking area to await the pilot vehicle. Departures are approximately every 20 minutes. Golf Course Rd loop – closed from 9:00am – 1:45pm

**Please note that these interruptions could be extended 60minutes in the case of a delay for wildlife*

Appendix A:

Melissa's Road Race - Timing Matrix 2023								
21K			5K			10K		
Location	First Runner	Last Runner	Location	First Runner	Last Runner	Location	First Runner	Last Runner
Starting line (Rec Grounds)	10:30 AM	10:35 AM	Starting line (Rec Grounds)	10:37 AM	10:47 AM	Starting line (Rec Grounds)	10:37 AM	10:47 AM
Cave Ave and Birch Drive	10:30 AM	10:40 AM	Cave Ave & Banff Ave	10:39 AM	10:58 AM	Cave Ave & Banff Ave	10:39 AM	10:58 AM
Bow Falls Rd and River Trail	10:33 AM	10:50 AM	Banff Ave & Buffalo St.	10:40 AM	11:02 AM	Banff Ave & Buffalo St.	10:40 AM	11:02 AM
Water Station 5 (Entrance to Golf Course Loop - Runners do two loops)	10:45 AM	11:20 AM	Banff Ave & Wolf St.	10:42 AM	11:10 AM	Banff Ave & Wolf St	10:42 AM	11:10 AM
			Muskrat St. and Caribou St.	10:43 AM	11:15 AM	Muskrat St. and Caribou St.	10:43 AM	11:15 AM
Water Station 6 at back of Golf Course Loop	10:52 AM	11:41 AM				Water Station 1 (near Tunnel Mtn Rd & Tunnel Mtn Dr - East entrance to Tunnel Mtn Dr)	10:48 AM	11:33 AM
Start of Second Loop	11:01 AM	12:07 PM				Water Station 2 (Tunnel Mtn Dr & St. Julien Way - West Entrance to Tunnel Mtn. Dr)	10:54 AM	11:53 AM
Second pass of Water Station 6 at back of Golf Course Loop	11:08 AM	12:28 PM	Water Station 3 (Buffalo St. and pathway to Ped Bridge)	10:43 AM	11:19 AM	Water Station 3 (Buffalo St. and pathway to Ped Bridge)	10:59 AM	12:15 PM
Final Exit from Golf Course second loop, Water station	11:17 AM	12:53 PM						
Bow Falls Rd and River Trail	11:30 AM	1:32 PM	Bow Falls Rd and River Trail	10:46 AM	11:34 AM	Bow Falls Rd and River Trail	11:02 AM	12:24 PM
Water Station 4 (Glen Ave)	11:30 AM	1:33 PM	Water Station 4 (Glen Ave)	10:47 AM	11:35 AM	Water Station 4 (Glen Ave)	11:02 AM	12:27 PM
Birch Drive (west of Museum)	11:32 AM	1:39 PM	Birch Drive (west of Museum)	10:49 AM	11:49 AM	Birch Drive (west of Museum)	11:05 AM	12:37 PM
Finish	11:35 AM	1:47 PM	Finish	10:52 AM	12:02 PM	Finish	11:07 AM	12:47 PM
*Based on winner in 65min				*Based on winner in 15min		*Based on winner in 32min		