

Half Marathon

The ½ Marathon will start and finish at the Kamloops Golf and Country Club - 2960 Tranquille Road. The start is approximately 10km from downtown Kamloops. The route consists of two laps on Tranquille Road heading west beside the mountains through farmland and along the Thompson River. The entire route will be on pavement with little elevation change. The course has been measured and certified.

Water will be provided as per WMA/IAAF Rules and Guidelines. There will be two water stations along the course and a first aid station at either end of the lap. Portable toilets will be available at the start/finish and at the turnaround point. Bags with name and bib number tags may be left at the Call Room tent in the parking lot where they will be controlled for the athlete's collection with his bib number. There are no shower facilities available on site.

Athletes with their own refreshments must make sure that they are handed in at least 1 hour before the start of the event, clearly marked with their bib number, and the water station at which they wish them to be placed. Special tables will be provided for these personal drinks. Refreshments can only be handed out to athletes at the official refreshment areas.

The maximum time limit for the half marathon is 3 hours. Any athletes not reaching the half way point within 1.5 hours must retire from the course at that time. No one will be allowed to accompany athletes on bicycles or by any other means.

Food and non-alcoholic beverages will be provided at the finish in the Kamloops Golf and Country Clubhouse. Alcoholic beverages will be available for purchase.

There is no parking at the Kamloops Golf and Country Club for athletes. Athletes must park their vehicles on the north side of Tranquille Road. Transportation from TCC will be provided to all ½ marathon athletes who have purchased a Transportation Pass. There will also be an optional visit by bus to the venue the day prior. This ticket can also be purchased with your entry. Both types of bus passes can be purchased at the LOC Desk in the 2010 Centre.

Check-in procedure

½ Marathon athletes may collect their registration packages at the 2010 Centre or, for the ½ Marathon event only, at the Kamloops Golf and Country the morning of the event. They may submit their declaration cards at the TIC in the 2010 Centre the day before and receive their timing chip then.

Those athletes who pick up their registration package at the Kamloops Golf and Country Club the morning of the event will get their timing chip when they turn in their declaration card to the Call Room tent in the parking lot. Athletes must pick up their registration package by 09:00h. All athletes must report to the Call Room tent the morning of the race between 08:00 and 09:30h to ensure bib, singlet and timing chip are accurate. There will be an additional heated tent available for athlete use.

Results will be available at the venue, but the awards will be presented at the awards area in the Athletes Village at approximately 15:00h (3pm). Protests must be made at the Kamloops Golf and Country Club site. Appeals must be formally made at the TIC in the 2010 Centre.