

5K FAQ's 2023

What Time does the Event Start?

The **1K Kids Run** will start at **9:00am** and the **5K Event** will start at **9:30am!**

Where is the Start Line?

The start line is on Lyall Street close to the intersection of Lyall and Fraser.

My child wants to participate in the 1K Fun Run, do I need to register for the 1K too?

No. Please register your child only - although, you are welcome and encouraged to participate in the 1K alongside them. We proudly encourage adults to lead by example and support their children in healthy, active living; have fun!

When do I pick up my race number/timing chip (bib)? What do I do with it?

Race number/timing chip pick up is available:

- Friday, April 14th 7:00am to 9:00am, Archie Browning Sports Centre Arena
- Friday, April 14th 5:00pm to 7:00pm, Archie Browning Sports Centre Arena
- On the race day, April 15th 7:00am to 8:45am, Archie Browning Sports Centre Arena

*** Bib pick-up will be coordinated by race number - posted at the rink. You will need to find your number on the marked display board and line up appropriately to receive your/your friend's race number. ***

Please remember to attach your race number to the front of your shirt that you plan to finish in (make it visible). A timing chip is located on your bib and will track of your race time (your time will start when you cross the start line and will finish when you cross the finish line).

Your bib/number/chip is assigned to you so please do not exchange bibs with your family members or friends.

Where do I park?

Please make every effort to carpool, walk, bike or bus to the event. Visit BC Transit for bus info: <http://www.transitbc.com/regions/vic/?p=2>.list Bike racks are located at the front of the Esquimalt Recreation Centre, at 527 Fraser St.

If you drive to the event please park in the rear parking lot of the Archie Browning Sports Centre Parking, located at 1151 Esquimalt Rd, please enter off Esquimalt Road and proceed

to the rear lot - **There will be no entry/exit off of Lyall Street to the rear parking lot from 8:30am-10:30am.**

Are roads open or closed for the event?

The roads are OPEN along the majority of the race route so please be aware of vehicle traffic around you while you are running and walking. Marshals will be stationed at major intersections for your safety. Police will also be stationed in some locations along the race route. The only exception to this is Lyall street, will be closed between Admirals Street and Lampson Street from 8:45am-10:45am on event day.

Where can I store my personal belongings while I run?

A complimentary coat check will be available at the Sports Centre.

I just completed an awesome run, now what?

Join us in the arena of the Archie Browning Sports Centre for refreshments and incredible prizes!

Coffee and refreshments generously provided by Country Grocer will be available in the Curling Rink after the race.

Draws for prizes will take place 10:30am-11:30am in the Curling Rink. Participants must be present to win. **If you think you will be on the course for longer than 55 minutes, please put your name in the box at bib pick up so we can keep your prize aside if you win.** We promise you; the prizes are worth sticking around for!

We will have a photo booth provided by Four Frames Photography, Kids Zone, and post stretching activity after the run!

Where do I find results?

Results will be available online through Race Day Timing Services. A link will be available at esquimalt.ca/5K and QR code will be posted in the Archie Browning Sport Centre.

Are strollers permitted on the course?

You are welcome to run or walk with a stroller. Please do start at the back of the pack to avoid congestion.

Can I bring my dog?

For the safety of participants and your pet, race participants are not permitted to participate with their dog.

Is childminding available?

Unfortunately childminding is not available.

Will you be selling Esquimalt 5K shirts?

Yes! This year we will be selling both Esquimalt T-shirts and Esquimalt Branded Socks created by Outway! Shirts will be available for purchase on the event day as well as after the event is completed at Reception by 1:00pm on Saturday, April 15.

Volunteer FAQ

I'm running in the race and my family wants to watch. Is there an opportunity for them to volunteer and watch me run?

Yes! You can volunteer to be a road marshal. This position stands at a point on the race to direct participants and any traffic. This position gets to see everyone run by and is a great opportunity to watch family and friends participate while cheering everyone on.

I'm not available for the entire time of the race, but I still want to volunteer. What can I do?

Join us to cheer on the Kids 1K and be a road marshal for that.

Are there any benefits to volunteering?

Yes! Besides a chance to support events in your community and meet others who have similar interests, we'll have snacks and refreshments available pre and post- volunteering and some swag as a thank you. You can also request a letter confirming your volunteer hours or we can sign a volunteer hours log, if that's needed.

I see you have many road marshal positions available. Can I bring a friend with me to help?

Yes! We are always looking for more people to help and cheer on participants. You can get them to sign up ahead of time, or just bring them with you.

I love the idea of volunteering along the route but I need an accessible spot close to the Sports Centre – is that possible?

Yes! Just let us know when you arrive, and we'll make sure that you're in a spot that works best for you.

Where can I sign up for Volunteer opportunities?

To register online go to esquimalt.ca/5K or visit the Recreation Centre reception or call 250 412 8500. To volunteer, please contact Shelann Kowalewsky at 250-412-8532 or Shelann.kowalewsky@esquimalt.ca