



Bear Creek Run Half Marathon



Saturday, October 17th 8:00am
ALBERT-OAKLAND PARK

Thank you for registering to participate in the Bear Creek Run Half Marathon.
The following is general information about the race and what you can expect on the course.
We look forward to having you join us!

SCHEDULE

Friday, October 16, 2015

- **5:00-7:00pm:** Packet pick up at the ARC 1701 W Ash St. in Meeting Rooms A & B

Saturday, October 17, 2015

- **6:30-7:50am:** Packet pick up and Race Day Registration at Albert-Oakland Park 1900 Blue Ridge Rd.
- **8:00AM:** Race Begins
- **9:30AM:** Post-race food available
- **11:00AM:** Awards
- **1:00PM:** Race Course Closes

LOCATION/PARKING:

The Bear Creek Run Race site (race start/finish location) will be at Albert-Oakland Park 1900 Blue Ridge Road. There will be plenty of parking near the race site for both participants and spectators. Overflow parking will be available at Oakland Middle School to the east of Albert-Oakland Park.

AWARDS

Awards will be given to the overall top male and female finishers as well as the top 3 male and female finishers in the following age groups: 19 & under, 20-29, 30-39, 40-49, 50-59, 60 & over. \$100 prize to the overall top male and top female finishers.

RACE DAY INFO

- The Bear Creek Run Half Marathon is an out and back course starting and finishing at Albert-Oakland Park. Participants will follow the Bear Creek Trail to Cosmo Park where the course will loop around the Antimi Sports Complex and back onto the Bear Creek Trail to return to Albert-Oakland Park.
- The course will include volunteer support at decision points as well as 10 aid station (water stop) opportunities (5 aid stations that will each be passed 2 times). All aid stations will offer water, 2 will have sport drink available and all will have light first aid supplies. There will be no other nutrition on the course so please plan accordingly. PLEASE DON'T FORGET TO THANK THE VOLUNTEERS!
- There will be bathrooms (porta-johns) at Northland Dr, Garth Nature Area, Creasy Springs and Cosmo Park.
- The course will be marked with orange cones, mile markers at each mile and arrow signs. There will be cones making a lane on Parkside Dr. in Cosmo Park, please stay to the right of these cones. The park is closed to traffic, but we want to ensure your safety by having you stay on the right side.
- The Bear Creek Trail goes through the Garth Nature Area. This park will remain open to the public so please be cautious of park users and their dogs entering the dog park (volunteers will ask park users to yield to racers so you have the right of way).
- Photographers will be taking pictures on the course as well at the finish line. These photos will be shared the week after the race so you can print what you want for free. Let's see those smiles when you cross the finish line!
- Have you heard about "Inspiration Hill"? It's a little (OK, a big) incline that takes you up to Cosmo Park. We've done what we can to make this an enjoyable hill – if that's possible. You can do it, and the rest of the course makes up for it!

WEATHER

The Bear Creek Run is a rain or shine event unless there is extremely severe weather. In the event of severe weather, the race may either be postponed to start later in the morning, or worst case scenario cancelled. Racers will be notified by email if severe weather has created a change in schedule. We don't need to worry about this because the forecast is PERFECT!