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## Welcome Back to Racing!

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### Getting Ready

In order to participate, you will need to have your proof of vaccination verified. There are two options for this, based on the selection you made at registration:

- **Shipping:** Please verify your vaccination on race day.
- **Pickup:** Please have proof of full vaccination when you arrive. Be sure to pick up your race kit at your selected location prior to race day, as there will be no race kit pickup on race day. Masks are mandatory.


[Canadian residents can find provincial vaccination information here.](#)

#### Race Bibs

Included in your race kit, your race bib will hold:

- Your chip timer for tracking your results
- Your vaccination verification sticker, to be placed on your bib by event staff upon verification
- Your race day arrival time (which was also sent by email)

#### Race Day Checklist

- Race bib
  - Mask
  - Reusable or refillable water bottle
  - Running belt (to hold your mask, phone, car keys, and money for transit)
  - Proof of full vaccination and Government Issued Photo ID (only required if you need to verify your vaccine on race day)
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# Race Day

## Baggage Check

There will be no baggage check on race day. Only bring what you can carry during your race.

If you haven't received your bib in the mail prior to Race Day, visit the Help Desk tent on October 17th.

## Don't Forget!

To ensure everyone's safety before you leave home on race day, please complete this [online screening form](#).

## Getting There & Parking

There are many available options to travel to the race. For more information, [visit our website](#).



## Things to Know

Masks are mandatory in all areas, except on the course. Physical distancing should be maintained during the event. Toilets will be available on Strachan Avenue, outside of the Staging Area.

## Arrival

Event capacity is limited based on your assigned arrival time. Do not arrive early unless you require vaccination verification. At your arrival time, make your way to the Staging Entrance.



Event staff will check your bib to confirm your vaccination verification sticker and arrival time before marshalling you into the Staging Area. Please note, you will only be allowed to access the Staging Area during your arrival time.

## On-Site Vaccine Verification

Please arrive 20 minutes early only if you need to have your vaccination verified. Go directly to the Vaccination Verification Tent and have your proof of vaccination and Government Issued Photo ID ready. Once verified, you will receive a sticker to display on your race bib and will then be marshalled into the Staging Area.

## Staging Area & Start Line

Event staff will assemble participants into groups and escort you to the start line. Expect a short wait at both the staging line and start line areas to allow space for the participant groups ahead of you. The start manager will let you know when your race is beginning.

# The Race

## On Course

You may remove your mask after you have crossed the start line. Please keep it with you, as you must wear it again after you cross the finish line.

## Water Station

We strongly recommend all participants bring their own hydration. The only on-course water station will offer water (in recyclable cups) and Nuun (in compostable cups). Cups will be spaced out on the tables. Toilets and medical staff will also be available.

Please try to remain physically distanced and ensure all cups are thrown into the designated bin after use.

## After the Finish Line

Please put your mask back on after your race. As you make your way through the finish chute, you'll find:

- Medical staff
- A water station
- Medals
- Food kit with bagged snacks

Toilets will be available beyond the finish chute on Strachan Avenue.

## Celebrate

There will be no post-race party area here, but that shouldn't stop you from celebrating. After you have made it through the finish chute, please continue moving to make room for the following groups. We encourage you to continue your celebration at one of Toronto's many fabulous restaurants and pubs!