

Peace Hills – 2021 Spring Timed Training Sessions

Saturday, June 12, 2021

NOTE: With rapidly changing COVID-19 restrictions, please stay in touch with us for any possible changes – email – peacehills.xcountry@gmail.com

Host: *GO Athletics*, Unity Track, Edmonton

Place: Peace Hills Park – Wetaskiwin

Time: 10 a.m. – please see note under COVID-19 considerations for arrival time.

Distances: 1.5km – 2km – 4km – 6km – 8km

Course: We will be using a 2 km loop with a modification for a 1.5 km addition. Note: our two hills are NOT in this course – it is mostly flat with a gentle roll. Course is minimum 12 feet wide at its narrowest. It is split & marked in 3 lanes – Inside RUNNING LANE 3 feet – middle NO RUN lane 6 feet – outside PASSING LANE 3 feet. (Depending on level of restrictions these lanes may OR may not be marked.)

Timing Services: Vernon Schmid (Ellis Timing) will be providing times for all runners.

Format: Maximum of 10 athletes per session – **Runners are to submit approximate times** which will be used to stagger start – slowest to fastest – stagger is 10 seconds. Run in RUNNING LANE – cross NO RUN lane to reach PASSING LANE – return to RUNNING LANE once pass is complete. Sessions will be organized by times submitted **rather** than age group (i.e.: All-comers format) **except** as noted, men and women may be in same session according to submitted times and number of entries.

1.5km – ONLY for birth year 2014 & younger

4km, 6km, and 8km **all open**

Entries: - you only need email – peacehills.xcountry@gmail.com - the following information – Full Name – Male or Female – Birth Year – Phone # - email address – Distance you choose to run – **Please have sent entry by Thursday June 10. Thank you!**

Payment: - The cost is by **donation!** You may use e-transfer to peacehills.xcountry@gmail.com or by cheque – Peace Hills X Country – the day of the race.

COVID-19 Considerations:

- 1 – As noted above please stay in touch with changing restrictions – **this could become an actual RACE – YEAH!!**
- 2 – Please do not arrive more than a half hour before your scheduled session (we will email a session schedule Friday afternoon OR check with us.
- 3 – There will be no opportunity to jog the course but it will be super well marked and is looping.
- 4 – There are no change facilities and only 1 or 2 portables.
- 5 – **No Spectators are to congregate around start or finish** – it is a LARGE park so please stay spread out
- 6– Athletes (masked) please pick up your bib number at Registration – please keep the 6’ allowance. :(
- 7 – Proceed immediately to roped off warm up area (mask off once in) and from there you will be escorted to start of your session.
- 8 – There will be 3 finish chutes – to keep 6’ distance - you will be directed into one of them.
- 9 – Proceed immediately from finish to cool down area and then exit park.
- 10 – **NO results** will be posted but will be available online (<http://www.ellistiming.ca/>) as soon as possible after sessions.

Thank you for your patience while we provide these timed sessions while observing COVID-19 protocol. BUT NOTE – as of Thursday June 10 all these restrictions on Sport could change – for the BETTER!