Athlete Guide 2024



Sunday, September 29, 2024

Welcome athletes, sponsors, volunteers and supporters

Endurance Event Productions is proud to bring a half-marathon race back to Oakville. Thank you to Nutrience who agreed immediately to be part of this event as our title sponsor and to the Town of Oakville for their guidance in connecting all the necessary pieces to bring this event to life.

Local businesses have responded enthusiastically to getting on board and sharing their services and products to support a healthy and connected community. Please show them your appreciation by learning more about what they offer.

Race day comes with a lot of details, which are outlined in this Athlete Guide to help everyone have a safe and fun day. Please read this guide carefully so you and your supporters know what to expect and plan your day accordingly.

We are excited to see you at kit pick up, on the course, and after the finish line! Train well, run smart…and smile!

Your co-race directors,

Cindy Lewis-Caballero and Sandie Orlando
Endurance Event Productions Ltd.



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Greetings from Oakville's Mayor

On behalf of Oakville Town Council, I am delighted to welcome you to the Nutrience Oakville 21.1 Half-Marathon! We are thrilled to host this event, which celebrates health, community, and the beauty of our town.

Thanks to the dedication of Sandie Orlando and Cindy Lewis-Caballero and their team at Endurance Event Productions, you'll be running through Oakville's scenic streets, vibrant parks, and welcoming neighbourhoods.

Whether you're a seasoned athlete or new to the race, your participation is a testament to your dedication, and we are proud to support such a positive and uplifting event.

We would also like to extend our heartfelt thanks to the sponsors and volunteers whose generous support and hard work have made this event possible.

Good luck to all runners, and we wish you an enjoyable and successful race day! We'll be cheering you on every step of the way!

Sincerely,

Rob Burton, Mayor
TOWN OF OAKVILLE

Thank you to our sponsors and community partners



Charities

The Nutrience Oakville 21.1 Half-Marathon, 10k & 5k supports these charities. Please consider bringing non-perishable food donations for the Oakville Fare Share Food Bank to the race expo on Saturday, September 28th. Financial donations for the Fare Share Food Bank will also be accepted at the race expo.







Race Kit Pick Up

There will be **two** opportunities for registered athletes to pick up their race kits and bibs. To pick up your race kit, the electronic waiver in Race Roster must be completed.
If you wish to pick up for other athletes, you must have an **email** giving you permission and they must have completed their electronic waiver.

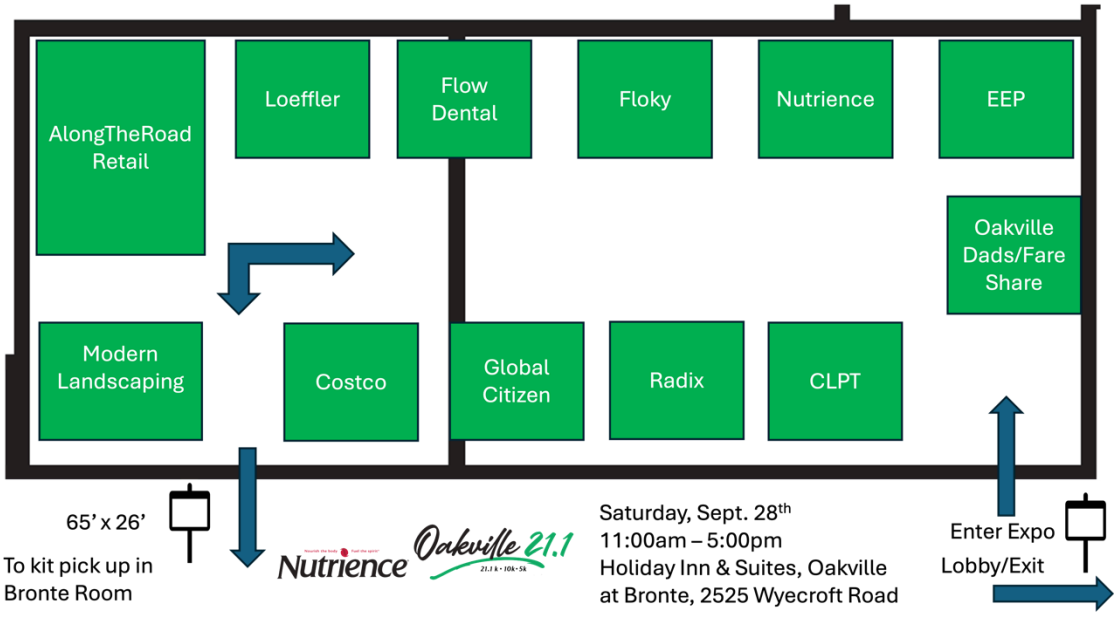
Tuesday, September 24th – Culture Athletics, Toronto – 4:00 – 7:00pm
972 Queen St E, Toronto, ON M4M 1K1
They are offering special deals on kit pick up day – so don't forget to check them out while you are there.

Saturday, September 28th – Kit pick-up and Expo – 11:00am – 5:00pm
Holiday Inn & Suites Oakville at Bronte, 2525 Wyecroft Road, Oakville

Athletes who cannot attend either advance kit pick up have the option of paying a fee of $25.00 for a **VIP Race Day kit pick up** that will be available from 6:00am until 7:00am on Sunday, September 29th at the park. This option will be available for purchase in Race Roster until **Friday, September 27th at 9:00pm**.

Race Expo

The race expo will take place at the Holiday Inn & Suites Oakville at Bronte, 2525 Wyecroft Road, Oakville on Saturday, September 28th from 11:00am – 5:00pm. Parking and entry is free and open to anyone. **No last-minute race sign-ups will be accepted at the Expo**.



Race Souvenirs & Pre-Purchased Merchandise

Pre-purchased merchandise can be picked up at the Expo on Saturday, Sept. 28th or on race day at the EEP tent after the races have started.

The EEP tent will have a limited selection of merchandise available, and we accept debit or credit. Pre-purchases will be available on Race Roster until Saturday, Sept. 28th at midnight.

Parking & Shuttle Buses on Race Day

Due to road closures, there will be NO PARKING at Shell Park on race day.
All participants and spectators must park at the **Bronte GO Station** and take the shuttle bus to a drop off location on **Great Lakes Blvd** where they will be able to walk a short distance into the park. Parking and shuttle bus are provided free for participants and spectators.
The first buses will leave the Bronte GO station at 5:30am and continue circling the route between Shell Park and Bronte Go station throughout the morning until the last bus departs from Shell Park at 12:00pm. The travel time for the bus route is approximately 15 minutes.
Bus pick up for this event will be from bays 4 and 5. There will be a feather flag, either Nutrience Oakville 21.1, or EEP, near the pick up location.

Bronte GO Station, Wyecroft Road, west of Third Line, Oakville
(https://maps.app.goo.gl/8S8wg3qtoBgdnA3WA)
Parking and shuttle bus pick up in east lot indicated on map.
Overflow parking in main lot if east lot is full.



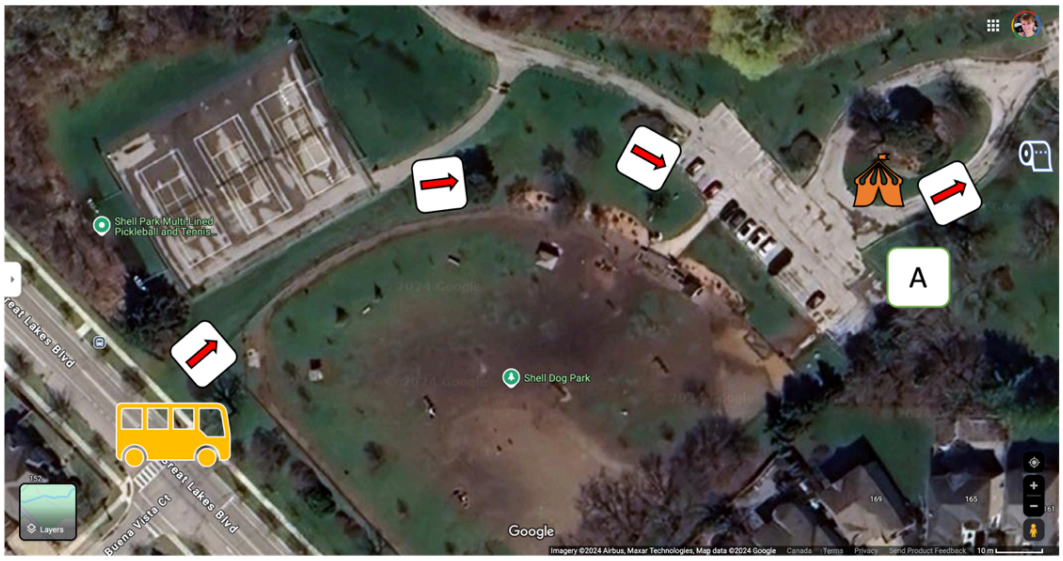
Participants being dropped off from private vehicles will not be allowed access to Lakeshore Road. The drop off location is on Great Lakes Blvd at Buena Vista Ct.

Please refer to the town of Oakville's parking guidelines regarding street parking in the nearby neighbourhoods at the following link.
https://www.oakville.ca/transportation-roads/parking/find-parking/on-street-parking/

When You Arrive on Site

The grassy pathway into the race sight will be marked with directional signs and lights. You will first see the VIP Kit pick up tent and the portable washrooms. **Bag check** will be in a tent or a truck (weather depending).

Bus Drop Off & Athlete Entrance



Bus Drop/Pick Up

VIP Kit Pick Up/Info

Directional Sign

A To Bag Check

Bag Check

Bag check will be available at the race venue at Shell Park. Please do not leave valuables in your bag as although we have volunteers at bag check, we cannot be responsible for their safety.
Please identify your bag with your name and bib number to help our volunteers organize them and find them for pick up.

Volunteers

Volunteers will be at the start/finish in Shell Park, and along the course at aid stations and as marshals. Please listen to their instructions and give them a thank you for getting up earlier than you to be on the course!

Race Day Schedule

5:30	Shuttle buses start from Bronte Go Station
6:00	VIP Bib Pick Up Opens
6:00	Bag Check Opens
6:30	Announcer on the Mic
7:20	Announcer to start calling runners to line up in the start chute/waves
7:30 AM	Half Marathon Start (three waves with 3 minute gaps)
7:50 AM	10k start
8:00 AM	5km start
9:45 AM	1/2 marathon awards
9:00 AM	10k awards
8:45 AM	5k awards
11:00 AM	Time cut off for all events
11:00 AM	Course take-down begins
12:00PM	Last Shuttle Bus leaves Shell Park

Race Day Layout

Notes – no food or drink available in Shell Park or within walking distance – please plan your own coffee accordingly! There are two Tim Hortons locations on Third Line near the Bronte GO station.

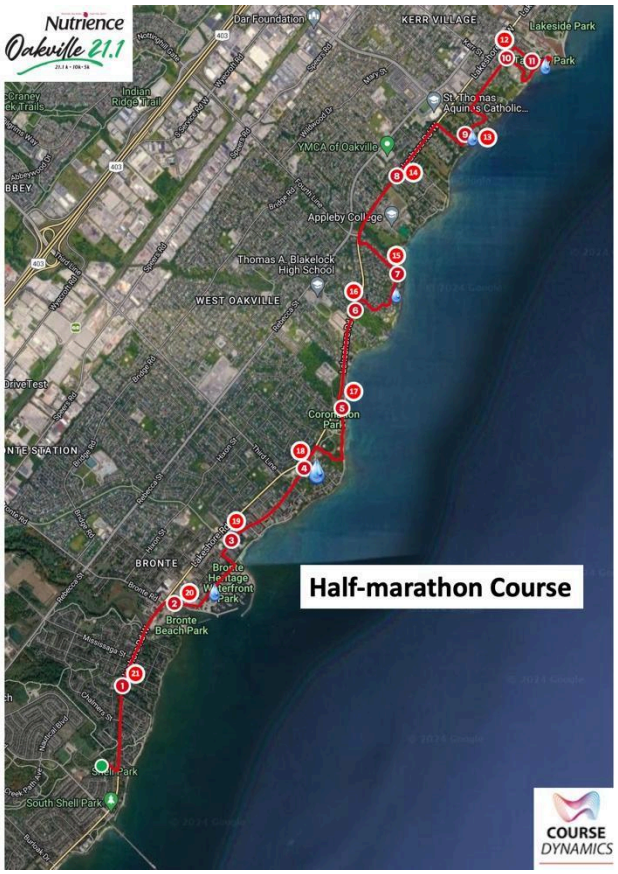


Race Announcer & Timing

Our race announcers will start providing you with reminders and updates at 6:30am. Please listen for directions and the call to get into the starting chutes. Your official race time will be your chip time and will start as you cross the starting line mat. Your bib has a programmed sticker on the back that is your timing chip. No bib = no chip = no time. Take care not to damage or obstruct the bib and be sure to wear it on the front where the photographers can see your bib number. Additional timing mats will be placed at the turn around for the 5K, turn around for the 10k, and at the turn around for the half-marathon.

Spectators may follow runners and results will be posted at www.EnfieldTiming.com.

On the Course



Aid Stations will be serving water and Gatorade hydration approximately every 2.5km on the course. Portable toilets will be available at each aid station as well as at the start/finish line. *The cut-off times will be 3.5 hours after the start of the 21.1k half marathon distance race.* ***For safety reasons, no dogs, roller blades or strollers are allowed to take part in the races.***

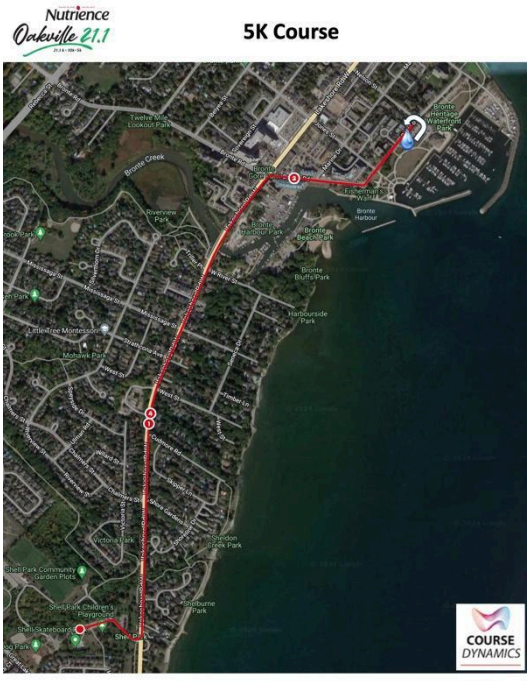
The Half-Marathon Course

The course makes a left turn out of Shell Park and continues along Lakeshore Rd, makes a right turn on Bronte Rd through a single lane construction zone, then on to Ontario St past the first aid station. A left at East St, then right on Marine Dr takes the runners to Old Lakeshore Rd then back along Lakeshore to Coronation Park. A right turn into the parking lot, then on the the Waterfront Trail leads to a parking lot with aid station #2. Runners continue along Lakeshore Rd until making a right on Holyrood Ave and through a quiet neighbourhood. The course takes a right out of a court through a fire gate to Lakewood Dr. At this point, the course bends left, crosses Brookfield Dr and on to Burnet Dr over a series of rolling hills to Wilson St. After a right turn on Wilson, the course turns right down a hill to the Waterfront Trail and along Lake Ontario before turning back up a path through Tannery Park. At this point, the course finds its way back to Wilson Dr past aid station #3 via Walker St, then back over the rolling hills on Burnet Dr. The course returns back along the same route to finish at Shell Park.



The 10K Course

The 10k course leaves Shell Park and makes a left turn on Lakeshore Road to Bronte Rd, where it makes a right through a single lane construction zone to Ontario St. The course continues past the first aid station, turns left on East St, then makes a right on Marine Dr. At Third Line, the course becomes Old Lakeshore Rd and through a fire gate to Lakeshore Rd. At Coronation Park, it turns into the parking lot then on to the Waterfront Trail past a second aid station, then through to a parking lot where it turns left and back along Lakeshore Rd. Another trip Coronation Park takes runners back along the same course to the finish at Shell Park.



The 5K Course

The 5K course will leave Shell Park and turn right for a short distance before making a turn and continuing back along Lakeshore Road and past the Bronte Harbour. At Bronte Road, the course turns right through a single lane construction zone, then left on Ontario Street to Bronte Heritage Waterfront Park, where it turns around at an aid station to return on the same route to the finish in Shell Park.

Aid Stations

There will be aid stations serving water and Gatorade hydration approximately every 2.5-3km on the course. There will be no gels or other nutrition available. Runners should carry their own nutrition and deposit any garbage at the aid stations. Please do not leave your garbage on the road anywhere else along the course - the community supports this event, and we want to keep it that way. Be respectful and keep your garbage with you until you get to an aid station.

Medical Support on the Course

Odyssey Medical is providing medical aid on the course and at the finish. They will have a ‘gator’ vehicle patrolling the course. If you become injured or are unwell, please let a course marshal or aid station captain know so they can alert the mobile team. If you are

between aid stations, look for a zone marshal or ask another runner to carry the message forward for you. There will be an AED defibrillator on the course at every aid station, courtesy of Odyssey Medical. Halton Region Paramedics will be on site for medical assistance.
If there is active weather, we have plans to communicate and bring runners in from the course. Please check the weather forecast in advance to dress appropriately and be sure to pack warm/dry clothing to change into after the race.

Finish Line and Finish Chute

The course will turn back into Shell Park from Lakeshore Road to the finish line approximately 50 meters into the main parking lot.
You will proceed through the finisher chute to pick up your medal, a bottle of water, banana, bagel, and Gatorade. A medical team will be available for athletes who may need support after the race.

Timing, Awards & Prizing

Timing is provided by Enfield Timing. Chip time will be your official time. You must wear your race bib clearly visible on the front of your body. Do not fold, cut or damage your race bib.
Results will be posted at the race site and are available online at www.EnfieldTiming.com.
Athlete splits will be available at EnfieldTiming.com. Final results will be posted on RaceRoster.com upon completion of the event.

Awards	**Half-Marathon Male & Female**	**10k Male & Female**	**5k Male & Female**
Overall	1/2/3	1/2/3	1/2/3
*Age groups in 10-year increments	3	3	3

*Age as of the end of the calendar year.

Prizes must be picked up on race day - They WILL NOT be mailed out after the event. Please stay on site to attend awards if you have placed.

You can award yourself with a commemorative CelePlate ribbon clip that has your name and finish time engraved on it. Pre-purchase any time before or on race day using the QR code below, and it will be mailed out to you after the race.



Spectators

Family and friends are welcome to cheer for you on race day in Shell Park – or in any of the parks along the course. Please be aware that Lakeshore Road is closed to traffic eastbound and has restricted access to vehicular traffic. Learn more about the road closures here.

Photography

Mike Cheliak Photography will be on the course and at the finish line to capture your race images. You will receive an email after the race with a link to where images can be found, and they will be free to all athletes in the race to download.

Post-Race

Join us at the finish of your race in Shell Park to celebrate your accomplishment. We will have a selfie backdrop and an area where the awards will take place and our sponsors will be there to congratulate you.

Join us in 2025

Endurance Event Productions is excited to announce our dates for the following races:

GEORGINA SPRING FLING
marathon · 21.1k · 10k · 5k

Sunday, May 4, 2025

GEORGINA MARATHON
and half marathon

Sunday, September 7, 2025

Nourish the body Fuel the spirit®
Nutrience
Oakville 21.1
21.1 k • 10k • 5k

September date to be announced!