

Athlete Guide 2023

GEORGINA MARATHON *and half marathon*

Sunday, September 10, 2023

Presented by

Dynamic Funds[®]
Invest with advice.



Welcome Athletes, Volunteers, Sponsors and Spectators!

Welcome to our third Georgina Marathon & Half-Marathon race. Since our beginning in 2021, this race has doubled in size and added both a certified 10k race, and a 5k run/walk.

Our thanks go to our presenting sponsor, Dynamic Funds, and to the town of Georgina and the Briars Resort & Spa for their continued support and encouragement. Special thanks to all our volunteers, some of whom return for each race and take on important roles without which we couldn't provide a safe and enjoyable experience for everyone.

This guide covers important information for athletes, volunteers, and spectators, so please take the time to read through it so you know what to expect on race day. We encourage everyone to race within their limits and look out for each other. Your patience and kindness towards each other, event staff and volunteers will make this a great day for everyone.

Mark your calendars to return in 2024 for the Georgina Spring Fling on Sunday, May 5th and next year's Georgina Marathon on Sunday, September 8th. Also save a spot on your calendar for September 29, 2024 for the Oakville 21.1.

Your Race Co-Directors,

Cindy Lewis-Caballero & Sandie Orlando



26557 Civic Centre Rd.
Keswick, Ontario L4P 3G1
905-476-4301

GEORGINA

Office of the Mayor and Council

Sept. 10, 2023

Welcome Message from the Mayor

On behalf of the Council of the Town of Georgina, I am happy to welcome all of the participants and spectators to the "Georgina Spring Fling" marathon, half-marathon, 10K and 5K event!

We are thrilled to once again have this event hosted in our community. The course is flat, fast and scenic, running along Lake Drive and offering wonderful views of the beautiful shores of Lake Simcoe.

We would also like to thank the organizers and sponsors of this event for their continued ambassadorship of the Town through their support of this unique certified marathon and half-marathon course. I am certain that all of the participants and visitors to our town will thoroughly enjoy visiting this wonderful community and experiencing the friendliness of our residents and local businesses.

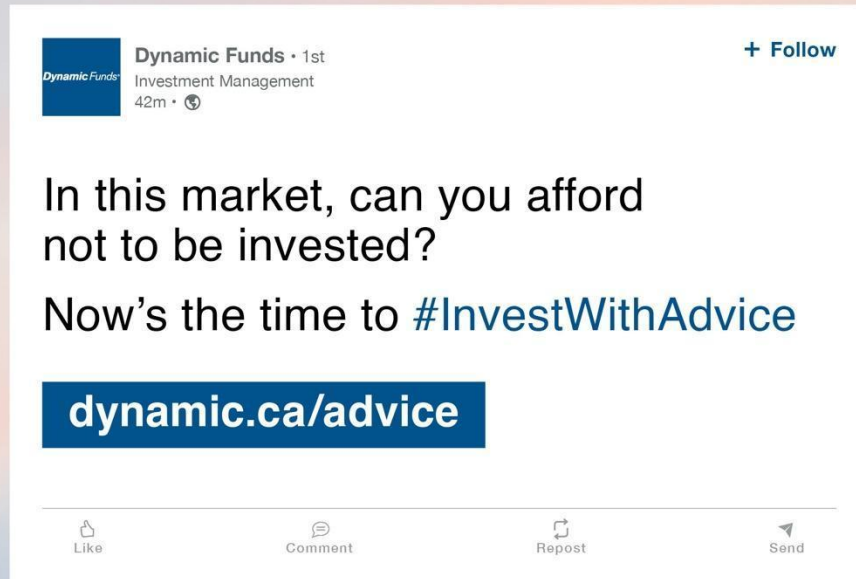
Once again, we are pleased to welcome everyone to the Town of Georgina, and we wish you all the best for safe and amazing races!

Sincerely,

Margaret Quirk
Mayor, Town of Georgina

georgina.ca





Commissions, trailing commissions, management fees and expenses may be associated with mutual fund investments. Please read the prospectus before investing. Mutual funds are not guaranteed or insured by the Canada Deposit Insurance Corporation or any other government deposit insurer, their values change frequently and past performance may not be repeated. Dynamic Funds® is a registered trademark of The Bank of Nova Scotia, used under license by, and is a division of, 1832 Asset Management L.P. © Copyright 2023 The Bank of Nova Scotia. All rights reserved.

Dynamic Funds®

Thank you to Our Presenting Sponsor

Thank you to our partners, community sponsors & supporters.

THE BRIARS
RESORT & SPA ON LAKE SIMCOE

Proudly supported by:



Supported by:



Charities

Our health and our ability to choose running as a sport is something to be grateful for. We are proud to be supporting charities who help make that possible for everyone. Please consider making a donation.

Feel free to make a financial donation to [Sandgate Women's Shelter](#) or [Southlake Regional Cardiac Foundation](#).



Race Kit Pick Up

Athletes will have four opportunities for race kit pick-up. We encourage you to pick up your kit **before** race day to cut down on race morning stress, whenever possible.

All athletes MUST have signed their electronic [waiver](#) BEFORE picking up their race kits. This is separate from the one you did on race roster at registration.

To pick up your race kit you will need a piece of photo ID OR a copy of your registration confirmation email.

To pick up a race kit for another runner, you must have a copy of their confirmation email AND written authorization via email confirming that you can collect the kit on their behalf. The person you are picking up for MUST HAVE DONE THEIR [WAIVER](#) ONLINE AHEAD OF TIME.

Wednesday, September 6th from 6:00 pm -8:00 pm in Burlington at [ProBodyWellness](#) clinic, [783 Brant Street \(lower\)](#). Parking is available on site.

Thursday, September 7th from 11:00 am-5:30 pm in Toronto at [All Access Health & Fitness](#) at 423 Danforth Ave. -Steps away from TTC Chester Station; Green P Street Parking available on Danforth Avenue; Green P Parking Lot on Chester Avenue; Free Street Parking on Logan Avenue & Side Streets

Saturday, September 9th from 2:00 pm-8:00 pm at [The Briars Resort, 55 Hedge Road, Jacksons Point](#). Parking is available on site. Plan to spend some time visiting our vendors at the race expo. **Surge Activewear** will be on-site selling a limited amount of Georgina Marathon 2023 T-shirts, singlets, jackets and more!

Sunday, September 10th (Race Day) – Although we encourage you to pick up your race kit at one of the advance kit pick up dates/locations, race day kit pick up is available starting at 5:00am in [De La Salle Park](#). If you plan to pick up your kit on race day, please ARRIVE EARLY so you have plenty of time to park, take the shuttle bus if you do not already have a VIP parking pass, and get through any lines. Parking information is included later in this athlete guide.

Proudly supported by:



Race Expo

A few vendors will be on-site on Saturday, September 9th at the Briars Resort & Spa starting at 2:00pm until 8:00pm that you are welcome to come by and check out, including Surge Activewear with the Georgina Marathon Official Merchandise. Athletes and visitors are welcome to browse exhibits. The expo is free and open to everyone.

Parking is available at the Briars Resort, 55 Hedge Road for this event.

Getting to Georgina

By Car

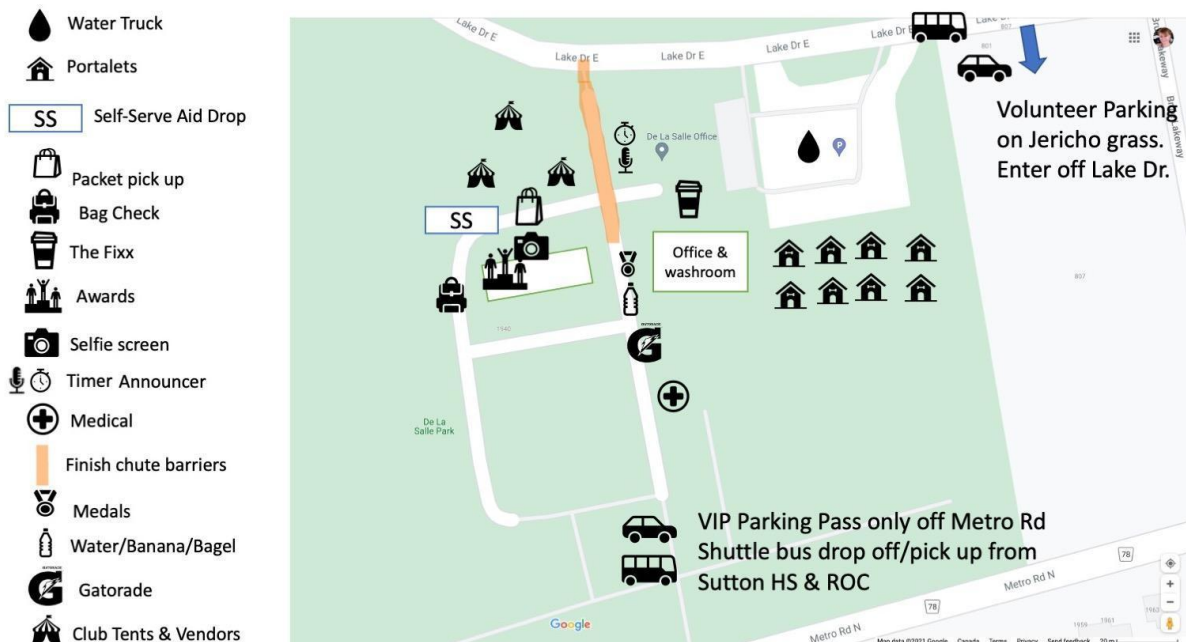
There are two major highways that run into the Town of Georgina: Hwy 48 and Hwy 404. Georgina is located at the end of Hwy 404. It only takes about 50 minutes to get to Georgina from downtown Toronto.

By Transit

The Town of Georgina is serviced by York Region Transit (YRT) and GO Transit. For information on YRT services, visit yrt.ca or call 1-866-668-3978.

For more information about what Georgina has to offer visit www.georgina.ca

The Race Site – De La Salle Park



The race will start and finish from [De La Salle Park](#) located at **1924 Metro Road North, Jacksons Point, ON L0E 1L0**.

A water station, portable toilets and bag check will be available in the park. Our vendors and sponsors will also be set up in the park on race day. Velofix will have The Fixx coffee cart on site.

Run clubs are welcome to bring their team tent to set up in 'tent city' in the park to cheer their team mates on.

Parking & Shuttle Buses

Parking at De La Salle Park is available ONLY for those who have pre-purchased a VIP Parking Pass. These passes are limited and have been sent out by mail in advance. Be prepared to show your pass and ID when entering De La Salle Park from the Metro Road entrance.

General Admission FREE parking is available in the following locations, with shuttle buses running throughout the day starting at 5:00 am. The last bus will leave De La Salle Park at 2:00 pm

Note: Please observe city parking signage if looking for parking on side streets. Where it is available, it is limited to a 3-hour maximum. **There is no parking on Lake Drive at any time.**

Spectators will also find free lots along the course at [Willow Beach](#) and [North Gwillimbury Park](#). There will NOT be a shuttle from these locations. There is a small lot at Kennedy Road and Lake Drive with a variety store (cash only!), BBQ and ice cream.

[Red Barn Theatre lot](#) – 991 Lake Drive East, Jacksons Point, ON L0E 1L0

One shuttle bus will continue to loop between The Briars and De La Salle Park, dropping athletes and spectators off at Lake Drive East and Brule Lakeway (north/east intersection) where you will have a 5-minute bus ride into the park. Alternatively, you can walk or warm up jog the 2km from this parking lot to De La Salle Park.



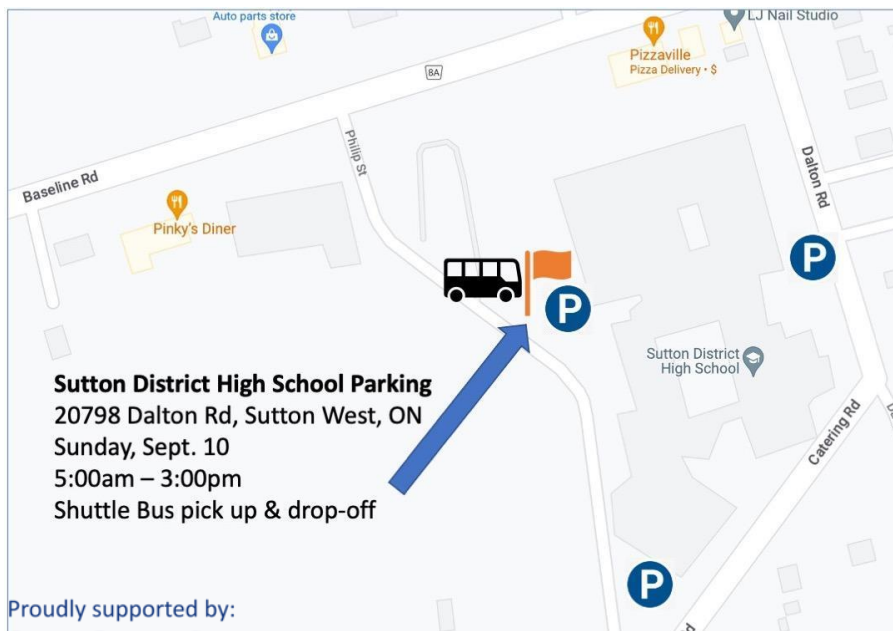


Look for a sign for **The Red Barn Theatre** and our race flag at the entrance. This is the overflow lot entrance. Please do NOT park in the Briars Resort parking lot unless you are a registered guest. Plan to arrive early and follow the directions of our parking marshals to park, then look for a **sign or flag at the far east end of the lot for the gateway to the Briars** property for the shuttle bus pick up. The trip to De La Salle Park will be 5-10 minutes.

[Sutton District High School](#) – 20798 Dalton Road, Sutton, ON L0E 1R0

Two buses will pick up here starting at 5:00am and continue to De La Salle Park. There is a generous amount of parking behind the school where the shuttle buses will stop to pick up passengers. The last bus will pick up passengers from De La Salle Park at 2:30pm to return to Sutton District High School.

The trip to De La Salle Park will take approximately 5-10 minutes.



Proudly supported by:

[ROC Baseball Diamond Parking Lot](#) – Two buses will pick up from the ROC baseball diamond parking lot at 26479 Civic Centre Rd, Keswick ON L4P 3G1 starting at 5:00am. The trip to De La Salle Park will take approximately 8-10 minutes. The last bus to return to the parking lot will leave the park at **2:00pm**. ****Note: This is not the same lot as in previous years – the soccer fields lots will be used for a weekend soccer tournament.**



When You Arrive on Race Day

1. Athletes who have not already picked up their race kits should report to the Kit Pick Up Tent and expect:
 - You must show an ID with your name, picture and birth date on it OR your confirmation of registration email.
 - You must have done your electronic [waiver](#) in advance (this is separate from the race roster email that you did when you registered). A parent or legal guardian must do the waiver for minors.
2. A bag drop for dry clothes will be available at a tent. Please ensure your bag is clearly marked with your **bib number and name**. Please do not leave valuables in your bag. We will have volunteers to help receive and retrieve your bag but will not be responsible for lost or stolen property.
3. A water station will be available for filling your own bottle or pack.

4. Marathoners may leave their own **self-serve nutrition** in a clear bag that is clearly marked with their bib number on the table beside the kit pick up/bag drop tent. Our volunteers will bring them to the self-serve aid station located at approximately 22km. Note that any athletes who choose to use the self-serve nutrition table will be responsible for finding and retrieving their own nutrition when they get to that station during the race – there will NOT be a volunteer handing these out. We are not responsible for the safety or security of items left in or on the self-serve nutrition bins or table.
5. Listen for the race announcer's call to assemble in the starting corrals and seed yourself in the corral based on your expected finish time.
6. Pre-Race Amenities at De La Salle Park
 - Portable washrooms equipped with hand sanitizer
 - Limited number of indoor washrooms/change areas
 - **Bag Drop Tent** – Please mark your bag clearly with your bib number and identification to make it easier to find afterwards. Volunteers will be on hand to help.
 - Water fill station
 - The Fixx Coffee Cart will be selling hot drinks

****Note that there are no food outlets within walking distance of De La Salle Park. Please come prepared.**

Race Start

You will self-seed yourself in the starting corral based on your expected finishing time. You will see volunteers with signs in the starting corral - look for those and seed yourself behind the sign that matches your expected pace or finish time. There will be a lead bike for the marathon, half marathon, 10k and 5k races.

Pace Bunnies

We have several pace bunnies for the half-marathon, and a few for the full marathon distance. Look for the sign that best fits your expected finish time.

Race Day Schedule

This schedule may change according to weather or other circumstances. Please pay attention to the race announcer on race day.

	Sunday, September 10, 2023
5:00am	Race site opens for staff, volunteers & vendors
5:00 am	Athlete Check In opens for Packet pick up & bag drop
5:00am	Shuttle buses begin pick-up loops from Sutton High School , ROC & Briars lots

Proudly supported by:

6:00 am	Race announcer begins
6:50 am	Marathon & Half marathon runners will be asked to line up for the race start
7:00 am	Marathon & Half marathon starts
7:20 am	10k & 5k runners line up for race start
7:30 am	10k & 5k race begins
7:45 am	5k winners return
8:05 am	10k winners return
8:15 am	Marathon turn around and half-marathon winners finish
9:00 am	5k & 10k award presentations
9:45 am	Half-marathon award presentations
11:30 am	Marathon award presentations
	Continue to welcome in finishers
1:00 pm	Welcome final marathon finisher & course closes
2:00 pm	Final shuttle bus leaves for Sutton High School, ROC & Briars

Note that the course closes at 1pm, or 6 hours after the marathon starts, for all events. Runners must be finished by 1pm to have a time. Anyone still out on the course at that time may choose to have a ride back to the finish area. If an athlete chooses to stay on the race course after closing, they will be considered a pedestrian and will be responsible for their own safety and nutrition.

Race Announcer & Timing

Our race announcer will start providing you with reminders and updates at 6:00am – please listen for directions and the call to get into the starting chutes. Volunteers will help get you organized.

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. Additional timing mats will be placed at the turn around for the 10k and at the turn around for the marathon and half-marathon.

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

On The Course

The course begins on a packed gravel surface inside De La Salle Park and makes a left turn approximately 40 meters after the starting line on to Lake Drive East. Course marshals will be controlling traffic coming in the eastbound lanes.

Lake Drive is a two-lane road that was built to service a cottage community which means it is narrow and must be shared with vehicular traffic to allow residents and emergency vehicles access. As a result, the run course occupies the **westbound lane** for runners going in **both**

directions. Please stay in the right-hand side of the single lane inside the cones. Do NOT cross the centre line – this must remain free for emergency vehicle access. This is for your safety and the safety for all the runners in the event. You may face disqualification if you cross the centre line into the eastbound lane.

Please be mindful of not blocking the way for runners coming from behind trying to pass you –



Sunday, September 10, 2023
Start/Finish in De La Salle Park - Marathon – 2 loops; Half-Marathon- 1 loop



and watch for runners coming towards you. The marathon will make two loops of the course, turning around at the starting point at De La Salle Park under the finishing arch. Watch for the marshal to direct you around the turn and back out on the course.

The road will be coned off and traffic control measures will be in place for runners' safety. Be aware that there are some private driveways and roads on the north side of the road. Volunteers or traffic control technicians will be on hand to assist residents who need to turn left through the run course. However, please keep watch for any vehicles that may be exiting a driveway or crossing the run traffic lane for any other reason – use caution and take responsibility for your own safety on the race course.

The marathon, half marathon and 10k courses are professionally measured and certified.



GEORGINA
MARATHON
and half marathon

10km certification #: ON-2023-001-BDC

Aid Stations

There will be aid stations serving water and Gatorade hydration approximately every 2.5km on the course. There will be no gels or other nutrition available – please be prepared with your own nutrition. 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.*** Portable toilets will be available at each aid station and at the half marathon turn around.

This map shows approximate locations of the aid stations and turn around points for the 5k, 10k and marathon/half-marathon. An aid station will be placed on the course for the second loop of the marathon outside of the park after the turn.

****Self-Serve Aid Station for Marathon ONLY****

Marathoners may choose to bring their own 'special needs' bag that will be placed on a table on the course after the half-way turn around. This will be a self-serve table only! Bags clearly marked with bib numbers may be left on the drop off table **near kit pick up** on race morning for volunteers to bring out to the self-serve station after the race has begun. Bags will be set out in order of bib number. **Athletes will be responsible for finding their own bag** and depositing any garbage in the bin provided.



Note: Support is to be provided only by those registered or officially volunteering/working for the race. Accepting support otherwise can result in a disqualification.

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. A York region paramedic has been contracted to provide dedicated care and response to the athletes in the race.

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. You will receive a communication before race day with the Event Alert System – please read and make sure you understand that.

Littering on the Course

Littering on the course is not acceptable. The residents of this community welcome the opportunity to share this scenic route, but not the litter that can be typical for a running event. Garbage cans are available on the course – please carry any water bottles, caps, gel packets and

the tabs or caps with you and dispose of them properly! Any spectators who are setting up cheering stations along the route should be mindful of leaving nothing behind.

Marathon Turn Around

Marathoners will do two loops of the course. The second loop begins in De La Salle Park at the finish line. You will be directed across the timing mat and around a cone to head back out onto the course after your first loop. This will be a tight U-turn so be prepared and watch for the course marshal to guide you around that turn.

Finish Line and Finish Chute

The course will turn back into De La Salle Park from Lake Drive to the finish line approximately 40 meters along the packed gravel path.

You will proceed through the finisher chute to pick up your medal, a bottle of water, banana, bagel, and a bottle of Gatorade – then proceed out to the recovery area. 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. Results will be posted on RaceRoster.com upon completion of the event.

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

*Age as of the end of the calendar year.

Prizes must be picked up on race day for age group categories. Overall winners will be contacted to receive the prize if they aren't present for the awards presentations.

Spectators

Family and friends are welcome to cheer for you on race day in De La Salle Park – or in any of the parks along the course. The park at Willow Beach offers a great view and photo opportunity, and paid parking. The corner of Kennedy Road and Lake Drive will be a hot spot with cheering at the aid station and a small paid parking lot. Please be aware that traffic is restricted to **eastbound** lanes only on Lake Drive, and you will be directed OFF lake drive at the first exit point to keep it safe for runners and clear for emergency vehicle access, and there is **no parking allowed on Lake Drive at any point**.

There is one grocery store at Kennedy and Lake Dr E that sells BBQ hot dogs and ice cream (Note: cash only).

Photography

Mike Cheliak Photography will be on the race 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 De La Salle Park to celebrate your accomplishment. We will have a 'selfie' backdrop for you to share your photos on social media [#georginamarathon](https://www.instagram.com/georginamarathon)— and a ship's bell mounted for you to ring out your personal best, first race, or whatever else you are celebrating!

Race Souvenirs

Celebrate your accomplishment with something special. We have some items that will be for sale on race day while supplies last. Quantities may be limited.

Items include special edition mugs, hoodies, and buffs.



GEORGINA
MARATHON
and half marathon

Order a custom ribbon clip with your name and official finish time to add to your finisher medal.



CelePLATE will be taking orders for a custom ribbon clip engraved with your name and custom finish time – delivered about 1-2 weeks after the race. Order yours on Saturday at The Briars race kit pick up, on race day – or online at this link:

[CelePLATE online orders here.](#)

Surge Active Wear will be on-site at Saturday kit pick up (only) at The Briars and will be selling a limited supply of custom race jackets, hoodies, long sleeve and short sleeve t-shirts, and singlets.

Special Edition Mugs

The image on these mugs was created by **Paula Banks**, an artist and runner who got her Boston Qualifier at the Georgina Marathon in 2022.

She created this painting to commemorate her race using photos of actual runners from that race and shared it with us. You can purchase your special edition mug at the race expo on Saturday, September 9th while supplies last. Paula also designed this year's race t-shirt. You can see her work at paulabanks.ca



Give Our Course Alligator a High Five or a Tail Swat!



The course alligator was inspired by a sign one of the Lake Drive residents has on their boat house to beware of alligators crossing. Our Georgina Marathon and Half-marathon route passes by this spot a few times! Watch for the sign...but more importantly, watch for the Georgina Alligator!

A Final Thank You

The town of Georgina staff and businesses are an important part of making this race possible. Now that you've seen how scenic the area is – please consider coming back for another visit to enjoy more of what they have to offer. More information is available at www.georgina.ca

Volunteers

We wouldn't be able to put together this event without the support of our volunteers. Please take a moment to thank them for getting up early and standing all day to make sure you have a safe and supported race experience. We have offered our volunteers a 30% discount code to register for our 2024 races, which are transferable. A good reason to make friends with a volunteer.

Plan for Next Year

Race Dates for 2024:

Georgina Spring Fling - Sunday, May 5, 2024 (new date)

Georgina Marathon - Sunday, September 8, 2024

Oakville 21.1 – Sunday, September 29, 2024 (new race)



Brave & Crazy

Endurance Event Productions adopted the brave and crazy tagline because we felt a little of both when starting a race series during Covid times – and recognized that most runners can probably relate to that sentiment. Keep it fun – we're all a little brave and crazy!

Feedback

We are happy to hear your comments and feedback. Share your thoughts to georginamarathon@gmail.com.