

## **2023 Island Run - Final Instructions**

Here we are again – the **41<sup>st</sup> edition** of the **Longboat Toronto Island Run!**

This year was a complete sell out, with unprecedented demand (and a waiting list!). We are expecting up to 1750 guests, including members of Tom Longboat's family and a number of Indigenous groups.

This is our big opportunity to contribute to the running scene in Toronto and to show off our club. We are all ambassadors this weekend!

### **Race Day Schedule**

8:00 am: Recommended Centre Island ferry for Longboat crew and volunteers (*except for those on the tear down crew*). Be at the ferry docks no later than 7:45 to get your ferry ticket!

8:30 am: Pavilion. Meeting of Course Marshals, lead cyclists, paramedics. Led by Bob Gazzale and Christine Loch.

9:40 am: Pavilion. Kids warm up by Deidre Newman

9:50 am: Bagpiper escorts kids to start line for Kids 1km fun run

10:00 am: Kids 1km Fun Run (*ages 2-6*). Starts near Franklin's garden, 200m sw of Pavilion. Bruce Kidd will be the honorary starter for the kids runs.

10:20 am: Kids 1 Mile race (*ages 7-12*)

10:45 am: 5km start

11:15 am: 10km start

11:00 am: BBQ begins serving runners and guests

12:15 pm: Awards Ceremony (Pavilion)

12:20 pm: BBQ starts serving volunteers and Longboat crew

12:30 pm: 8K water station, course marshals, finish line crew, finish line water table, and medal crew can shift to skeleton crews

1:00 pm: BBQ tear down & course tear down begins

Around 1:30 pm: Longboat club picture! Listen for the announcement!

## Other Key Points

**Questions about your role on race day?** Contact your station Captain!

**Ferry Tickets:** Club Treasurer Bill Prest and Volunteer Check-In Captain Nancy Wells will be at the ferry docks until 8 am, handing out free ferry tickets to Longboat crew and volunteers. If you miss the ferry you will be responsible for purchasing your own ticket.

**Bicycles:** If you are not working in the 'Race Village' area, it is a good idea to bring a bike so that you can travel to your station on the Island more easily.

**Personal Gear:** Dress appropriately for the weather conditions. Check the hourly forecast for Toronto Island on The Weather Network.

**Food:** It can be a long day, especially for those out on the course. Bring snacks. We eat at the BBQ *after the majority of runners have been served.*

**No Shows:** In the event you cannot make your shift for any reason, inform your Team Captain first as soon as possible, then our Duty Roster manager Nancy at [nancywells321@gmail.com](mailto:nancywells321@gmail.com). We are still following provincial & city guidelines around COVID-19. If you are feeling ill, are experiencing symptoms, and/or have tested positive, we ask that you please kindly stay home.

**Washrooms:** There are washrooms at the following locations: Centre Island Pavilion; the Changing Rooms about 150m east of the starting lines; Hanlan's Point; and the Fire Station.

**Emergencies:** If a runner or member of the public has a minor medical incident, **report it by walkie talkie** and/or phone our Medical Captain, **Sabrina Young (416-617-4375)** For fires, police-related incidents, and major medical emergencies, phone 911 first, then report in by walkie-talkie or phone Sabrina. Use your judgment. There will be medical staff at the finish line and on the course.

**Lost People/Children:** There will be a Lost Children's Post at the Centre Island Pavilion staffed by Kat Wehrle, who will have a walkie talkie. Read the Lost Persons Protocol (*attached*). As our children's events continue to grow, we will encounter lost kids at our event. It is imperative that you first STAY CALM and head to the Centre Island Pavilion if you discover a lost kid. Follow the steps in the Protocol.

**Athena/Clydesdale:** To make our event more inclusive and recognize more athletes with diverse backgrounds, optional 'special weight categories' are back again for our 2023 event.

Please re-familiarize yourself in the event you are asked questions from participants – all the details can be found on our race website.

**Complaints:** Always be calm, cool and courteous. Don't be sarcastic or flip. If someone is particularly upset, invite them to write down their complaint and contact information so that it can be addressed after the race. Captains, please bring paper and a writing implement to make this possible. Any complains or concerns can also be referred to [communications@longboatroadrunners.com](mailto:communications@longboatroadrunners.com).

**Race Director:** I (*George*) will spend as much time as possible cheering near the starting and finishing areas of the race. If an issue arises that has not been covered above, try to solve it by working through the appropriate Captain, or the appropriate member of the club executive. There will be many in the pavilion area. If you have a general question, use the walkie talkies. If there is something very pressing, and it cannot be solved through some other method, you may try to reach me on my cell phone: **647-739-9013**.

There is a huge amount of goodwill and excitement towards this event in Toronto's running community.

Let's maintain that tradition!

-George Hubbard (2023 Race Director) & the Island Run Committee