

## Bridge City Boogie Parking

### FREE PARKING WITH FREE SHUTTLE

Free Shuttle Parking - Free parking available in Q, V and Y lots with a free shuttle provided to the event

### FREE PARKING

Free parking available at the Fieldhouse and in the Fieldhouse Overflow lot

### \$3 PARKING

\$3 parking available in the stadium parkade and R lots at the Physical Activity Complex (PAC)

### FREE BIKE VALET

Free bicycle valet - the bike valet will provide you with a free, secure and convenient area for your bike

**The parkade will be closed at 7:30 a.m., and once the Fieldhouse lots are full there will be parking only available in Q, V and Y lots off of east road (follow the signs)**

**THE DROP-OFF AND PICK-UP AREA IS ON THE SOUTH SIDE OF COLLEGE DRIVE BETWEEN STADIUM ROAD AND PRESTON AVENUE.**

**You will NOT be allowed on Stadium Crescent around Griffith's Stadium.**



SUNDAY, JUNE 13, 2010

The StarPhoenix  
**Bridge City**  
**BOOGIE 4**  
 walk • run • boogie • 2k • 5k • 10k

Information  
 Package

[www.bridgcityboogie.ca](http://www.bridgcityboogie.ca)



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## Race Rules & Bridge City Boogie Policies

- The only form of locomotion allowed is walking, running and boogying. Wheelchair participants must power themselves.
- Wheelchairs being pushed and people with strollers must line up at the back of the pack.
- NO other form of vehicle is allowed. No skateboards, bikes, rollerblades, Nordic poles, etc. will be allowed for everyone's safety.
- Escort runners are only allowed in the 2k event.
- Participants must follow marked course. Deviating from the course will result in disqualification.
- The course closes at 11:30am. After 11:30am there will be no support for participants including road closures, medical aid, water stations etc.
- All participants are expected to follow the directions of the officials and public authorities.
- There will be no refunds under any circumstances, including weather, cancellations or medical reasons. Fees are not deferrable to another year.
- The Bridge City Boogie is not responsible for sending out information to incomplete or changed addresses.
- No pets allowed on the course or in Griffiths Stadium.
- No babysitting service - we are not able to provide babysitting services for children. Please be advised that your children should not be left unattended.

## Timing Chip Directions



Your timing device for this event is the ChronoTrack B-Tag. It is located on the back of your bib.

**In order to receive an accurate time, please confirm your bib is...**

- Clearly visible on the front of the torso
- Unaltered and unmodified (Do not fold or wrinkle)
- Pinned in all four corners
- Not covered (jackets, runner belts, water bottles, etc.)

## Instructions & Tips

- **Start times** Warm Up – 8:00 am Start Time – 8:30 am SHARP
- **Bib** - your numbered bib comes with safety pins. The bib must be attached to the **FRONT** of your shirt.
- **Gear check** - located under the stands. You can leave your belongings there and retrieve them after the event. This is a secured area.
- **Entrance & Exit** - watch for signs.
- **Warm Up** - get ready to Boogie at 8:00 am.
- **Water Stations** - there are 3 water stations along the 10k route. 1 water station along the 5k route. Food and beverage tent located at Griffiths for the participants.
- **Package Pick-up** - to be held at the Marion M. Graham Collegiate (602 Lenore Drive) on Saturday, June 12 from 10am - 3pm. Team captains must pick up their team's packages on Thursday, June 10 from 5pm - 8pm. All registered participants must pick up their race packages and t-shirts during the package pick-up.
- **Road Marshals** - there are several volunteer road marshals along the course. They are doing their best to keep everyone safe. Please heed to their direction and thank them for a job well done.
- **Boogie Fest will take place in the same location as the warm up - in the grassy area behind Griffiths Stadium following your Boogie event.**
- **New 10k Course** - visit [www.bridgecityboogie.ca](http://www.bridgecityboogie.ca) to view the new 10k course.

## Bridge City Boogie Etiquette

- Walkers please yield to runners - slower paced athletes please stay to the right.
- For your safety, please be conscious of the fact you are on a roadway.
- Road marshals will be wearing safety vests and will direct you.
- Please listen carefully to the announcer in the hour leading up to the start time. There may be last minute changes that need to be communicated.
- The turf at Griffiths Stadium is off limits to spectators.
- Please **DO NOT** hang around the start line until we call you. We will be lining people up in order of event in separate lanes. 10k runners, 10k walkers, 5k runners, 5k walkers, 2k runners, 2k walkers, wheelchairs and strollers. Remember, the back of the pack is a great place to start.
- **DO NOT** cross the timing mat before the race starts.
- When lining up please be considerate of others.
- Plan your bathroom trips in advance. There may be large line-ups before the race.
- Spectators, please **DO NOT** run along with registered participants. This is not fair to those who registered.
- If you are in a team or group, please be considerate of the people behind you who may be trying to pass and move aside for them.
- If you are attempting to pass a slower participant, please call out "passing on your left/right".
- Please thank the volunteers along the route.
- Please **DO NOT** stop suddenly along the route. If you need to slow down or stop along the route, move over to the side first.
- When getting close to a water station, please be courteous to others around you, **DO NOT** suddenly cut in front of someone.
- When you are leaving a water station, please toss your cup to the side of the road where people won't trip on it.
- There are porta-potties along the routes for your bathroom needs.
- Always obey directions from police officers and road marshals.
- Please follow the directions of the marshals at the finish line.
- If you feel ill or faint, let a marshal know immediately so they can guide you to a medical tent.
- **DO NOT** stop suddenly at the finish line, keep moving and follow the directions of the marshals.
- **DO** smile as you cross the finish line, there will be photographers taking pictures!