

# VANCOUVER HALF MARATHON AND 5K FAQs

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## WHAT IS THE VANCOUVER HALF – MARATHON?

- The Vancouver half-marathon is an event organized by Canada Running Series. It consists of a half-marathon run and a 5k run/walk.

## WHAT IS THE SCOTIABANK CHARITY CHALLENGE?

- The Scotiabank charity challenge is a fundraising opportunity within a run/walk event whereby charity partners can fundraise for their organizations, and event participants get to support causes and organizations that are close to their hearts.
- When organizations sign up, they acquire a commitment to recruit a minimum number of team members who will each have a fundraising page where they can raise funds to support their charity of choice.
- The Scotiabank Charity Challenge gives organizations an opportunity to raise funds while keeping administrative costs low,

## WHY SIGN-UP?

- By helping one of our official charities reach their goals while you are achieving yours! As Scotiabank covers all the fees associated with online fundraising, 100%\* of the funds you raise will go directly to your chosen charity.

## HOW TO SIGN-UP?

- People can register one of three ways:
  - 1) Register as individuals and select our charity to support directly from [vancouverhalf.com](http://vancouverhalf.com)
  - 2) People can register using our charity link with pre-filled info to join 'our team'
  - 3) People can create their own teams (example: corporate teams) and select our charity to support as a group (they will get their own team link).
- Keep in mind: pop-up blockers, firewalls and outdated browsers.
- People can change the distance they want to run, BUT: if people move from 5k to half-marathon, they will need to pay the difference; if they move from half-marathon to 5k, there will be no reimbursement.

For other questions regarding registration visit: <http://canadarunningseries.com/scotiabank-vancouver-half-marathon/community-and-charity/#scotiabank-charity-challenge>

## HOW MUCH DOES IT COST TO SIGN UP?

Registration Rate	Nov 6 - Feb 19	Feb 20 - Apr 23	Apr 24 - May 14	May 15 - Jun 11	Jun 12 - Jun 20	Walk Up Jun 21-22
SVHM	\$65.00	\$ 75.00	\$ 85.00	\$ 90.00	\$ 95.00	\$ 120.00
Charity Rate (15% off)	\$55.25	\$ 63.75	\$ 72.25	\$ 76.50	\$ 80.75	N/A
SV 5k	\$35.00	\$ 40.00	\$ 45.00	\$ 50.00	\$ 55.00	\$ 60.00
Charity Rate (15% off)	\$29.75	\$ 34.00	\$ 38.25	\$ 42.50	\$ 46.75	N/A

\*Above rates are for entry fees only. GST & Processing fees will be added.

**Email us for our charity discount code!**

## WHAT ARE RUNNERS' RESPONSIBILITIES BEFORE THE RUN?

- Get ready!
  - If you are not a runner and/or are not used to walking long distances at once, getting ready a few months before the event is very important. Find suggested training timelines here (under 'Training': <http://canadarunningseries.com/scotiabank-vancouver-half-marathon/event-info/#half-marathon>)
- Fundraise:
  - The Scotiabank Charity Challenge is a great opportunity to support your favourite charity and/or a cause close to your heart by fundraising and creating awareness. We will be sharing some ideas on how to fundraise among your family and friends who want to support you!
- Collect your bib:
  - Packet pick-up will happen at Forerunners on Main Street. There is plenty of parking and it is close to transit routes. It has longer hours than what previous pick-up locations have had, so it can accommodate more schedules. They will host a 6 day pick up.

## WHEN IS THE RACE?

- June 23<sup>rd</sup>, 2019

## WHAT HAPPENS ON RACE DAY?

- Half Marathon starts at 7:30am from UBC (East Mall – West of Thunderbird Arena)
- 5k starts at 9:15-9:30am based on corral time. It will start at Stanley Park Drive beside Ceperley Field (near Fish House) → The City of Vancouver has a 1hr 15min time limit (10:45am) on the road closures for the 5k, or 15 minutes per kilometre pace. Please do not enter the 5k event if you are unable to meet the time restriction.
- Course cut-off points will be:
  1. Chan Centre Aid Station (7.5 km) at 8:50am

2. Kitsilano Aid Station (16.5km) at 10:15am
- Start lines for both HM and 5k will close 10min after scheduled start time.
  - Water stations are located approximately every 3–4km on route in the half-marathon. Refer to course map for locations. Water, Gatorade and First Aid will be available at each station; plus areas at the Start and Finish lines. On the 5k route there are water stations near the 2.5k and 4k marks.
  - Port-o-lets will be located at the Start and Finish Areas. There will also be portolets on the half-marathon course at the 2k, 4k, 10k, 13k, and 16k locations. The route passes public facilities at Jericho, Kitsilano, and English Bay.
  - There are trained medical professionals at each Aid Station. Other medical teams will also be roving the course by vehicle and bicycle.

Please visit [www.vancouverhalf.com](http://www.vancouverhalf.com) for specific instruction on recommended pace, course rules, strollers, wheelchairs, etc.

#### **UNTIL WHEN CAN I FUNDRAISE?**

Online fundraising closes July 22<sup>nd</sup>, one month after the race.

#### **WHO CAN I CONTACT IF I HAVE A PROBLEM WITH RACE ROSTER?**

If you have a problem with RaceRoster, the platform where you register and fundraise, you can contact them at: [support@racerooster.com](mailto:support@racerooster.com)