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1. 2016 Schedule of Events

Date and Time	Activity	Location
Thursday, April 28, 2016		
5:00pm – 8:00pm	Expo Opens: Package Pick-up	Health, Sports & Lifestyle Expo Vancouver Convention Centre (VCC) West
4:30pm – 6:30pm	Media & VIP Reception	Vancouver Convention Centre (VCC), Meeting Room 201
8:00pm – 10:00pm	Exhibitors Reception, (by invitation)	Mahony & Sons, Burrard Landing
Friday, April 29, 2016		
11:00am – 8:00pm	Package Pick-up	Health, Sports & Lifestyle Expo, VCC West
Saturday, April 30, 2016		
10:00am – 6:00pm	Package Pick-up	Health, Sports & Lifestyle Expo, VCC West
9:00am	Running Room Friendship Run	Devonian Park, Stanley Park
11:00am	Kids Run <i>Presented by Saucony Kids</i>	Ceperley Park, Stanley Park
12:00pm	2.5KM Walk	Ceperley Park, Stanley Park
Sunday, May 1, 2016		
7:00am	Half Marathon Start	Queen Elizabeth Park, West 29 th Ave at Midlothian Ave (Canada Line: King Edward Station)
8:30am	Marathon Start	Queen Elizabeth Park West 29 th Ave at Midlothian Ave (Canada Line: Oakridge-41 st Station)
8:30am	Relay Start	Same as Marathon Start Line (Gear check & shuttle: Oakridge-41 st)
8:30am – 3:30pm	Finish Line Street Festival	West Hastings between Bute St & Burrard St
8:30am	Half Marathon Awards Ceremony	Finish Line / Announcer Tent West Pender St & Bute St
9:30am	8KM Start	Stanley Park, Lagoon Drive, between the Fish House Restaurant and Pitch and Putt
11:45am	Marathon Awards Ceremony	Finish Line / Announcer Tent West Pender St & Bute St

2. 2016 Events

Health, Sports & Lifestyle Expo

Thursday – Saturday, April 28th – April 30th

- Location: Vancouver Convention Centre West
- Up to 35,000 visitors; 100+ exhibitors
- T-shirt, bib, and package pick-up location
- Hours vary by day:
 - Thursday, April 28: 5:00pm – 8:00pm
 - Friday, April 29: 11:00am – 8:00pm
 - Saturday, April 30: 10:00am – 6:00pm

Kids Run

Presented by Saucony Kids

Saturday, April 30th

- Cap: 500 participants
- Distance: 2.5KM
- Ages: 5 – 12 years
- Start Time: 11:00am
- Start Line: Ceperley Park, Stanley Park
- Finish Line: Ceperley Park, Stanley Park

2.5KM Walk

Saturday, April 30th

- Cap: 200 participants
- Age: 5+ (all children must have parental consent)
- Distance: 2.5KM (1.5MI)
- Start Time: 12:00pm
- Start Line: Ceperley Park, Stanley Park
- Finish Line: Ceperley Park, Stanley Park

Half Marathon

Sunday, May 1st

- Cap: 10,000 participants
- Age restriction: 16+
- Distance: 21.1KM (13.1 MI)
- Start Time: 7:00am
- Course closure: 11:00am
- Start Line: Queen Elizabeth Park
- Finish Line: West Pender St.
(between Bute St. & Thurlow St.)

Marathon

Sunday, May 1st

- Cap: 5,000 participants
- Age restriction: 18+
- Distance: 42.2KM (26.2 MI)
- Start Time: 8:30am
- Course closure: 3:30pm
- Start Line: Queen Elizabeth Park, West 29th Ave
- Finish Line: West Pender St. / Bute St.

Relay

Sunday, May 1st

- Cap: 250 teams of 2, 3 or 4 participants
- Age restriction: 18+
- Distance: 42.2KM (26.2 MI)
- Start Time: 8:30am
- Course closure: 3:30pm
- Start Line: Queen Elizabeth Park, West 29th Ave
- Relay Exchange Zones:
 - Leg A Start: Queen Elizabeth Park, West 29th Ave
 - Leg B Start: West 16th Ave and Trimble St
 - Leg C Start: NW Marine Dr & Locarno Crescent
 - Leg D Start: Chestnut St and Cornwall Ave
- Finish Line: West Pender St / Bute St

8KM

Sunday, May 1st

- Cap: 2,500 participants
- Age restriction: 11+
- Distance: 8KM (5 MI) + extra 120 meters
- Start Time: 9:30am
- Course closure: 11:00am
- Start Line: Stanley Park, Lagoon Drive, between the Fish House Restaurant and Pitch and Putt (near Ceperley Park)
- Finish Line: West Pender St. (between Bute & Thurlow)

Finish Line Street Festival

Sunday, May 1st

- Location: Near Finish Line on West Hastings Street
- Time: 8:00am – 3:30pm
- Food, fun, Vendors, Kids' Zone, and more!

3. What's New in 2016?

In 2016, the Society enhanced the event with new programs and services, including the following:

- **New 2.5KM Walk** | The addition of the 2.5KM Walk promotes active lifestyles to people of all ages while enjoying a beautiful walk in Stanley Park. The walk is open to all ages and takes place on Saturday, after the Kids Run.
- **New Music Showcase** | Some of the 30+ bands who will be on course race day will also perform on an outdoor stage at the Health, Sports & Lifestyle Expo. Bands will play sets throughout the Expo at set times.
- **New Traffic Control Plan** | Vancouver's only marathon will celebrate its 45th year in 2016 with a new traffic control plan that will allow runners of the BMO Vancouver Marathon to race uninterrupted at key junctures. Approved by the City of Vancouver and TransLink, local event organizers will bear the cost of turning two intersections formerly open for buses into hard road closures. The Marathon will now be a mass start.

RETURNING

- **Health, Sport & Lifestyle Expo** | A 70,000 sq ft space at the stunning Vancouver Convention Centre West, overlooking the waterfront. The BMO Vancouver Marathon audience of health conscious consumers, along with supporters, locals, and visitors will experience over 100 leading brands and exhibitors. Tripled in size from previous years with indoor and outdoor activations, the Expo is a free event open to the general public.
- **Neighbourhood Challenge Presented by Chevron** | The Neighbourhood Challenge acknowledges the special role neighbourhoods play in bringing the race experience to life. A total of \$7,000 in cash prizes will be awarded to organizations that come out on race day to cheer, show spirit, and find creative ways to celebrate the value of sport. This is open to any neighbourhoods, residents and stakeholders.
- **Challenges** | **Hill Challenge:** Marathon participants are invited to compete for the fastest time up Camosun Hill. This fun component takes one of the toughest elements of the Marathon course and turns it into a positive challenge. Prizes will be awarded to the King and Queen of the Hill. **Team Challenge:** All registered teams are automatically entered to win prizes! Awards will go to the fastest Marathon team and largest team. Team times will be based on the gun time of the five fastest team members. To be eligible for prizing as part of the fastest Marathon team, at least two times must come from the opposite sex. **School Challenge:** Prizes will be awarded to the school with the largest team.
- **Speaker Series** | Led by SportMedBC professionals, held for free at BMW dealerships, Speaker Series prepared runners with informative and interactive talks.
- **Free Beer** | Runners are provided a Stanley Park beer, wine or non-alcoholic beverage in the month of May by showing their race bib at any Mahony & Sons. The restaurant will also supply catering at the Finish Line Hospitality Tent.
- **RUN4HOPE Program** | RUN4HOPE is the charity program for the BMO Vancouver Marathon, with goals to raise funds for social impact and community good, plus foster a spirit of community celebration. Runners can now fundraise and/or donate to a total of 42 National, Official, or Community Charities.

4. The Vancouver International Marathon Society

Link: www.runvan.org

The Vancouver International Marathon Society is the non-profit organization responsible for the BMO Vancouver Marathon. A volunteer Board of Directors, comprised of leaders in the Vancouver community, govern the Society and provide strategic direction and financial oversight.

The Vancouver Marathon has been part of the fabric of the Canadian west coast community since 1972, when volunteers organized the race for a group of 52 runners.

Today, the event continues to provide positive health, social, and economic benefits to the community.

In addition to the health benefits gained from training and participation, the event provides a positive social benefit to the community by engaging with citizens of all ages, abilities, religions, and cultural backgrounds in volunteer-development.

The Society attracts over 4,000 volunteers during race weekend. Volunteerism at the event builds a positive community culture and creates a spirit of celebration.

A charity program, Run4Hope, is committed to charitable organizations that engage with runners to raise funds for important causes, locally and internationally. To date over \$14 million has been raised for charitable causes.

Economically, the spending by runners, spectators, supporters, sponsors, suppliers, exhibitors, and other local stakeholders generated \$53 million in local GDP activity in 2013, as reported in the independent economic study by Dr. Brock Smith from the Peter B. Gustavson School of Business at UBC.

Mission, Vision & Values

Mission

To deliver a marathon event that promotes Vancouver's active lifestyle, engaging participants and community partners to create a positive and memorable experience.

Vision Statement

To be the world's best running experience, celebrating all that is Vancouver.

Values

Responsiveness, Support and Commitment to Community

We are active, engaged, and responsive members of our community, who embody the values of and are committed to collaborating with community members to ensure positive support of the Vancouver International Marathon event.

Innovation, Excellence and Continuous Improvement

We challenge ourselves to seek innovation and excellence, finding practical solutions that lead to continuous improvement.

Healthy Living

We promote and encourage a healthy and active lifestyle within our community through year-round delivery of the marathon event experience.

Personal Achievement at Any Level

We believe in delivering a marathon experience that offers every participant the opportunity for personal achievement at any level.

Collaboration

We believe the greatest achievements come from working together with our employees, sponsors and community.

Social Responsibility and Sustainability

We strive to deliver a positive, memorable marathon experience that is socially, environmentally and economically sustainable.

Inclusiveness

We believe in creating a hospitable, respectful and welcoming environment so that everyone CAN benefit from engagement in healthy lifestyle and participate in the marathon experience.

Vancouver International Marathon Society: Board of Directors

David Crerar - Director: David is a partner in the Commercial Litigation Group at Borden Ladner Gervais LLP. His practice focuses on media and defamation, banking and pensions, and fraud investigation law. He also serves as an Adjunct Professor at the University of British Columbia, Faculty of Law. Outside of law, his main passions are outdoor adventures with his children, as well as long-distance road and trail running. David loves the Vancouver marathon: it was his first marathon, and he has run it for the past 14 years. He has also completed over 135 marathons and ultra-marathons, including Boston and New York, as well as the West Highland Way 95-mile race in Scotland, and the Western States 100-mile Endurance Run in California.

Dave Diebolt – Past Chair: A native of Vancouver and a UBC graduate, David obtained his CA in 2003 and joined Manning Elliott as a senior manager in 2008. In the past, he also worked for two international CA firms and as chief financial officer of a private real estate investment firm. An active family man, David enjoys hiking, skiing and kite boarding, spending time with his wife and children, and travelling to Hawaii. He is pleased to support the Vancouver International Marathon Society as a board member and finance director.

Andrea Eby – International Director: Andrea has worked in the event industry in various capacities; Nagano Olympic Bidding Committee, Ironman Japan, and World Indoor Track and Field Championships, Lang and Associates, and as a VANOC Volunteer. She has a Master's in Physical Education and teaches at Capilano University. Andrea is very involved in the community, running Half Marathons, cycling in Fondo events, coaching and playing Field Hockey, and teaching group fitness and spin.

Tara Gill - Director: Tara is a senior manager in the Vancouver audit practice of KPMG LLP, serving clients in the forestry, manufacturing and technology sectors, and works primarily with publicly listed entities in both Canada and the United States. She received her Bachelor of Arts in International Relations from UBC and worked for a Vancouver software company for a number of years, prior to joining KPMG in 2008 and obtaining her CA in 2010. She was also a volunteer with VANOC during

the 2010 Winter Olympics. Tara is an avid runner and triathlete, having completed dozens of races of varying distances, ranging from 10K to 50K, as well as being a two-time finisher of Ironman Canada.

Shelley Grisbrook – Secretary & HR/Governance

Committee Chair: Shelley has an extensive background in Fitness and Marathons, both locally and abroad. Having spent several years living in Hawaii, she was recognized in the Elite category for the Honolulu Marathon for eight consecutive years, and was honored to be invited to Ichinoseki, Japan, as an Ambassador of Honolulu in 2007. Other distinguished marathons on Shelley's resume include Boston, New York, Victoria and Vancouver. Currently, she is working in the film industry as an Environmental/Sustainability Coordinator and teaching fitness classes in and around Vancouver.

David Lee Fay - Chair: David brings more than 20 years of marketing experience to the Society Board of Directors. Following several years in brand management at JM Schneider Inc. and McGuiness Distillers Ltd., he followed his passion for sports and moved into the field of sponsorship marketing. After several years in Toronto and Atlanta, David relocated to Vancouver in 1993 to experience life on the west coast. In 1999 David co-founded Linx Marketing, a sports marketing agency, which currently operates in Vancouver and Edmonton. David has a Business Diploma from Wilfrid Laurier University and an MBA from Royal Roads University.

Gillian McCombie – Vice Chair: Gillian is a senior HR professional with 16 years experience in both the mining and telecom industries. She worked in six different countries at the operational, corporate, and international levels, with a strong background in succession planning, talent management, strategic recruiting, employee engagement, policies and procedures and international service. She recently joined Capstone Mining and is responsible for the overall strategic HR function for the organization. Gillian holds a BA in English from UBC and is pleased to sit on the board of the Vancouver International Marathon.

Heidi Schmid – Treasurer & Finance Committee

Chair: Heidi is the Director of Accounting for Maple Leaf Property Management, a division of Larco Investments Inc. A graduate from SFU and a CA with the Institute of Chartered Accountants of BC. Prior to joining Larco, Heidi worked for an International public accounting firm in Vancouver and spent several years working for a real estate company in San Diego, California. It was in San Diego where Heidi developed her love for running. She has completed nine marathons, including Vancouver and Boston, several half marathons and one half ironman.

Dave Doroghy – Director: Dave is a Sports Marketing Professional bringing 25 years of experience to the Society Board of Directors. He has worked on two consecutive winning Olympic bids for the 2012 London Olympic Games and 2010 Vancouver Olympic Games, and has consulted on sponsorship with the 2015 Toronto Pan American Games and Rick Hansen Foundation. Dave is also a professor of Sports Marketing at BCIT. The Vancouver International Marathon was Dave's first Marathon in 1986, and he has since completed over a dozen marathons including New York, Boston, and Vienna.

Sarah Harper - Director: Sarah is an associate at McCullough O'Connor Irwin LLP, a boutique business law firm in Vancouver focused exclusively on corporate and

securities laws. Sarah assists clients with a broad range of commercial transactions in domestic and cross-border contexts and regularly advises companies on continuous disclosure obligations, governance and general corporate law matters. Prior to studying law at the University of British Columbia, Sarah received a Bachelor of Commerce from UBC with a double major in finance and international business. Sarah is a keen runner and has competed in four marathons including the Vancouver Marathon and Boston Marathon, as well as numerous shorter races.

Tanya Rothe – Director: Tanya is General Counsel and Director of Intellectual Property for D-Wave Systems Inc., where she is responsible for all of D-Wave's legal and IP matters, including corporate governance. She is a chemical engineer and a lawyer, admitted to both the State Bar of California and the Law Society of British Columbia, and is a registered patent agent and trademark agent. Tanya is committed to an active lifestyle, bicycle commuting to work year round and swimming with a local club three times a week, and is proud to be part of the Vancouver International Marathon Society Board where she can support VIMS in promoting the benefits of running in our community and encouraging lifelong fitness.

Runner's Green Pledge

The BMO Vancouver Marathon is a top Green Event in the city. Runners, spectators, and volunteers are asked to dispose of goods in proximity of the 28 stations on course so that volunteers can recycle or discard items.

Runners are encouraged to:

- Place plastic bags, old clothing garments, gels, cups etc. as close to stations as possible.
- Do not dispose of any items on bridges, along the Seawall, or close to the shoreline.
- Use the clearly marked recycling stations, not City garbage bins, at the Start and Finish Line.
- Dispose of all recyclable post-race food in recycling stations and all garbage in the green waste stations. For example, all juice boxes at the Finish can be recycled while the plastic straw and wrapper must go in a waste bin.
- Travel smart to the BMO Vancouver Marathon through the following options:
 - Ride the Canada Line on race day with the free compass card
 - Take advantage of the free shuttle options to the Start Line from 5 Lower Mainland locations
 - Use the free bike valet available
 - Carpool with friends or family if you are driving to the event

5. History of the BMO Vancouver Marathon

1972 – 1986

The Lions Gate Road Runners club organized Vancouver's first Marathon in 1972, with 52 registrants, 32 finishers and a course that circled Stanley Park five times.

In 1979 changes to the course were made to eliminate the five laps around Stanley Park. The new course started and finished in downtown Vancouver, taking runners past UBC and around Stanley Park only once.

1987 – 1988

Due to the Marathon's growing popularity, the Vancouver International Marathon Society was created in 1987. The role of the non-profit Society was to organize the annual event.

1988 – 2011

The Society continued to grow the event in size and scope. The Half Marathon was introduced in 1989 and the Bank of Montreal became a Title Sponsor in 2006.

2012 – 2015

In 2012, the Society embarked on a bold new vision: to join the ranks of the best Marathons in the world.

Both the Half Marathon and Marathon courses were redesigned in 2012. The new point-to-point courses showcased the spectacular neighborhoods, parks, and landmarks of Vancouver, and 70% of each course offered shoreline views.

In 2015, the Society continued to fulfill its new vision, adding additional events and services to create an exceptional race weekend experience which includes:

- Run4Hope charity running program
- Platinum Runners package and services
- On-course music/entertainment stations
- Kids Run, and 8KM race
- Larger Health, Sports & Lifestyle Expo in the Vancouver Convention Centre West

2016

In 2016, the Society continued to expand the BMO Vancouver Marathon by adding the 2.5KM Walk.

Marathon Past Winners (1972-2015)

Men

Fastest Time: Gary Henry of Australia in 1980: 2:13:14

Most wins: Ulrich Steidi of Germany with 5 wins: 2000, 2001, 2002, 2003, 2004, 2005

Most wins by a Canadian: Tom Howard with 3 wins: 1972, 1973, 1974

Women

Fastest Time: Claudia Camargo of Argentina in 2007: 2:35:50

Most wins: Eniko Feher of Hungary with four wins: 1993, 1994, 1996, 1997

Most wins by a Canadian: Gail McKean with 2 wins (1978 and 1979) and Angela Strange, also with 2 wins (2002 and 2003)

SEE APPENDIX 1 FOR LIST OF PAST WINNERS

Legacy Runners Club

The Legacy Runners Club recognizes runners who have participated in and completed the Vancouver Marathon, Half Marathon, 8KM or Relay event 15, 20 or 25 times since the inaugural dates in 1972, 1989, 2008, and 2015 respectively.

In the spring of 2014, the Society analyzed finisher records dating back to 1972. Approximately 100 runners have been identified as members of the Legacy Club. Going forward, the Society continues to add runners automatically to the Legacy Club when they meet the criteria. Runners are also encouraged to come forward to identify themselves when they meet the criteria. To date, members of the Legacy Runners Club have raced over 50,000KM of Vancouver roads.

All Legacy runners will receive specialized benefits, including bibs with designs unique to their participation levels, recognition on runvan.org, and express package pickup plus access to the Hospitality tents at the Start and Finish Lines.

Runners who will complete a Vancouver Marathon event 25+ times may also be invited to the Media & VIP Reception with the Elite Athletes and will be assigned a bib number for life to commemorate their achievements.

6. Charity Program: RUN4HOPE

Link: <http://www.bmovanmarathon.ca/run4hope/>

RUN4HOPE is the BMO Vancouver Marathon's charity program with goals to raise funds for social impact as well as to foster a spirit of community celebration in Vancouver on the days leading up to and on race day. RUN4HOPE has 42 Official, National and Community charities, and participants can raise money for or donate to their chosen charity. The BMO Vancouver Marathon has raised over \$14 million for charity.

RUN4HOPE runners also enjoy 40% off registration!

Raise Funds for Charity

Runners can run and raise money for National and Official charities by registering online:

1. Register Online as a Charity Runner for the Marathon, Half Marathon, Relay or 8KM
2. Click on the event you wish to run, from the RED highlighted charity pricing
3. During the sign-up process, select the National or Official Charity you wish to raise money for.

Important Notes for Run4Hope runners:

- You receive 40% off race registration, but also commit to raising a minimum amount defined by your charity
- You will receive fundraising tools and support directly from the charity to help make your fundraising a success
- After registering, you will receive a receipt of payment, plus an additional confirmation email which includes links to the charity fund raising pages

Donate to a charity

Runners may choose to donate to a charity without becoming a charity runner – here's how:

1. Go to www.bmovanmarathon.ca
2. From the menu bar, choose REGISTRATION > Race Store
3. Fill out the amount that you would like to donate under "Donations RUN4HOPE"

2016 Charities

National Charities

- Canadian Diabetes Association – Team Diabetes
- Canadian Mental Health Association
- Canuck Place Children's Hospice
- Down Syndrome Research Foundation
- Team in Training: Leukemia & Lymphoma Society

Official Charities

- Amyotrophic Lateral Sclerosis Society of BC
- BC & Alberta Guide Dogs
- BC Cancer Foundation
- Breathe BC-TB Vets Charitable Foundation
- British Columbia Schizophrenia Society
- Canadian Cancer Society
- Habitat for Humanity Greater Vancouver
- Hilarity for Charity
- Mom2Mom Child Poverty Initiative
- Pacific Autism Family Centre Foundation
- Ronald McDonald House BC
- SportAbility CP Sport of BC
- Surrey Hospital & Outpatient Centre Foundation
- Team Finn Foundation
- The Kidsafe Project Society
- World Vision - Team World Vision

Community Charities

- Arts Umbrella
- BC Epilepsy Society
- BC SPCA
- Boys and Girls Clubs of South Coast BC
- Canadian Blood Services
- Canadian Parks and Wilderness Society, BC Chapter
- Collingwood Community Policing Centre
- Covenant House Vancouver
- Honour House Society
- Movember Foundation Canada
- 'NSTEP to Prevent Childhood Obesity
- Pain BC
- Pets and Friends
- Prostate Cancer Foundation BC
- Quest Food Exchange
- Royal Canadian Legion Foundation BC and Yukon Command
- Take a Hike Youth at Risk Foundation
- The Alzheimer Society of British Columbia
- The Arthritis Society, BC & Yukon
- The Kettle Friendship Society
- The Save Your Skin Foundation
- Vancouver Humane Society

7. Community Awards

The 2016 Community Awards are given to charities, groups, or organizations that show the most support for the event on Race Day. To acknowledge the special role community groups play in volunteering, ten awards of \$1,000 each will be distributed to community groups that meet and exceed the award criteria.

The Award is open to any community group (a club, society, charity, non-profit, school, college, university or association) that is organized and operated without the purpose of making a profit.

Awards will be presented at the Community Celebration to ten different community groups with a prize of \$1,000 per group. Awards are non-transferrable.

The Community Award judging criteria requires that community groups:

1. Provide a minimum of 25 or more volunteers;
2. Create a fun and memorable experience for volunteers, officials, spectators, runners, and community.
3. Demonstrate community spirit and enthusiasm for the event, runners, and spectators;
4. Uphold the values of the Society;
5. Demonstrate a commitment to the safety of runners, volunteers, spectators and other stakeholders

8. Neighbourhood Challenge

To acknowledge the special role neighbourhoods play in bringing the Marathon weekend to life, a new Neighbourhood Challenge program presented by Chevron was implemented in 2015. The goal of the program is to create a grassroots movement that will ignite support and excitement for sport, and specifically Marathon weekend. Our objective is to attract as many fans as possible on race weekend.

The Neighbourhood Challenge Award will recognize and reward neighbourhoods that support the event in a variety of creative ways. \$1,500 will be awarded to the top neighbourhood with the largest numbers of spectators that come out on race day to cheer, show spirit, and find creative ways to celebrate the value of sport. An additional \$5,500 will be distributed to several other individuals, or small teams for best cheer, costumes or decorations. Awards will be presented at the Community Celebration in late May.

The Neighbourhood Challenge will honour those who are most enthusiastic and demonstrate a commitment to the Mission, Vision and Values of the Society.

The challenge is open to any neighbourhoods, residents, businesses and stakeholders.

The Neighbourhood Challenge criterion requires that person(s), businesses and stakeholders:

- Provide a safe environment for spectators, runners, volunteers, officials and community
- Create a fun and memorable experience for spectators, runners, volunteers, officials and community
- Demonstrate community spirit and enthusiasm for the event, runners and spectators
- Uphold the values and ethics of the Society
- Demonstrate a commitment to the safety of runners, volunteers, spectators and other stakeholders
- Be respectful to the local residents, public and neighbourhood
- Do not use litter or use unsafe decorations and materials
- Submit photos for judging and proof of participation by sending and uploading onto BMO Vancouver Marathon Facebook, twitter or Instagram @BMOVanmarathon #RunVanFan, or email community@runvan.org
- This challenge fosters community spirit and while we will formally recognize a private business that wins the Neighbourhood Challenge, the business is asked to donate their prize to one of the 42 RUN4HOPE charities listed on our donation webpage in keeping with the essence of the Neighbourhood Challenge.

9. Registration Information

Registration Fees & Deadlines

Cap	Race	Tier 1 Sep 28 – Dec 15	Tier 2 Dec 16 – Jan 31	Tier 3 Feb 1 – Mar 15	Tier 4 Mar 16 – Apr 29	Walk-up at Expo
5,000	Marathon (18+)	\$119	\$129	\$139	\$149	\$159
10,000	Half Marathon (16+)	\$89	\$99	\$109	\$119	\$129
250 Teams	Relay (18+)	\$279 (\$69.75 per for teams of 4)	\$299 (\$74.75 per for teams of 4)	\$319 (\$79.75 per for teams of 4)	\$339 (\$85.75 per for teams of 4)	\$359 (\$89.75 per for teams of 4)
2,000	8KM (11+)	\$49	\$54	\$59	\$64	\$69
500	Kids Run(5- 12yr)			\$20		
200	2.5KM Walk			\$20		
Registration date changes occur at 11:59 pm on the last date of each phase						
Prices do not include GST or registration processing fee						

Refund policy

Registration is non-refundable and non-transferrable; however, participants may take advantage of our deferral policy or switch entries to another race as long as there is space available.

Deferral policy

The deferral policy applies to registered Marathon and Half Marathon runners who are unable to participate in their race due to an injury or medical condition.

Those eligible will receive a 50% discount on their registration for 2017 when they volunteer on race day in at the Start Line. Alternatively, Marathon and Half Marathon runners who are eligible but are unable to volunteer on race day may apply to receive a 20% discount on their 2017 registration. All applications for the volunteer deferral option must be received by April 10, 2016 and all applications for the non-volunteer deferral option must be submitted by April 29, 2016. These discounts will apply to Tier 1 race entry fees only.

Switching events

Where space is available, runners may switch events, such as a Marathon entry to a Half Marathon entry. The runner will pay the difference in price (if the price is greater at the time of the switch), which fluctuates with each tier, and a \$10.00 change fee will be applied.

Runners can make a switch at the Solutions Desk at the Health, Sports & Lifestyle Expo.

Note on switching events: If a runner runs a different race than he or she registered in without officially switching events prior to race day, the runner will not receive a finisher medal. In addition, the event will register the runner's time as Did Not Finish (DNF).

Participant Information

Platinum Package - \$99 and includes:

- 1) Express pickup
- 2) Start Line Hospitality tent with toilets, coffee, water, stretching mats, and chairs
- 3) Priority gear-check at the Start Line
- 4) Finish Line Hospitality Tent
- 5) Priority gear pick-up at the Finish Line

Post-race massage - \$29

Massages must be pre-ordered and purchased via the Race Store or at the Expo prior to race day. If space is available, massages can be bought on site on a first-come-first-serve basis on race day for \$32. Massages will be located at the Oceanic Plaza on West Hastings, between Burrard Street and Thurlow Street. Entrance is from the outdoor plaza on the east side of the building.

New for 2016, Escentis has sponsored the post-race massage and will provide the first 450 runners with an Escentis gift. Escentis Oils will also be used by the Registered Massage Therapists.

iTab medal-engraving - \$10

iTabs are a great way to create an everlasting memory out of a race medal. An iTab is engraved with a participant's name and finish time and easily attaches to the back of a race medal. Once finish times are confirmed after the race, iTabs are created and mailed to participants.

Souvenirs

The following exclusive BMO Vancouver Marathon souvenirs are available for purchase on the Race Store until April 27th and at the Health, Sports & Lifestyle Expo:

- Beer glass: \$5.94 online until Apr. 27/ \$7.99 expo
- Mason jar: \$8.32 online until Apr. 27/ \$9.99 expo
- Wine glass: \$5.94 online until Apr. 27/ \$7.99 expo
- Water bottle: \$8.32 online until Apr. 27/ \$9.99 expo
- iPhone case: \$4.27 online until Apr. 27/ \$5.99 expo
*plus applicable taxes

10. Health, Sports & Lifestyle Expo

Link: www.bmovanmarathon.org/runvan-expo

The Health, Sports & Lifestyle Expo is the hub of runner engagement and energy that kick starts Marathon Weekend. Over 100 exhibitors will showcase products and services, as well as offer exciting performances and activations on the Terrace at the Vancouver Convention Centre West.

Health, Sports & Lifestyle Expo

What: Package pick-up and exhibitor Expo

Location: Vancouver Convention Centre West (1055 Canada Place, Vancouver, BC, V6C 0C3)

Dates/Times:

- Thursday, April 28: 5:00pm – 8:00pm
- Friday, April 29: 11:00am – 8:00pm
- Saturday, April 30: 10:00am – 6:00pm

Expo Race Package Pick Up

All participants must pick up their **own** race packages **during Expo hours** (see above). Participants are not allowed to enter their race without a bib and timing chip, nor are they able to pick up their race package on Sunday May 1, 2016, race day.

Note: There will be no same-day package pick-up

In order to pick up your package, please bring:

- Race bib number
- Photo ID. All runners must pick up their own race package.
- Students must present a Student ID card.

Bib number look-up:

Participants can look up their bib numbers ahead of time online, and should check bmovanmarathon.ca for details two weeks before race day.

Express Lines

Some runners have access to Express Lines at the Expo. Platinum Runners, Legacy Runners, Sport Tour Groups or Elite Runners are eligible for Express Package Pickup. They must follow signage to their appropriate line and remember to bring their bib number and ID with them.

Race Kit Includes:

- Race bib, timing chip, gloves, and goodies.
- FREE transit ticket for transportation on race day, available at the Transit Ticket Booth.
- Saucony technical shirt for Marathon, Half Marathon, Relay and 8KM runners, plus race shirts for 2.5KM walkers and Kids Run participants.

T-Shirts

All participants will get a shirt but sizes aren't guaranteed. Shirts are given out on a first-come-first-serve basis based on the size requested when you registered. A shirt-exchange will take place on Saturday, April 30, from 2-5pm at the Expo.

11. Kids Run & 2.5KM Walk

The Kids Run & 2.5KM Walk is held on Saturday, April 30th THE DAY BEFORE the Marathon

Kids Run

Location: Ceperley Park, Stanley Park

Start Time: 11:00am

Arrival Time: 10:00am

Participants: 500

Age limit: 5 – 12 years

Distance: 2.5KM

Package Pick-Up

Race packages are available for pick-up at the Health, Sports & Lifestyle Expo.

Dates and Time:

- Thursday, April 28: 5:00pm – 8:00pm
- Friday, April 29: 11:00am – 8:00pm

Elites

Several Elite Athletes are present to meet kids and sign autographs. Some Elite Athletes also run alongside the kids in the event!

Second Race Bib

Parents are asked to bring their ID and child's second race bib (included in race package) to the race to identify their child to volunteers at the Finish Line for pickup.

Parents may use the second bib to run with their child; however, adult participation is not mandatory. *Only one parent or guardian per child may run in the event.*

Child pick-up

Important note: after the race, kids wait at the Finish Line to be picked up by their parent(s) or guardian(s). Parents/guardians must show either their child's second race bib OR a piece of ID (like a medical card) to identify their child for pickup.

Corrals

Corrals are used at the Start Line to provide a smooth and efficient start for all our events. Kids are placed in a corral based on age. Each corral is clearly marked at the Start Line. No gear check is provided.

2.5KM Walk

Location: Ceperley Park, Stanley Park

Start Time: 12:00pm Noon

Arrival Time: 11:00am

Participants: 200

Age: 5+ (all children must have parental consent)

Distance: 2.5KM

On Course

Water Stations

A water station will be provided on course for participants.

Marshals

Marshals will be situated along the course to guide participants in the right direction.

Toilets

Toilets will be provided at the Start/Finish Line.

Medical

Certified medical professionals are on hand to help participants safely through the course.

Start Line

The Start Line is located in Stanley Park's Ceperley Park. A large red archway marks the Start Line and a modest sound system is also used to communicate key logistical details to participants as well as to play music.

Transportation

Parking is available in the North Denman Parking lot.

Finish Line

Location

The Finish Line is also located in Ceperley Park.

Activities and goodies at the Finish Line include a special finisher's medal, a post-race snack and live entertainment.

Kids Run and 2.5KM Walk Course Map



12. 8KM

Sunday, May 1 - This is a DIFFERENT Start Line location than the Marathon and Half Marathon

Start location: Stanley Park's Lagoon Drive between The Fish House Restaurant and Pitch & Putt

Gear Check: 8KM Gear Check and shuttle is located at the Finish Line Street Festival on Pender & Burrard

Finish location: West Pender St. (between Bute and Thurlow)

Start time: 9:30am

End time: 11:00am

Time limit: 1.5 hours

Arrival Time: 8:30am to 9:00 am

Participants: 2,500

Distance: 8KM (+ 120 m)

The 8KM event was re-introduced in 2013 to offer a shorter race to aspiring runners and future Half Marathon and Marathon runners.

Turn-by-turn description

- **START** on Lagoon Drive (between the Fish House Restaurant & Stanley Park Pitch & Putt)
- Right onto Stanley Park Drive
- Right onto North Lagoon Drive and along Lost Lagoon
- Left through the underpass
- Left onto Pipeline Rd
- Sharp right onto Stanley Park Drive
- Follow Stanley Park Drive around Brockton Point
- Bear left into the parking lot after Avison Way (entrance to the Aquarium) and onto the Seawall
- Right (South) onto Denman St off Seawall
- Left onto West Georgia St directly onto the sidewalk
- Bear left onto West Pender St
- Cross Bute St and arrive at the **FINISH** line

Start Line

Location

The Start Line is located near Ceperley Playground on Lagoon Drive (between the Fish House Restaurant and the Pitch & Putt). A large blue archway is erected to signify the Start Line.

How to get there

Runners can use the **FREE** shuttle service. The yellow, school bus shuttles depart from the Finish Line Street Festival every 10 minutes starting at 7:30am for the Start Line. Runners should arrive at the **Shuttle Pickup Area (near Burrard St and Pender)** between 7:30am – 8:30am to check gear and board shuttles.

A Bike Valet area will be provided at the Finish Line Street Festival on West Hastings St. near Bute St.

Please note that participants will not be able to drive to the Start Line due to extensive road closures in Stanley Park. Please take the shuttle to the Start Line.

Gear Check

8KM Gear Check is located at the Street Festival on Pender & Burrard

(Note: MARATHON and HALF MARATHON Gear Check is located at QUEEN ELIZABETH PARK)

Please follow the bag-in-a-bag procedure:

1. Gear check bag is provided at Package Pick up in your runners bag
2. Put your gear into the provided 12" x 18" clear plastic bag
3. There is no gear check at the 8KM Start Line

Corrals

Two corrals are located at the 8KM Start Line to provide a smooth and efficient start. Runners are placed in a corral based on the estimated finish time supplied during registration. A runner's bib number and color directly relate to their designated corral.

Toilets

There are 25 toilets placed in the runner's compound at the 8KM Start Line.

Course Logistics and Services

Stations

There are three stations in total on the 8KM course (see map in appendix). All stations have water, electrolyte drink, medical services, and toilets.

Finish Line

Location

The Finish Line for all events (8KM, Relay, Half Marathon, and Marathon) is at one central location on West Pender Street between Bute and Thurlow.

IMPORTANT – Runners travel 8.15KM

The 8KM course covers the last 8KM of the Half Marathon course. When the 8KM race starts, runners could share the road with approximately 200 – 300 of the last remaining Half Marathon runners.

In consideration of safety, the official 8KM Start Line is located away from the Half Marathon course and approximately 120 meters back from the measured 8KM mark—this means that participants cover a total distance of approximately 8.15KM during their run.

8KM Course Map



8KM Start Line



13. Half Marathon

Sunday, May 1st

The Marathon and Half Marathon Start Line is DIFFERENT from the 8 KM Start Line

Half Marathon race stats

Start time: 7:00am
Finish time: 11:00am
Time limit: 4 hours
Participant cap: 10,000
Volunteer Numbers: 300
Distance: 21.1KM (13.1 mi)

Half Marathon Elevation

Total Elevation: Gain 539m
Total Elevation: Loss -596m
Max slope: 12.1% and -9.9%
Average slope: 2% and -2.2%
Average elevation: 40m
Lowest point: 0m
Highest point: 109m

Half Marathon Turn-by-turn description

- **START LINE** on Midlothian Ave
- Bear left as Midlothian Ave turns into 29th Avenue
- Right onto Cambie St
- Continue down Cambie and over Cambie Street Bridge
- Bear right onto the exit ramp down to Pacific Blvd (East)
- Continue East passing BC Place Stadium and Science World
- Proceed South on Quebec St about halfway between E 1st Ave and E 2nd Ave then turnaround 180 degrees
- Return North on Quebec St
- Pass the Dr. SunYat-Sen Chinese Garden on the left
- Left onto West Pender St and under the Chinatown Millennium Gate
- Left onto Homer St
- Left onto Robson St
- Right onto Hamilton St (turns into Mainland St after crossing Smithe St)
- Left onto Davie St
- Right onto Pacific Blvd
- Cross at Richards St from the westbound to eastbound (on-coming) lanes on Pacific
- Left onto Granville St (under the Granville Street Bridge)
- Right onto Beach Ave
- **HALFWAY** Cross Jervis St. (Continue on Beach Ave)
- Continue on Beach Ave (becomes Stanley Park Drive) into Stanley Park to Second Beach
- Left into the Second Beach parking lot
- Exit the parking lot onto Stanley Park Drive with a hard right
- Left onto North Lagoon Drive
- Left through the underpass
- Left onto Pipeline Rd
- Right onto Stanley Park Drive
- Follow Stanley Park Drive around Brockton Point
- Bear left into the parking lot after Avison Way (entrance to the Aquarium) and onto the Seawall
- Right (South) onto Denman St off Seawall
- Left onto West Georgia St directly onto the sidewalk
- Bear left onto West Pender St, cross Bute St and arrive at the **FINISH LINE**

Half Marathon Course Map



14. Marathon

Sunday, May 1st

The Marathon and Half Marathon Start Line is DIFFERENT from the 8KM Start Line

Race Information

Start time: 8:30am

Finish time: 3:30pm

Time limit: 7 hours

Marathon Participant cap: 5,000

Marathon Relay cap: 250 teams

Distance: 42.2KM (26.2 mi)

Volunteer numbers: 500

Marathon Elevation

Total Elevation Gain: 222m

Total Elevation Loss: -279m

Max slope: 8.6% and -13%

Average slope: 1.8% and -2.3%

Average elevation: 18m

Lowest point: -4m

Highest point: 91m

Marathon Turn-by-turn description

- **START LINE** on Midlothian Avenue
- Bear left as Midlothian Avenue turns into 29th Avenue
- Left onto Cambie Street (south in northbound lanes)
- At 31st Ave crossover from the northbound to the southbound lanes
- Right onto 49th Avenue
- Right onto SW Marine Drive
- Right onto Camosun Street
- Left onto W 29th Avenue (turns into Imperial Drive)
- Continue on Imperial Drive through Pacific Spirit Park
- Left onto W 16th Avenue.
- Right onto Blanca Street (north in southbound lane) – 180 degree Turnaround
- Continue south in southbound lanes
- Right onto W 16th Avenue in eastbound (on-coming) lanes passing the *traffic circle on left & crossing to westbound lanes.*
- Right onto SW Marine Drive
- Follow SW Marine Drive around UBC campus
- Left onto NW Marine Drive (right side of the road) continuing across (left) Chancellor down Marine Drive to Spanish Banks
- **HALFWAY** is at *Spanish Banks West beach*
- Continue on NW Marine Drive
- Left onto 4th Avenue in the westbound (on-coming) lanes
- Left onto Alma Street
- Right onto Point Grey Road (turns into Cornwall Avenue)
- Follow Point Grey Road/Cornwall Street on the northern side of the street to Kitsilano Point
- Left onto Arbutus Street
- Right onto McNicoll Avenue
- Left onto Maple Street
- Right onto Ogden Avenue
- Right onto Chestnut Street
- Left onto Cornwall Avenue and over the Burrard Bridge using the westbound (on-coming) lane next to the bike lane
- Left onto Pacific Avenue (turns into Beach Ave) using the east-bound (on-coming) lane
- Continue on Beach Avenue until 30m before Bidwell Street
- Left into the parking lot entrance and onto the Seawall path at the Inuksuk Statue
- Follow the entire length of the Seawall around Stanley Park
- Right onto Denman Street to leave the Seawall
- Left onto Georgia Street directly onto the sidewalk
- Bear left onto Pender Street using the northern half of the street
- Cross Bute Street and arrive at the **FINISH LINE**

Marathon Course Map



15. Relay

The Relay course follows the Marathon course and starts at the same 8:30am start time

How do I register my team?

The Team Captain is responsible to register and pay for the entire team at registration. An email will be sent to each Relay member afterwards. Each member must sign this subsequent e-waiver in order to complete the transaction.

HOW DOES IT WORK?

Gear Check and Shuttles from Oakridge-41st Station

On race morning, team members will gather at the Relay Shuttle Start pick-up and gear check location, near the Canada Line at **Oakridge-41st Station**, on 41st at Cambie.

(Note: Relay gear check is in a different location than the Marathon).

Leg A runners will walk to the Start Line in Queen Elizabeth Park while shuttles will transport Leg B, C and D runners to their designated Relay Exchange Zones along the Marathon course.

All Marathon Relay runners will have a gear check option at Oakridge-41st Station, and will be able to pick up gear at the Relay Reunion tent located at the Street Festival.

There will be no gear check at the Exchange Zones.

Staggered Shuttle Departure Times

Shuttles will transport Leg B, C and D runners from Oakridge-41st Station to their designated Relay Exchange Zones along the Marathon course with the following staggered departure times:

1. *Leg A runners will walk to the Start Line in Queen Elizabeth Park for the 8:30am start*
2. Leg B Shuttles departs at 8:00am to Relay Exchange Zone 1 (Imperial Drive and W 16th)
3. Leg C Shuttles depart at 8:30am to Relay Exchange Zone 2 (NW Marine and 4th Ave)
4. Leg D Shuttles depart at 9:00am to Relay Exchange Zone 3 (Chestnut and Cornwall)

Buses will depart on-time, and take approximately 30 minutes. If you make alternative plans to travel to your Relay Exchange Zone, please plan to arrive there at least 30 minutes before your teammates expected arrival.

Relay Exchange Zones

On-course signage and marshals will help guide you through the Relay Exchange Zones. There will be 'Relay Exchange 100m ahead' signage to prepare you. Please stay right to access the Relay Exchange Zones (Marathon runners will stay left). Pass your timing "chip", which is embedded in the racer Bib and attached to a race belt in the designated Relay Exchange Zone.

The Relay Exchange Zones will be busy with lots of excitement! Please only enter the Relay Exchange Zone when your teammate is near. To help, volunteers will radio ahead up-coming Marathon Relay runners and notify you when your teammate is near. The last 3 digits of the up-coming runner will be called. You should also be aware of your teammates expected arrival time.

Once you make an exchange by passing the race belt to your teammate, please exit to your right. The new Marathon Relay runner will rejoin the Marathon course once leaving the Marathon Relay Exchange Zone. The following amenities will be provided at each exchange zones: Water, Heat Blankets and Toilets

Relay Reunion area at the Street Festival

After finishing their portion of the Marathon course, Leg A, B and C runners will have access to water and portable toilets. These runners will be transported back to the Relay Reunion area once the return shuttle buses are full. At the Relay Reunion area, all Relay runners will meet their team and collect their medals. The Relay Reunion area is part of the Street Festival located on W Hastings Street near Burrard.

The final Leg D runner is asked to skip the Marathon medal presentation at the Finish Line, and collect their special Marathon Relay medal at the Relay Reunion area with their teammates and get more food. Follow signage to exit onto W Hastings Street.

Relay Course Map



16. Transportation

Start Line Location

The Half Marathon, Marathon and Relay start on Midlothian Avenue, which borders the north side of Queen Elizabeth Park (Midlothian Ave @ Clancy Loranger Way).



How to get there

Runners are encouraged to pick up their **FREE** single use Compass ticket at the Expo Exit to use on the Canada Line on race morning.

There are 3 Options: Option 1 – By Canada Line, Option 2 – By Shuttle Bus, Option 3 – Drop Off

Option 1: By Canada Line

Link: www.translink.ca

Half Marathon runners should take the Canada Line to King Edward Station and walk to the Start Line.

Marathon runners should take the Canada Line to Oakridge/41st Station and walk to the Start Line. (Marathon runners are advised to avoid King Edward Station as it will be difficult to cross King Edward Avenue while Half Marathon runners are on Cambie St.)

Relay runners should take the Canada Line to Oakridge/41st Station where the Relay Gear Check and Shuttle is located. Leg A runners will walk to the Start Line, while Leg B, C, and D runners will be shuttled to their relay exchange zones from Oakridge/41st at staggered departure times.

The Canada Line is one of the most convenient ways to get to the race with peak service (trains every 6-7 minutes) from 5am until 8:15am.

Volunteers will direct participants to the Start Line, about a 10-15 minute walk from King Edward Station and Oakridge/41st.

All runners are encouraged to plan for high volume; queuing will take place when tapping in and out.

8KM Start Line will be at a different location.

T Key Regional Transit Connections



For brand information call 604.953.3333 or visit brandlink.ca

Option 2: Shuttle Service

A free shuttle service to the Start Line is offered to Half Marathon and Marathon participants from five locations: Burnaby (north and South), Coquitlam, Surrey and North Vancouver.

The shuttle transports participants to the Start Line from the following transit stations:

Surrey Scott Road Station Bay 2 (approx. 35 min trip)	Half Marathon: 5:45 am, 5:48am Marathon: 6:50am
Burnaby Brentwood Mall Bay 2 (approx. 30 min trip)	Half Marathon: 5:25am, 5:35am and 5:55am Marathon: 6:50am, 7:00am and 7:10am
Burnaby Patterson Station Bay 3 (approx. 15 min trip)	Half Marathon: 5:25am, 5:35am and 5:55am Marathon: 6:50am, 7:00am and 7:10am
North Vancouver Lonsdale Quay Bay 10 (approx. 30 min trip)	Half Marathon: 5:40am, 5:50am and 5:53am Marathon: 6:40am, 6:50am and 7:10am
Coquitlam Lougheed Town Centre Bay 1 (approx. 35 min trip)	Half Marathon: 5:45am and 5:48am Marathon: 6:50am

All Shuttle Buses will be located in the specific bus Bay indicated here. Buses will be marked as “Special”.

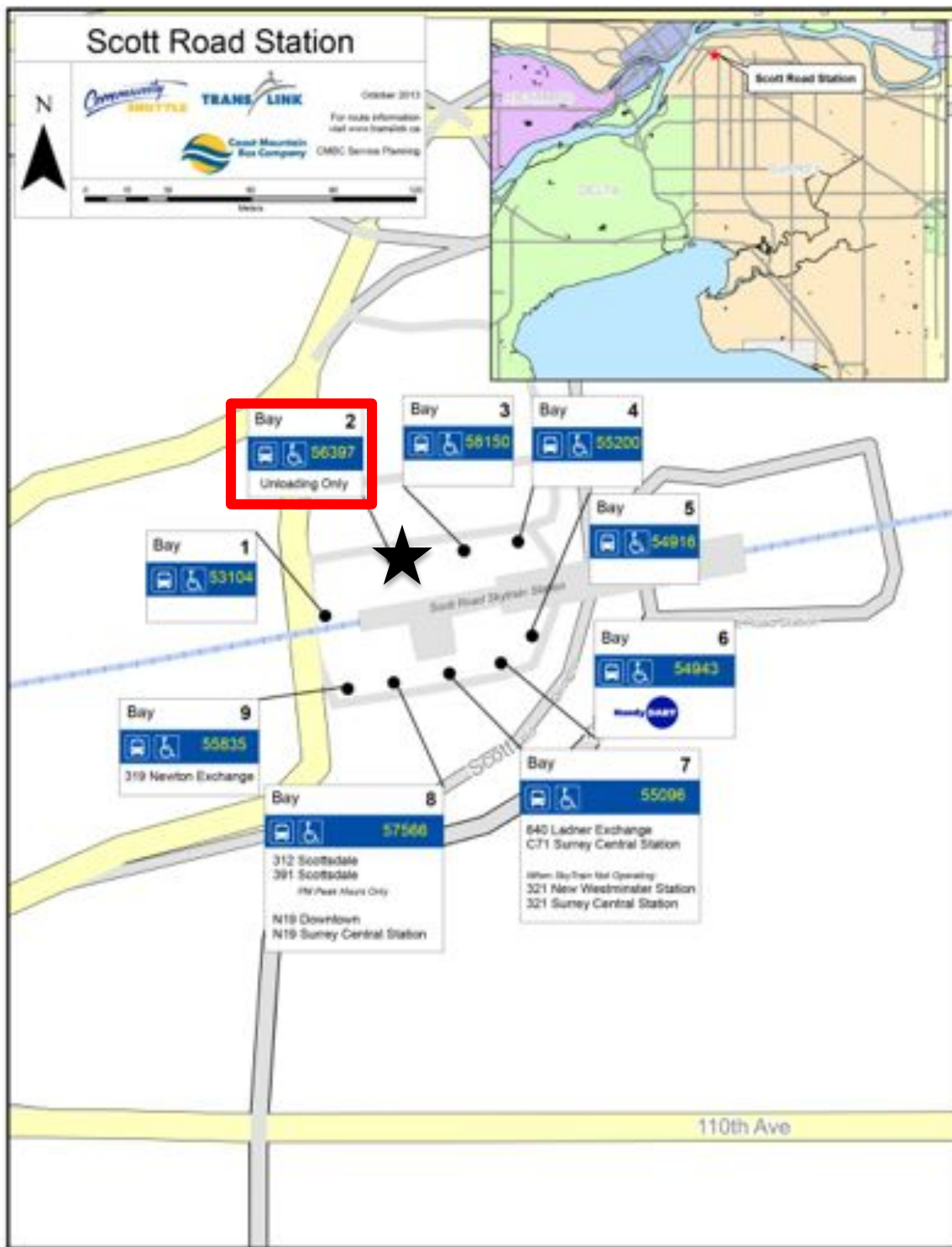
Shuttle participants will be dropped on Main Street between 30-33rd Ave and will need to walk about five minutes to the Runners Compound.

Please arrive on time; the shuttle will not wait for late-comers.

Space is limited. Shuttle buses provide both seating and standing room. Seats are available on a first-come, first-serve basis.

Registration for the Shuttle service will end on Tuesday, April 26, 2016 and should be booked online at www.bmovanmarathon.ca/shuttle

Option 2: Shuttle Service – Scott Road Station: Bay 2



Option 2: Shuttle Service – Brentwood Station: Bay 2



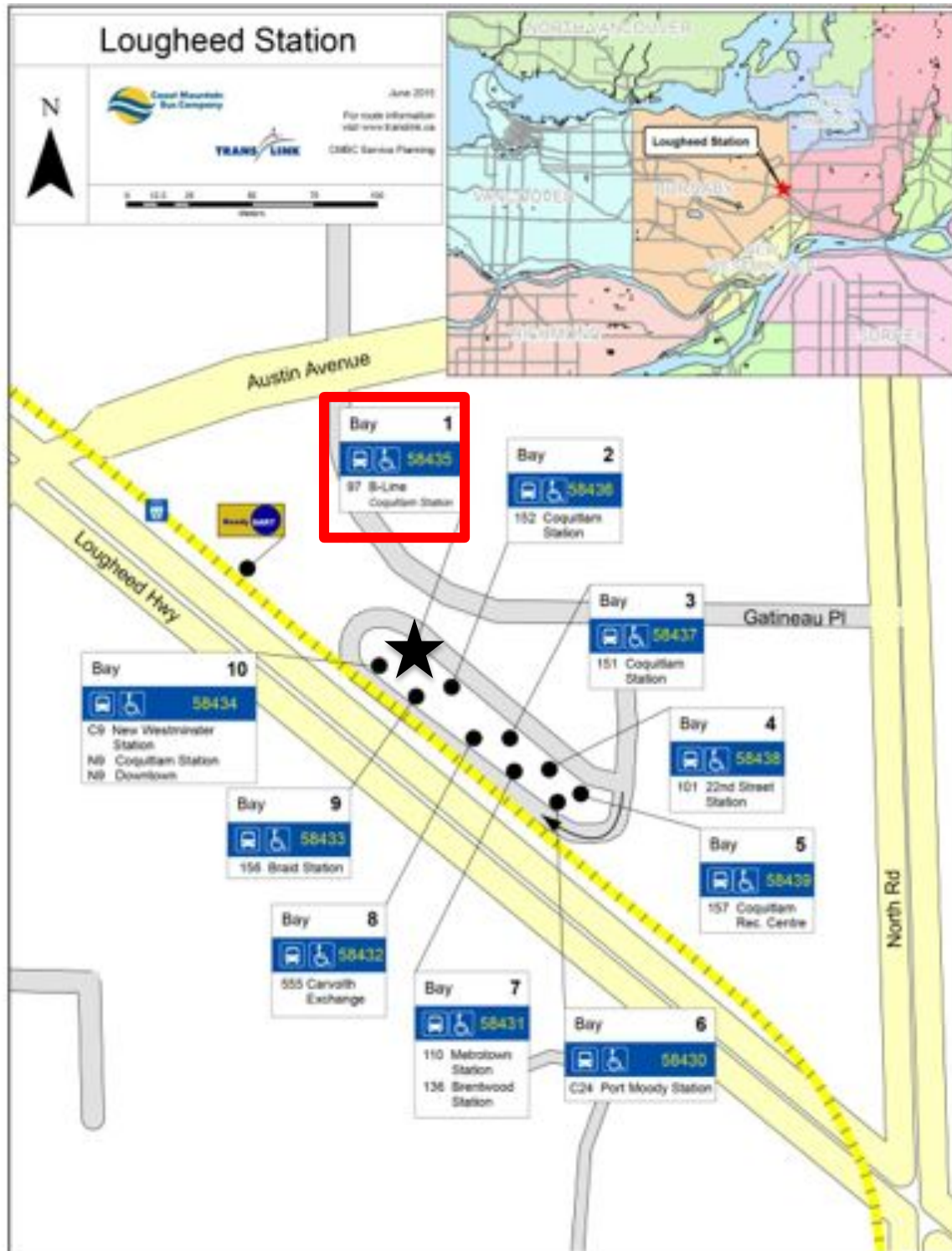
Option 2: Shuttle Service – Patterson Station: Bay 3



Option 2: Shuttle Service – Lonsdale Quay: Bay 10



Option 2: Shuttle Service – Lougheed Station



Option 3: Drop Off

There is NO public parking at the Start Line.

Marathon & Half Marathon

If you would like to be dropped off near the Start Line, we recommend Main Street, near East 30th Avenue. Expect delays and lots of traffic.

Relay

Car drop off available at Oakridge and 41st. No car drop off at Exchange Zones, please use Free Relay Shuttles.

8KM

No car drop off available, please use free shuttles provided at the Finish Line on Burrard at West Pender..

Event organizers will have signage and volunteers to direct you to your Start Line. Expect delays and lots of traffic, but try to embrace the anticipation and action — it's all part of the journey!

Note: **SeaBus** will operate regular Sunday service; there is no Sunday service on the West Coast Express. A **Bike Valet** is located at the Finish Line Street Festival on West Hastings near Bute St. The Bike Valet is free and secure for all to utilize from 6am to 5pm on May 1.

Bus routes will be modified at certain times during the day to accommodate the marathon. The following routes are affected: 2, 9, 15, 17, 19, 22, 25, 33, 41, 49, 99, 160, 210, 211, 240, 246, C18, C19, C20, C21, and C23.

Find more event info, race details, and road closure information online at bmovanmarathon.ca/travelsmart

For updated transit service go to translink.ca

17. Start Line, Course Logistics and Services: Half Marathon, Marathon and Relay

Hospitality Tent

The Platinum Package offers 200 runners a special experience on race day. A Hospitality Runners Tent at the Start Line offers coffee, water, Ultima, a private gear check, private portable toilets, warm up mats, and chairs. This is available to Platinum, Legacy Runners, and VIPs (with accreditation only).

Elite Athletes

Approximately 80 Elite Athletes participate in the Half Marathon and Marathon. Elite Athletes are transported to the Start Line via a designated shuttle and escorted to the Start Line by the Elite Athlete Program volunteer captains.

Gear Check

HALF MARATHON and MARATHON Gear Check is located at QUEEN ELIZABETH PARK on Ontario St at 33rd Ave. | RELAY Gear Check is near the Canada Line at Oakridge-41st Station at 41st and Cambie | 8KM Gear Check is located at the FINISH LINE on Hasting St. at Burrard St.

Time: Gear check opens to Half Marathon runners at 5:45 am and closes at 6:45am; and opens to Marathon and Relay runners at 7:15am and closes at 8:15am. *Runners should arrive at least 45 minutes early to check gear.*

Gear Check procedure:

- All gear must fit into the 12"x18" clear plastic bag
- Next, detach the label from your race bib and zip it to drawstring of the bag
- Finally, bring the stuffed bag to Gear Check

Corrals

Five corrals are located on Midlothian St. to provide a smooth and efficient start for all runners. Runners are placed into a corral based on the estimated finish time that they supplied during registration; runners cannot switch to be in a different corral on race day UNLESS the corral has a slower estimated finish time than the one they originally provided. A runner's bib number and color directly relate to their designated corral.

* Corrals are enforced at many large-scale running events to ensure a safe and efficient start and to prevent line-ups at aid and water stations along the course. Faster runners are usually in the first corrals and slower runners are in the corrals at the back.

Toilets

There are approximately 150 toilets in the runner's compound.

Medical

A Medical Tent, with two medical personnel, will attend to any emergencies/incidents occurring at the Start Line.

Pace Bunnies

Running Room Pace Bunnies are located in each corral. Pace Bunnies run 10 minutes and walk 1 minute.

There are 1 or 2 Pace Bunnies for each of the following finish times:

Marathon:

3:30 | 3:35 | 3:45 | 4:00 | 4:15 | 4:30 | 4:45 | 5:00

Half Marathon:

1:30 | 1:45 | 1:50 | 2:00 | 2:15 | 2:30

Spectators

Spectators, friends, family, and supporters are encouraged to come and watch at the Start Line but are not be allowed into the corrals with runners.

Course Markers

Courses are marked every five miles and every kilometer.

Digital clocks at the Finish Line are synced with the start gun and will display a runner's gun finish time.

Timing mats are located at the Start Line, at points throughout the course, and at the Finish Line, and are synced with each runner's timing chip.

Chip times will be displayed at the Results Tent at the Finish Line Street Festival and online after the race.

Water Stations

There are 28 stations situated along the course – 20 along the Marathon and 8 along the Half Marathon.

The following services are available at Stations throughout the course:

Food and Beverages: Each station on the Marathon and Half Marathon courses will provide water; select stations will also provide PowerBar Gels and Ultima Replenisher (electrolyte drink).

Toilets: Toilets are located at each station on the Marathon and Half Marathon courses.

Medical: Medical services are set up at 15 stations on the Marathon and Half Marathon courses, each manned by 2-3 medical personnel. Rockdocs and BC Ambulance are the official medical providers for all the events.

Entertainment Stations

There will be 32 entertainment stations, 8 on the Half Marathon and 24 situated along the Marathon course. Entertainers include local choirs, school bands, DJs and other musical groups.

Course Marshals

Course Marshals provide direction and motivation to participants. There will be a total of 15 marshal stations.

Course Time Limit

The Half Marathon course closes at 11:00am after 4 hours and the Marathon and Relay courses close at 3:30pm after 7 hours.

After these times, roads will reopen to vehicle traffic and remaining runners will be asked to move onto the sidewalk or ride in the sweep vehicle to the Finish Line.

Marathon runners must maintain an approximate 8-min-per-km pace from the Start Line to Burrard Bridge and a 14-min-per-km from Burrard Bridge to the Finish Line to finish the Marathon before the course closes. Burrard Bridge is held open for runners only until 1:00pm.

Course Sweep and Road Closures

Roads are closed and later reopened on the Marathon and Half Marathon routes on a rolling basis.

Sweep vehicles follow the last runners on the Marathon and Half Marathon routes. The vehicles will transport any runner who wishes to drop out of the event to the finish area. After sweep vehicles pass through, and if the course is clear of runners, streets will reopen to traffic.

Spectators and runners can expect traffic delays on race day due to road closures. Make sure to take public transit or to check road closure times and locations to plan your route accordingly.

49th Avenue

Approved by the City of Vancouver and TransLink, a new traffic control plan will allow runners of the BMO Vancouver Marathon to race uninterrupted by turning to intersections formerly open for busses into hard road closures. Residential traffic and the Canada Line will not experience any change, but buses will be impacted for a short 45-minute window on race day along West 49th Avenue at the Granville and Oak Street intersections.

Safety is everyone's top priority.

Marathon runners will have a mass start. Runners still need to seed in corrals base on estimated finish time.

For complete road closures and detour maps visit www.bmovanmarathon.ca/travelsmart

SPECIAL TRAFFIC ADVISORY ROAD CLOSURES, APRIL 30th & MAY 1st, 2016



**Vancouver
Marathon**

COAL HARBOUR

April 30 th noon to 7pm May 1 st	FINISH AREA Thurlow St. from Eveleigh St. to W. Cordova St. - CLOSED
April 30 th noon to 7pm May 1 st	FINISH AREA W. Hastings St. from Bute St. to Burrard St. - CLOSED
April 30 th noon to 7pm May 1 st	FINISH AREA W. Pender St. from Bute St. to Burrard St. - CLOSED
May 1 st 5am to 7pm	FINISH AREA W. Pender St. from Georgia St. to Bute St. - CLOSED

DOWNTOWN / WEST END

7:30am-2:15pm	Denman St. from Georgia St. to Seawall - CLOSED LOCAL TRAFFIC ONLY - Bayshore Dr. at Cardero St.
6:45am-8:45am	Dunsmuir Viaduct - CLOSED
7:00am-9:45am	Beach Ave. from Stanley Park to Denman St. - CLOSED
7:00am-12:45pm	Beach Ave. from Denman St. to Jervis St. - ONE E/BOUND LANE CLOSED, W/BOUND LANES OPEN
9:15am-12:45pm	Pacific St. from Jervis St. to Burrard St. - ONE E/BOUND LANE CLOSED, W/BOUND LANES OPEN
7:00am-9:15am	Beach Ave. from Jervis St. to Granville St. - E/BOUND LANES CLOSED, LOCAL TRAFFIC USE ONLY BEACH AT HOWE ST.
7:00am-9:15am	Granville St. from Beach Ave. to Pacific Blvd. - CLOSED LOCAL TRAFFIC ONLY USE BEACH AT HOWE ST.
7:00am-9:15am	Pacific St. from Richards St. to Seymour St. - E/BOUND LANES CLOSED
7:00am-9:15am	Pacific Blvd. from Seymour St. to Cambie St. - W/BOUND LANES CLOSED - E/BOUND LANES OPEN
7:00am-9:00am	Homer St. from Pender St. to Robson St. - CLOSED
7:00am-9:15am	Robson St. from Homer St. to Hamilton St. - CLOSED
7:00am-9:15am	Hamilton St. from Robson St. to Smithe St. - CLOSED
7:00am-9:15am	Helmscken St. from Mainland St. to Homer St. - CLOSED
7:00am-9:15am	Mainland St. from Smithe St. to Davie St. - CLOSED
7:00am-9:15am	Davie St. from Mainland St. to Pacific Blvd. - CLOSED
9:00am-12:45pm	Burrard St. Bridge - Cornwall St. to Pacific St. - S/BOUND LANE OPEN - TWO N/BOUND LANES OPEN (DUAL USE)
6:30am-8:00am	Cambie St. Bridge (N/BOUND) - from W. 2 nd Ave. to Pacific Blvd. - CLOSED

VALETOWN / CHINATOWN

LOCAL ACCESS	Abbot St. at W. Pender St. - LOCAL TRAFFIC ONLY
6:45am-8:45am	Quebec St. / Columbia St. from 1 st Ave. to E. Pender St. - ALL S/BOUND LANES - CLOSED, ONE N/BOUND LANE - OPEN - LOCAL TRAFFIC ONLY
6:45am-8:45am	E. Pender St. from Columbia St. to Homer St. - E/BOUND LANES - CLOSED, W/BOUND LANES - OPEN
6:45am-8:45am	Union St. from Main St. to Expo Blvd. - CLOSED

SOUTH CAMBIE / OAKRIDGE / FAIRVIEW

6:30am-8:15am	Cambie St. from W. 29 th Ave. to Pacific Blvd. - N/BOUND LANES CLOSED
8:00am-9:30am	Cambie St. from W. King Edward Ave. to W. 49 th Ave. - S/BOUND LANES CLOSED
6:45am-9:00am	Cambie St. from W. 41 st Ave. to W. 49 th Ave. - N/BOUND LANES CLOSED
7:30am-9:00am LOCAL ACCESS	Granville St. from W. 41 st Ave. to W. 70 th Ave. - LOCAL TRAFFIC ONLY
7:30am-9:00am LOCAL ACCESS	Oak St. from W. 41 st Ave. to W. 70 th Ave. - LOCAL TRAFFIC ONLY

STANLEY PARK

6:30am-11:00am	All roads in Stanley Park - CLOSED (causeway open)
9:00am-1:00pm	Stanley Park Seawall - FULL/PARTIAL CLOSURE

RILEY PARK/QUEEN ELIZABETH PARK/HILLCREST

April 30 th 5:00pm to 1:00pm May 1 st	START AREA Midlothian Ave. from Dinmont Ave. to Clancy Loranger Way - CLOSED
April 30 th 10:00pm to 10:00am May 1 st	START AREA Midlothian Ave. from 29 th Ave. to Ontario St. - CLOSED
Midnight to Noon LOCAL ACCESS	33 rd Ave. at Main St. - CLOSED LOCAL ACCESS to Hillcrest Community Centre / Residents Main at 30 th Ave.
6:30am-9:00am	W. 29 th Ave. from Cambie St. to Midlothian Ave. - CLOSED
5:00am-9:00am PARK ACCESS	Queen Elizabeth Park - Main St. at 37 th Ave.
5:00am-9:00am LOCAL ACCESS	Cambie St. to Main St., from King Edward Ave. to 41 st - LOCAL TRAFFIC ONLY

UBC/ ENDOWMENT LANDS / PACIFIC SPIRIT PARK / DUNBAR / SOUTHLANDS / KERRISDALE

8:00am-10:00am	W. 49 th Ave. from SW Marine Dr. to Cambie St. - W/BOUND LANES CLOSED
8:00am-10:15am	SW. Marine Dr. from Camosun St. to 49 th Ave. - W/BOUND LANES CLOSED
8:00am-10:15am	W. 41 st Ave. from Crown St. to Camosun St. / SW. Marine Dr. - CLOSED
8:00am-10:30am	Camosun St. from 29 th Ave. to SW Marine Dr. - CLOSED
8:00am-10:45am	W. 29 th Ave. from Imperial Dr. to Camosun St. - CLOSED
8:30am-10:45am	Imperial Dr. from W. 16 th Ave. to W. 29 th Ave. - CLOSED
8:30am-10:45am	W. 16 th Ave. from Imperial Dr. to Westbrook Mall - E/BOUND TRAFFIC CLOSED
8:30am-10:45am	SW. Marine Dr. to Westbrook Mall - W/BOUND TRAFFIC CLOSED
8:45am-11:00am	Blanca St. from 16 th Ave. to 10 th Ave. - CLOSED
8:45am-11:30am	NW/SW. Marine Dr. from Chancellor Blvd. to W. 16 th Ave. - N/BOUND LANES CLOSED
LOCAL ACCESS	41 st Ave. & Dunbar St. - LOCAL TRAFFIC ONLY

POINT GREY / KITSILANO

9:00am-12:15am	NW. Marine Dr. from Chancellor Blvd. to 4 th Ave. - CLOSED
9:00am-12:15pm	Belmont Ave. from NW Marine Dr. to Discovery St. - CLOSED
9:15am-12:15am PARK ACCESS	Belmont Ave. & Marine Dr. - LOCAL TRAFFIC ONLY
9:00am-12:30pm	Discovery St. from NW Marine Dr. to Jericho - CLOSED
9:15am-12:30pm	W. 4 th Ave. from NW Marine Dr. to Highbury St. - ONE W/BOUND LANE CLOSED, E/BOUND LANES OPEN
9:15am-12:15pm LOCAL ACCESS	W. 4 th Ave. at Trimble St. - LOCAL TRAFFIC ONLY
9:30am-12:15pm	Alma St. from Point Grey Rd. to W. 4 th Ave. - CLOSED
10:15am-12:15pm LOCAL ACCESS	W. 2 nd Ave. at Alma St. - LOCAL TRAFFIC ONLY
9:30am-12:45pm	Point Grey Rd. from Highbury St. to Trafalgar St. - CLOSED
9:30am-1:00pm	Cornwall St. from Chestnut St. to Cypress St. - CLOSED
9:30am-1:00pm	Cornwall Ave. from Trafalgar St. to Arbutus St. - CLOSED
9:30am-1:00pm	Arbutus St. from Cornwall St. to Ogden via McNicol to Maple, Ogden, Ogden from Maple to Chestnut - CLOSED
9:30am-1:00pm MARINA ACCESS	Whyte Ave. & Chestnut St. - Marina Access only via Cypress St.

18. Finish Line: 8KM, Relay, Half Marathon and Marathon

Location

The Finish Line for the 8KM, Relay, Half Marathon and Marathon is located on West Pender Street between Bute and Thurlow and will be fenced off from the public on both sides to create a safe and enjoyable post-race experience, during which runners pick up from Gear Check, enjoy Finisher's Food, accept a medal, pose for photos, and rehydrate.

How to get to the Finish Line

Option 1: By Skytrain

The Expo, Millenium, or Canada Lines all travel to Waterfront Station, which is about a five minute walk to the Finish Line area. Check Skytrain schedules at www.translink.ca

Option 2: By car

Drive and park in one of the many parkades in downtown Vancouver. Remember to check road closures at www.bmovanmarathon.ca/travelsmart before you depart and plan your route to avoid delays.

Parking restrictions

There is no Parking on Pender St. and W Hastings St. from 9:00am on Saturday April 30 to 6:00pm on Sunday May 1.

Option 3: By Bicycle

A Bike valet will be provided by *The Bicycle Valet* on Bute St at W Hasting St. This service is free to all volunteers, spectators and participants.

Pedestrian Crossing

A pedestrian crossing (West Pender St. and Jervis St.) allows for spectators to cross Pender Street, accessing the Street Festival and Relay Reunion area.

Medical

The event's main medical tent is located approximately 100 metres from the Finish Line. There are many medical personnel working in the finish area. BC Ambulance Services is also on site and located directly behind the main medical tent.

Gear Check/Change Rooms

8KM, Relay, Half Marathon and Marathon runners may pick up their checked gear on West Pender St towards the end of the runners compound, east of Thurlow St. Two change room tents (male and female) are located in the runners compound as well.

Marathon Relay gear Pick Up is in the Relay Reunion tent at the Street Festival near Burrard and W Hastings.

Note: There are no showers or space blankets at the Finish Line. Runners are encouraged to bring warm post-race clothing to check at the Start Line or leave with friends and family.

Platinum and Legacy Runners/Platinum Friends and Family Ticket

After Platinum and Legacy runners receive medals, volunteers direct them to a chute on the left hand side of West Pender (north side) that leads to the Platinum and Legacy Cool Down Zone inside the Coast Coal Harbour Hotel, where runners may use washroom facilities, pick up gear, stretch and unwind.

Platinum and Legacy runners also receive passes to enjoy complimentary food and beverages inside the Hospitality Tent located next to the Finish Line. The Hospitality Tent has an excellent view of the Finish Line.

Platinum and Legacy runners may come and go between the Hospitality Tent and Recovery Area. They should arrange to meet friends and family at the Finish Line Street Festival outside of the Coast Hotel; supporters are not permitted inside the Platinum and Legacy Recovery Area or Hospitality Tent.

Elite Athlete Awards

Once the Elite Athletes have had an opportunity to recover, the top three elite athletes in the various categories are escorted to the awards stage west of the Finish Line. The Half Marathon ceremony will begin at 8:30am. Marathon ceremony will begin at 11:45am.

Relay Reunion

Once Relay participants have completed their leg of the race they are welcome to take the shuttle to the Finish Line, which will drop them off near the Relay Reunion Tent, located near West Hastings Street at Burrard. Relay Runners will receive their medal, gear and food, and have an opportunity to take a photo with their Relay team members at the Relay Reunion Area.

Food and Beverages

Water, juice, and Ultima Replenisher (electrolyte drink) are distributed to runners, as well as Finisher's Food. Finisher's food consists of sandwiches, SunRype bars, chips and bananas. Any unwanted or unclaimed food items will be donated to The Quest Food Exchange.

Medals

Each runner receives a medal from a volunteer. Medals are different for each event.

Spectators

Spectators are welcome to gather near the Finish Line to watch runners cross before walking down to the Street Festival on West Hastings. We expect nearly 50,000 spectators in the downtown core on race day!

Photography

MarathonFoto captures a picture of every runner that crosses the Finish Line and also photographs runners at various points along the course. Once runners have received their medal they also can pose in front of a backdrop with their finishers medal.

19. Finish Line Street Festival

Sunday, May 1st

8:30am – 2:30pm

Find entertainment, a Kids' Zone, food sampling, and more, as Hastings Street turns into a family-friendly Street Festival on race day. The Street Festival builds on the spirit of celebration that Vancouverites experienced during the Olympics. It is a fun, easy going, family-friendly gathering for runners, spectators, supporters and tourists. Arrange to meet your family and friends at the Street Festival. Hang out. Celebrate.

Location

The Street Festival is located one street north of the Finish Line on West Hastings Street. This is the best location for participants to meet friends and family after the race.

For safety reasons, spectators will not be allowed access to the post-race runners' compound on West Pender Street/Bute Street. Meet-ups should be arranged at the Street Festival on West Hastings Street.

Results Tent

Participants can check their finish times at the Results Tent using wireless devices, such as iPads, with the assistance of volunteers.

Relay Reunion

Marathon Relay runners will reunite with their team in the Relay Reunion located on West Hastings between Thurlow and Burrard St.

Sports Tours

Participants who have registered with a Sports Tour Operator will be able to reconnect inside the large tents, at the Finish Line Street Festival, across from the Charity Zone.

Bike Valet

Volunteers, spectators and runners will be welcome to use the bike valet located at Bute St. / W Hastings St. The Bike Valet will have capacity for approximately 120 bikes in an enclosed fence area. Bike Valet will be open from 6AM to 5PM.

Entertainment

Local entertainers will perform at the Street Festival throughout the day to entertain participants and their families.

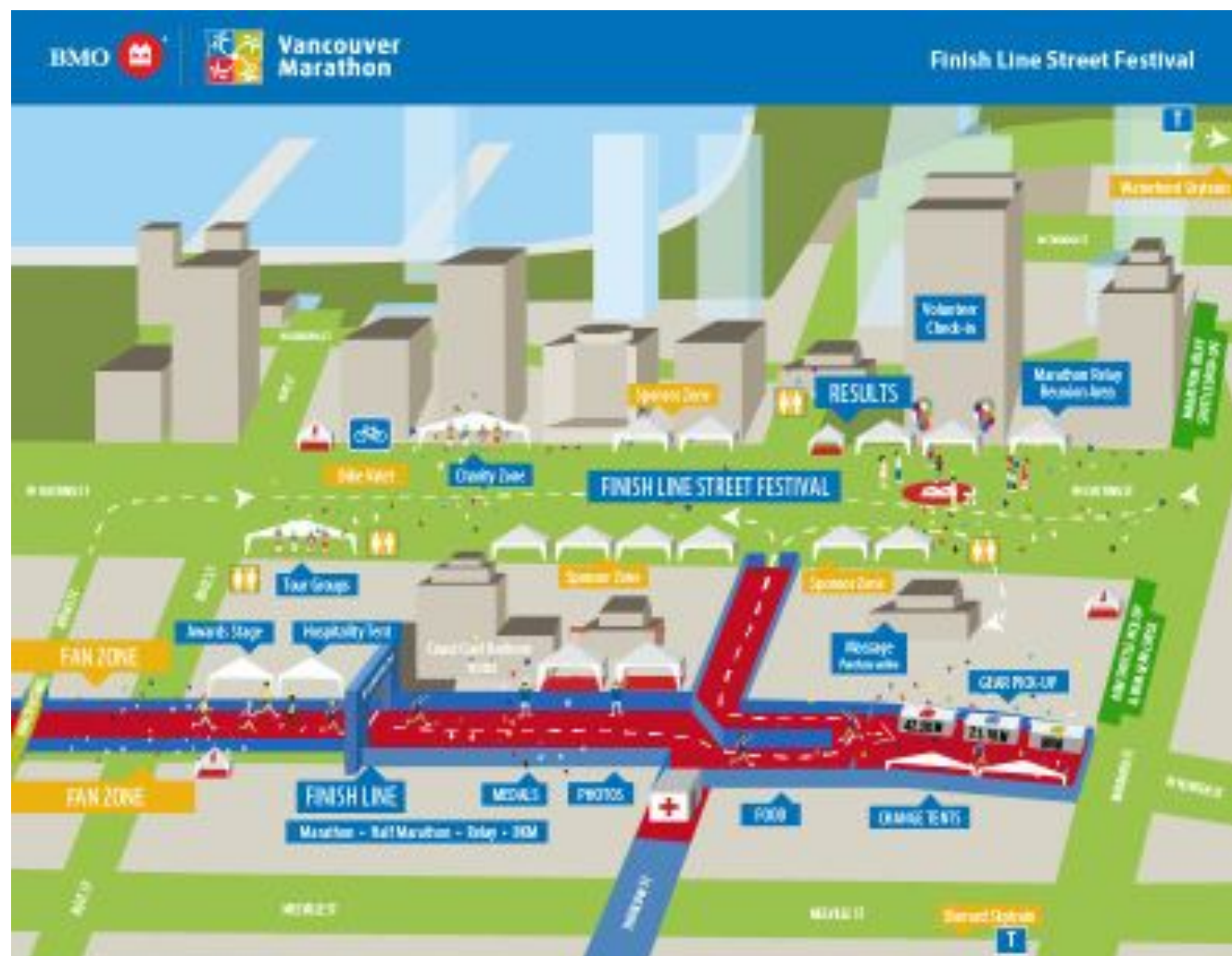
Souvenirs and Merchandise

Official merchandise from Running Room and Saucony, as well as other souvenirs, will be available for purchase at the Street Festival.

Charity Zone

This is a section of the Street Festival where Run4Hope charities set up tables to raise awareness about their initiatives and programming.

Finish Line Street Festival



20. Rules and Regulations

Safety is of the utmost importance. Read the following rules and regulations and please contact a Society team member, operations crewmember, or volunteer captain/zone leader if you are aware of a situation in which you feel a person's safety or race integrity may be at risk.

Rules of Competition

Age Restrictions on Race Day

- Marathon: 18+
- Relay 18+ *Note: parents/guardians must sign a letter of authorization for participants under the age of 18.*
- Half Marathon: 16+
- 8KM: 11+
- Kids Run: 5 – 12 years.
- 2.5KM Walk: All ages

Boundaries

Failure to stay within course boundaries as defined by officials, marshals, traffic cones, barriers, tape, and signage may result in disqualification from the event and/or banning from future Society events.

Pace requirements

Marathon runners must maintain an approximate 8-min-per-km pace from the start line to Burrard Bridge and a 14-min-per-km from Burrard Bridge to the Finish Line to finish their Marathon race before the course closes.

Time limits are unique to each event. The Marathon must be completed in 7 hours; the Half Marathon in 4 hours; and the 8KM in 1.5 hours.

Course marshals at checkpoints along the course will monitor and encourage runners to stay on pace to ensure they complete the race within time requirements. A sweep vehicle will pick up any runners who cannot fulfill the pacing requirements and who wish to drop out of the race.

Race bibs

Race bibs must be visible at all times on the front of the body. Relay and Legacy runners will wear an additional Bib on the back to identify them. Relay runners will also wear a 3rd Bib attached to a race belt around the waist.

Timing Chips

Timing chips should be checked at the Expo to make sure that they're matched to the participant's name.

Disqualifications

The Society reserves the right to disqualify any individual from the event and to remove that individual from results and/or bar from future events.

Disqualification may be based on but is not limited to:

- All race policies
- Unsportsmanlike conduct
- Competing without a bib, with an unofficial bib, or with a bib assigned to someone other than that participant
- Transferring or attempting to transfer a bib number
- Using a Pace Bunny who is not registered
- Accepting assistance from non-registered participants
- Crossing the Finish Line without having completed the course
- Providing false information during registration

Music players/Headphones/Nordic polewalkers

Music devices, such as iPods, headphones, and MP3 players are strongly discouraged from use. Event officials may disqualify a participant who uses a music device if the device is a contributing factor in an accident or other unsafe act that results in the harm of another person. Nordic pole walkers and walkers will be instructed to walk at the side of the course to reduce any potential congestion with runners or pedestrians.

Banned items

Strollers, bicycles, inline skates, pets, and elite pacing are strictly prohibited; the Society reserves the right to disqualify any participants who are in possession of these items.

Registration

All participants in the event must be registered in the event. Any participants who are not registered will be removed from the course.

Doping

In-competition drug testing is not currently administered by the Vancouver International Marathon Society. Our races are AIMS certified, but unsanctioned by the IAAF thereby not required to conduct drug testing. A winner (first, second or third) who becomes disqualified by a recognized governing body due to doping in the time period of our event will be disqualified from our event and the title removed. The title will then be awarded to the next qualified athlete. Disqualified winners will be requested to return or refund any prizes received.

The Society abides by the Canadian Anti-Doping Program, which is the set of rules that govern doping control in Canada.

The international sport governing bodies (IAAF and IOC) have banned Russian athletes from international competition and as such the BMO Vancouver Marathon will not accept Russian athletes into the Elite Athlete Program, nor will Russian athletes be eligible for awards or prizeing.

21. Results and Timing

Gun Time

The BMO Vancouver Marathon bases the results on Gun time AND Chip. Gun Time is the time from the start of the race (gun) to when you cross the finish line as per IAAF, Athletics Canada, USATF, AIMS and International Awards standards. Chip time is the time recorded by the BibTag/timing Chip once a runner crosses the Start Line, then the Finish Line.

Gun time will be the Official time for all Elite Athletes and Masters Elite Athletes. Chip time will be the Official time for all other runners, including Age Group winners.

Male and female Marathon, Half Marathon and 8KM runners are automatically entered into the following competitive age groups: under 19; 20-24; 25-29; 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60-64; 65-69; 70-74; 75-79; 80-84; 85-89; 90-94; 95-99; 100 and above.

Official start time

The firing of the gun at the Start Line marks the official start of the race. All digital clocks are synced with this instant; however, not all runners' chip times will sync with digital clocks (gun time).

Timing chip

To ensure accurate timing, all runners must wear a race chip, which is attached to the back of a race bib.

Looking up results

Results are recorded on Race Day in the Results Tent at the Finish Line Street Festival and online at bmovanmarathon.ca/results or www.sportstats.ca

Live Tracker - results are streamed from sportstats.ca Facebook page, and all results will be posted on www.bmovanmarathon.ca.

A Sportstats app is available for download from the App Store or Android Market.

Validation of results

The timing system records the exact time that a runner crosses the Start Line mat, halfway point mat, and Finish Line mat. Race results may not be validated in the following circumstances:

1. Where a runner's chip time has NOT been recorded at halfway point locations AND has been recorded at BOTH Start and Finish line locations.
2. Where a halfway chip time is NOT recorded AND there is a negative split time between the first half of the event and the second half of the race that exceeds 15 minutes.

The Society reserves the right to forward notice of all results that have not been validated to BC Athletics, Athletics Canada, the Boston Marathon Society and any other race governing organizations as appropriate.

22. Sponsors & Partners

TITLE SPONSOR

BMO Bank of Montreal

Title Sponsor of BMO Vancouver Marathon since 2005

PROMOTIONAL PARTNERS

1. **Saucony**
Official Running Apparel and Shoe Partner
2. **Running Room**
Official Running Retail and Training Clinic Partner

MEDIA PARTNERS

1. **The Province**
Official Newspaper Partner
2. **CTV Vancouver**
Official Broadcast Media Partner
3. **TSN Radio**
Official Radio Media Partner
4. **94.5 Virgin Radio**
Official Radio Media Partner
5. **Vancity Buzz**
Official Online Media Partner

SPONSORS

1. **PowerBar**
Official Gel
2. **Ultima Replenisher**
Official Electrolyte Drink
3. **BMW**
Official Automotive Partner
4. **Downtown Vancouver Business Improvement Association**
Sponsor
5. **Saucony Kids**
Presenting Sponsor of the Kids Run
6. **MarathonFoto**
Official Marathon Participant Photographer
7. **Air France**
Official Airline Sponsor
8. **Steve Nash Fitness Clubs**
Official Fitness Club Partner
9. **Chevron**
Presenting Sponsor of the Neighbourhood Challenge
10. **Vancouver Hotel Destination Association**
Sponsor
11. **Mahony & Sons**
Official Host Pub and Restaurant

12. **Escentis**
Official Sponsor of Massage Area
13. **Stanley Park Brewery**
Official Beer Partner
14. **Trace Water**
Official Water Partner
15. **Natural Factors**
Official Supplement Partner
16. **BC Egg**
Kids Run Sponsor
17. **Registered Massage Therapists of BC**
Massage Partner
18. **Physiotherapists of BC**
Physiotherapy Partner
19. **BC Athletics**
BC Half Marathon Championships Partner

CONTRIBUTORS

1. **City of Vancouver**
2. **Coast Coal Harbour Hotel**
Elite Host Hotel
3. **Frogbox**
4. **Big Steel Box**
Portable storage units on course
5. **Bread Garden**
Providing volunteer lunches
6. **Sunrype**
Providing juice and fruit bars for all events
7. **UPS**
Gear Check Provider
8. **TravelSmart**
Transit Partner
9. **Mustel Group**
Market Research Partner
10. **Manning Elliott**
Official Accounting Firm Partner
11. **Borden Ladner Gervais LLP**
Official Law Firm Partner
12. **K&K Insurance Canada**
Insurance Provider
13. **BikeHike Adventures**
Prizing Provider
14. **SportMedBC**
Provider of Speakers for the Speaker Series and Injury Prevention Tips
15. **Oxford Properties**
Venue Host
15. **McDonald's**
Volunteer Food and Race Day Coffee

23. Weather & Event Alert System

Weather

Vancouver is surrounded by west coast beauty, and with coastal beauty comes at times unpredictable weather. Make sure to plan accordingly for changes in weather on race day. All races go ahead rain or shine, so please be prepared. Bring extra rain gear and/or warm clothing with you. Check extra gear at Gear Check and pull it on after the event if necessary.

Race Day Temperature Chart

Lowest Temperature	Average Low Temperature	Average Temperature	Average High Temperature	Highest Temperature
3.9°C (39.0° F) May 5 th 1996	8.3° C (46.9° F)	10.7° C (51.3° F)	13.4° C (56.1° F)	22.4° C (72.3° F) May 5th 2013

Event Alert System

The Event Alert System is a standardized communication protocol used in large events across North America to ensure participants have a great experience and are prepared for race conditions. It will allow the Society, as the race organizer for the BMO Vancouver Marathon, to communicate race conditions in a standardized and simple manner. To update race status, signage will be placed at the Health, Sports & Lifestyle Expo, at the Start and Finish Lines, as well as information will be posted on the event website and social media pages. The status will be updated by race organizers in consultation with local meteorologists and other officials.

For the best experience, preparation is key. Runners, volunteers, and other supporters are encouraged to watch for updates on event conditions and plan accordingly.

ALERT LEVEL	EVENT CONDITIONS	RECOMMENDED ACTIONS
EXTREME	EVENT CANCELLED/EXTREME DANGEROUS CONDITIONS	PARTICIPATION STOPPED/FOLLOW EVENT INSTRUCTIONS
HIGH	POTENTIALLY DANGEROUS CONDITIONS	SLOW DOWN/OBSERVE COURSE CHANGES/FOLLOW EVENT OFFICIAL INSTRUCTION/CONSIDER STOPPING
MODERATE	LESS THAN IDEAL CONDITIONS	SLOW DOWN/BE PREPARED FOR WORSENING CONDITIONS
LOW	GOOD CONDITIONS	ENJOY THE EVENT/BE ALERT

24. Runner FAQ's

Start Line – 8KM, Relay, Half Marathon, Marathon

Where is Gear Check?

Half Marathon/Marathon – Gear check is located on Ontario just North of 33rd.

Relay – Gear Check is located near Oakridge-41st (separate from Marathon)

8KM - Gear Check is available at the Shuttle Hub at Burrard and Pender. Arrive one hour prior to the start time to check gear. Pick up gear in the same place.

How do I pick up my gear at the Finish Line?

Gear will be picked up in near the end of the Runners Compound after your finish. 8KM pick up is at the same place you dropped off.

Can I use the washrooms at Hillcrest community centre and Phoenix Gymnastics?

No, the washrooms are not available for runners at the community centre or the gymnastics centre.

How do I get to my Corral?

Enter the Corral colour that is indicated on your Bib. This corral was set based on your estimated run time that was entered at registration. Enter the corrals no later than 15 minutes before start time.

Can I change corrals?

You may enter a slower Corral, but not a faster Corral.

What time do the races start?

- Half Marathon – 7:00AM
- Marathon/Relay – 8:30AM
- 8KM – 9:30AM
- Kids Run – 11AM, Saturday April 30th
- 2.5KM Walk – 12PM, Saturday April 30th

How long do I have to complete the events?

- Marathon – 7 hours
- Half Marathon – 4 hours
- 8KM – 1.5 hours

Where is the water/Ultima on course and are there portalets?

Marathon – 20 stations on course have water and portalets, 15 have water and Ultima

Half Marathon – 8 stations on the Half Marathon course have water and portalets, 6 stations have water and Ultima.

8KM - 3 stations on the 8KM course have water, Ultima Replenisher (electrolyte drink), toilets, and medical services.

Runner FAQ's (Continued)

Finish Line – 8KM, Relay, Half Marathon, Marathon

How do I get to the Canada Line & Skytrain?

Canada Line:

Waterfront Station - There are 2 entrances to Waterfront Station: at Seymour St. and Cordova St, and on Granville Street between Pender and Hastings.

Vancouver City Centre Station - Southwest corner of Granville Street and W Georgia.

Skytrain:

Waterfront Station (Also serves *Millennium Line*) On Cordova St. between Granville and Seymour in downtown Vancouver, this station links to the SeaBus and West Coast Express. Enter from Cordova St. through the old railway station, or from Howe St., Sinclair Centre or Waterfront Centre (linked to Canada Place).

Burrard Station (Also serves *Millennium Line*) On Burrard at Dunsmuir St. beside the Bentall towers and Hyatt Regency Hotel in downtown Vancouver, a suburban routes terminus.

Please check transit schedules for departure and connection times at www.translink.ca

How do I get to the Street Festival?

The Street Festival is located on W. Hastings from Bute to Burrard. Access is available at either Bute or Burrard and no crossings are available at Thurlow.

Will there be an awards ceremony?

Yes, for the Elite Athletes. Other age group awards will be announced and awarded after the event.

Are spectators allowed into the Runners Compound?

No, the Runners Compound is only available for runners. Spectator Zones are available.

Where are Results posted?

Results are posted as soon as possible in the Results Tent located in the Street Festival on Hastings between Thurlow and Burrard. Also check the event website bmovanmarathon.ca/results

I threw away my shirt at the start, can I get it back?

All discarded clothing will be collected and donated to the Salvation Army.

Are there return shuttles after the events?

No, there are no free shuttles or free transit tickets to return runners home. Runners are granted one Compass Card ticket which may be picked up at the Expo.

Is there food for the public/spectators?

There is food available from private businesses around the area.

25. Appendix

Appendix 1: Past Race Results

Marathon Winners

DATE	MALE	FEMALE
2015	Luka Chelimo (KEN) 2h18:37	Lioudmila Kortchaguina (CAN) 2h37:37
2014	Berhanu Mekonnen (ETH) 2h21:08	Kimberley Doerksen (CAN) 2h37:00
2013	Thomas Omwenga (KEN) 2h24:09	Lucy Njeri (KEN) 2h40:34
2012	Gezahgn Eshetu (ETH) 2h21:51	Ellie Greenwood (GB) 2h42:15
2011	Bernard Onsare (KEN) 2h19:54	Keddi-Anne Sherbino (CAN) 2h43:38
2010	Thomas Omwenga (KEN) 2h16:55	Emmah Muthoni Kiruki (KEN) 2h37:17
2009	Benard Onsare (KEN) 2h28:26	Mary Akor (USA) 2h46:24
2008	Thomas Omwenga (KEN) 2h15:59	Mary Akor (USA) 2h37:54
2007	Thomas Omwenga (KEN) 2h25:27	Claudia Camargo (ARG) 2h35:50
2006	Kassahun Kabiso (ETH) 2h18:29	Malgorzata Sobanska (POL) 2h37:06
2005	Kassahun Kabiso (ETH) 2h15:40	Rima Dubovik (UKR) 2h44:05
2004	Ulrich Steidl (GER) 2h18:24	Mary Akor (USA) 2h44:43
2003	Ulrich Steidl (GER) 2h20:22	Angela Strange (CAN) 2h46:22
2002	Ulrich Steidl (GER) 2h17:01	Angela Strange (CAN) 2h45:46
2001	Ulrich Steidl (GER) 2h18:56	Leteyesus Berehe (ETH) 2h45:51
2000	Ulrich Steidl (GER) 2h18:53	Krystina Pieczulis (POL) 2h45:32
1999	Atsunari Saito (JAP) 2h21:33	Krystina Pieczulis (POL) 2h43:46
1998	Juan Salvador Gonzalez (MEX) 2h22:48	Krystina Pieczulis (POL) 2h43:20
1997	Juan Salvador Gonzalez (MEX) 2h22:53	Eniko Feher (HUN) 2h49:56
1996	Juan Salvador Gonzalez (MEX) 2h17:47	Eniko Feher (HUN) 2h52:38
1995	Graciano Gonzalez (MEX) 2h23:11	Yoko Okuda (HUN) 2h48:50
1994	Makato Sasaki (JAP) 2h17:24	Eniko Feher (HUN) 2h46:24
1993	Hayashi Morozumi (JAP) 2h18:37	Eniko Feher (HUN) 2h47:27
1992	Masato Kojima (JAP) 2h23:24	Yuka Teramura (JAP) 2h43:16
1991	Shigemi Tamori (JAP) 2h25:01	Misao Miyata (JAP) 2h52:14
1990	Yoshikazu Tanese (JAP) 2h23:46	Reiko Hirokawa (JAP) 2h55:14
1989	Shemi Sabag (ISR) 2h19:41	Annie Mangal (CAN) 2h50:05
1988	Mitsimasa Matsuyama (JAP) 2h19:20	Isabelle Dittberner (CAN) 2h52:03
1987	Tetsuji Iwase (JAP) 2h21:12	Cathy Kroll (USA) 2h46:50
1986	Hiromi Nishi (JAP) 2h21:14	Joi Belyk (CAN) 2h45:37
1985	Adrian Wellington (AUS) 2h24:24	Kikue Teshima (JAP) 2h55:34
1984	Ric Sayre (USA) 2h16:34	Carol Raven (NZ) 2h52:03
1983	Paul Bannon (CAN) 2h17:57	Bev Bush (CAN) 2h43:19
1982	Stephen Pomeroy (CAN) 2h16:56	Sue Krenn (USA) 2h45:25
1981	Brian Morgan (AUS) 2h16:27	Nancy McLaren (CAN) 2h48:24
1980	Gary Henry (AUS) 2h13:14	Marilyn Belwood (USA) 2h45:27

1979	William Bill Scott (AUS) 2h15:36	Gail MacKean (CAN) 2h44:53
1978	John Hill (CAN) 2h20:49	Gail MacKean (CAN) 2h55:33
1977	Chris Bolter (CAN) 2h22:36	Meg Gordon (CAN) 3h14:32
1976	Ross Jackson (CAN) 2h20:30	Doris Heritage (USA) 2h47:35
1975	Joseph Skaja (CAN) 2h19:58	Linda Winslow (USA) 3h06:49
1974	Tom Howard (CAN) 2h14:34	Maria Brzozinska (CAN) 3h03:16
1973	Tom Howard (CAN) 2h21:45	Deborah Collins (CAN) 3h24:38
1972	Tom Howard (CAN) 2h24:08	Patricia Loveland (USA) 3h39:23

Half Marathon Winners

Date	MALE	FEMALE
2015	Rob Watson (CAN) 1h04:48	Jane Murage (KEN) 1h12:53
2014	Paul Kimalyo Kimugul (KEN) 1h02:36	Kate Bazeley (CAN) 1h15:18
2013	Paul Kimalyo Kimugul (KEN) 1h04:18	Natasha Fraser (CAN) 1h15:17
2012	Kip Kangogo (KEN) 1h04:48	Natasha Fraser (CAN) 1h15:12
2011	Kibet Rutto (KEN) 1h06:32	Emily Tallen (CAN) 1h16:04
2010	Kip Kangogo (KEN) 1h06:33	Krista Duchene (CAN) 1h16:40
2009	Willy Kimosop (KEN) 1h05:03	Lioudmila Kortchaguina (CAN) 1h17:11
2008	James Finlayson (CAN) 1h07:27	Suzanne Evans (CAN) 1h18:55
2007	Todd Howard (CAN) 1h09:04	Suzanne Evans (CAN) 1h18:31
2006	Jim Finlayson (CAN) 1h08:37	Sally Bergesen (USA) 1h22:41
2005	Jim Finlayson (CAN) 1h05:50	Angela Strange (CAN) 1h21:17
2004	Scott McClennan (CAN) 1h08:11	Leah Pells (CAN) 1h16:51
2003	Samuel Karanja (KEN) 1h06:48	Tina Connelly (CAN) 1h15:08
2002	Norman Tinkham (CAN) 1h10:00	Audrey Nelson-Wagenaar (CAN) 1h25:57
2001	John Hill (USA) 1h09:12	Tracy Shymko (CAN) 1h24:18
2000	Todd Pehowski (USA) 1h08:26	Lara Tyler (CAN) 1h22:51
1999	Oliver Utting (CAN) 1h10:10	Darlene Mota (CAN) 1h20:31
1998	Gregory Crowther (USA) 1h09:42	Hilary Watt (CAN) 1h21:21
1997	Keisuke Ogura (JAP) 1h08:21	Asuka Ozawa (JAP) 1h16:35
1996	Larry Nightingale (CAN) 1h09:13	Mina Ogawa (JAP) 1h12:33
1995	Larry Nightingale (CAN) 1h11:04	Yumi Sato (JAP) 1h16:24
1994	Kevin Titus (CAN) 1h06:55	Yuki Tamura (JAP) 1h14:03
1993	Bruce Deacon (CAN) 1h09:17	Koko Konishi (JAP) 1h18:27
1992	Alan Knoop (USA) 1h09:48	Jackie Zawertailo (CAN) 1h16:30
1991	Sean Quilty (AUS) 1h08:49	Debra Hall (CAN) 1h25:53
1990	John Hewgill (CAN) 1h15:00	Lillian Jarecki (CAN) 1h38:00

8KM Winners

DATE	MALE	FEMALE
2015	Tyler Ginther (CAN) 0h28:32	Juliette Christie (CAN) 0h33:23
2014	Chris Calendar (CAN) 0h28:43	Marilyn Arsenault (CAN) 0h29:13
2013	Jared Ludlow-Carroll (CAN) 0h28:31	Jen Moroz (CAN) 0h30:16
2012	NO EVENT	NO EVENT
2011	Colin Wallace (CAN) 0h25:49	Amy Kirkham (CAN) 0h29:32
2010	Benjamin Maas (CAN) 0h27:00	Julia Rudd (USA) 0h29:00
2009	Marc-Jason Locquiao (CAN) 0h28:50	Amanda Stone (CAN) 0h31:37
2008	Byron Trajan (CAN) 0h29:15	Tessni Carruthers (CAN) 0h32:31

Appendix 2: Health, Sport & Lifestyle Expo, Exhibitor List

Active Management & Marketing	Fair Trade Vancouver	Running Room Canada Inc.
AFX – Ankle Foot maXimizer	Firma Energywear & TAB Custom	RYU Apparel Inc.
A1 Sport	Fitted Bras	Saucony
AIMS Association of International	Fairmont Mother's Day Run	Sanctify Art!
Marathons and Distance Races	Fit Stars Natural Products Inc.	Sea-Licious
Air France	Fitness Foods	Shine Makes by Carman Ho
Arroyo Athletics	FlyOver Canada	Shock Absorber
Arbonne International	Fond Memories Graphics Inc.	SierraSil Health Inc. & Santevia
Around the Back Chiropractic	Forerunners, Foreunners North	Water Systems
AstaVantage	Shore	Skechers USA Canada
Barry J Brady Photography	G Adventures	SoLo Gi Nutrition
BaySix USA	GoodLife Fitness Victoria Marathon	Sportsbras.ca
BC Athletics	Impact Canopies	Square Canada Inc.
BC Egg	Kintec: Footwear + Orthotics	St. George Marathon
BC Podiatric Medial Association	KRAVE Jerkey	Steve Nash Fitness World and Sports
Bellingham Bay Marathon	LadySport	Club
Best Brands Marketing Inc.	Larabar Canada	Strongbody Apparel
Bodylogix	LifeSport Coaching	Sunrise Soya Foods
BMO Bank of Montreal	London Drugs	Takaya Tours & Takaya Driving
BMW	Main St. Chiropractic	Range
Canadian Running Magazine	Massage Addict	Team Diabetes – Canadian Diabetes
Canada Running Series	Mizuno Canada	Association
Cetaphil	Mussion Goodman	Tebas Therapeutics Inc.
Champion Sport Xtreme (CSX)	MyPackage Apparel	Temple Lifestyle
CLIF Bar	Natural Factors: Natural Health	The Arthritis Society, BC and Yukon
Cliffhanger Climbing Gym	Products	Division
CocosPure Coconut Water	Naute Sport Eyewear	The IV Wellness Boutique
Covenant House Vancouver	New Balance	The Ride to Conquer Cancer
Diamond Head Sports Inc. – Bliz	Nite Beams Products	The Leukemia & Lymphoma Society
Active Eyewear	Nuun Hydration	of Canada – Team in Training
Diane's Lingerie	On Inc.	The Right Shoe
Dom's Deodorant	Paris Orthotics	The Runners' Den
Dormeo	Peak Centre for Human Performance	Trace Water
Edmonton Marathon	Polar Electro Canada Inc.	Treksta Footwear
Entrix Sports	PowerBar	UBC Camps
Envision Financial Run for Water	Pure Float Inc.	Ultima
eProdigy Bikes	Pure Leaf Iced Tea	Victoria's Secret Canada
Epsomgel Solutions Canada	RAD Roller	VisionPros
Essentially Abundant: doTerra	Red Bull	Watered Down Apparel
Essential Oils & Wellness Products	RiboBlast	Yaletown BIA
Evo Car Share	Rogue Expeditions	Yogibo Bean Bags

LOST/MISSING CHILD REPORT – CALL:

Date: _____ Time: _____

Who Reported the lost child: _____

Name of child: _____ Age: _____

Address/Name of School: _____

Physical description of child (height, colour of hair, clothing, etc.): _____

When and Where child was last seen: _____

Volunteer's Name/Location: _____

Action Taken: _____

FOUND CHILD REPORT – CALL:

Date: _____ Time: _____

Name of child: _____ Age: _____

Address/name of school: _____

Physical description of child (height, colour of hair, clothing, etc.): _____

Where the child was found: _____

Who Claimed the Child: _____

ID #1: _____ ID #2: _____

Volunteer's Name/Location: _____

Action Taken: _____

Signatures: Volunteer: _____ Parent/Guardian: _____

LOST/MISSING CHILD REPORT – CALL:

Date: _____ Time: _____

Who Reported the lost child: _____

Name of child: _____ Age: _____

Address/Name of School: _____

Physical description of child (height, colour of hair, clothing, etc.): _____

When and Where child was last seen: _____

Volunteer's Name/Location: _____

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FOUND CHILD REPORT – CALL:

Date: _____ Time: _____

Name of child: _____ Age: _____

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Physical description of child (height, colour of hair, clothing, etc.): _____

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Volunteer's Name/Location: _____

Action Taken: _____

Signatures: Volunteer: _____ Parent/Guardian: _____

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