



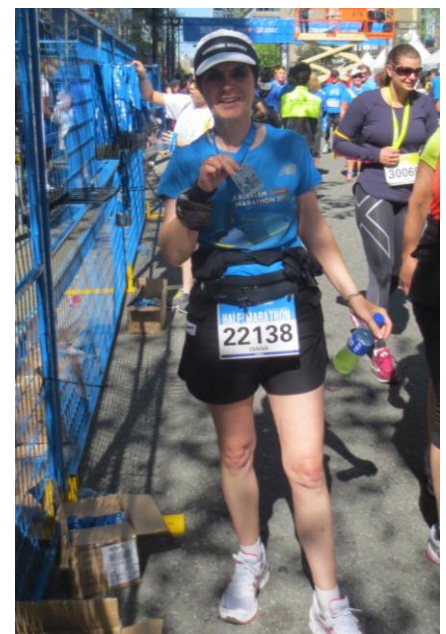
Vancouver plus Marathon Trip Notes **April 30-May 7, 2013**

First the marathon --- even though that again is not the focus of the trip but rather has been the focus of trip reports. I was incentivized to come to Vancouver because Tom had been here during his skiing days (Whistler) and I'd heard it was a delight and also the marathon hits the Top 10 of Marathon Beauty Spots on some lists. We love San Francisco as well as Sydney and this is said to be similar and I'd agree though I'd not list it above either of those cities.

I've mostly reverted to the half marathon: I liked coming in before the food is gone, having some of the day left, not eating up my hard-earned muscle, and I'm beyond needing the bragging rights of a marathon. Currently the only reason I have to do the full marathon is to get a long-sleeved shirt but in this case I'd signed up for the full first, reverted, and thus got both a long-sleeved and a short-sleeved shirt. Voila!

Ups and downs of running Vancouver

- Registration is a bit steep in price. It usually sells out as there's only 5,000 marathon spots and 10,000 half marathon spots.
- Shirt and cinch bag are very nicely designed, in a sky blue color, no obnoxious sponsor logos and seemingly a nice quality by Saucony. I really needed a shirt Here is a picture of my 'full' shirt and my 'half' medal.
- Flight costs are extravagantly high. I complained about this \$550 but when I return in July for the Whistler hike it will be \$1100. It creates the thought of flying into Seattle and driving the beautiful four hours north.
- Hotels seem in abundance but I've no idea of the prices. The Fairmont Waterfront or the Pacific Hotel are the closest to the expo. No hotels are near to the start line. Apartments are reasonable and we had a 7-night stay within 10 minutes of the expo and in the middle of town.
- Expo line at opening took 1:20 minutes wait and was infuriating. Maybe I went at the wrong time. I'm told it was just as bad last year so they didn't learn.
- VIP line seemed to move faster but it only made me feel like a second class citizen.
- Expo was okay with enough vendors but not a lot; freebies included gloves and yogurt but only tiny samples otherwise. Official merchandise looked excellent in both quality and quantity.
- Starting line is on the highest hill in Vancouver and within the lovely Queen Elizabeth Park. There's no decent way to get there. For me their metro start was 10-15 minute walk, required a change of lines, and then another 15 minute walk to the start. They do offer a free metro pass. The drop location for cars is 15 minute walk



and Tom spoiled me again. Some runners figured out how to get dropped immediately at the start line. Oddly the half started at 7am and the full at 8am.

- Starts are by corrals that are carefully controlled and my back corral didn't start until 7:25am. Even with that it was very crowded. Not that someone in the back should care and they'd best not or they might get stuck with someone's trekking poles.
- Course has some spectacular views of the water. Water-water everywhere and maybe even more than San Francisco, Sydney or Seattle. Two water stations ran out which I found amusing. The first couple miles were very crowded and there was no opportunity to take advantage of the downhill at first.
- Spectators were abundant though not a NYC or a Boston type extravaganza but good. Costumes by runners or spectators were rare.
- No food on the course except GU.
- Finish line is open for 7 hours for the full and 4 hours for the half and by the looks of the results they do close down the timing mats. We could see the finish line from our balcony.
- Food at the finish was generous with a paper bag full of foods from Whole Foods, plus bananas, bars and a couple types of juice and bottled waters.



Smart to have Men's Urinals and that maybe helped limit the porta-potty lines though the first few on the course had lines of dozens. Costumes were practically non-existent making me glad to have given up on my Liberty crown. These two gals were emigrating from South Africa to Vancouver and doing their first half marathon though they'd done one full marathon. Yes, just the opposite of what you'd expect for running history.



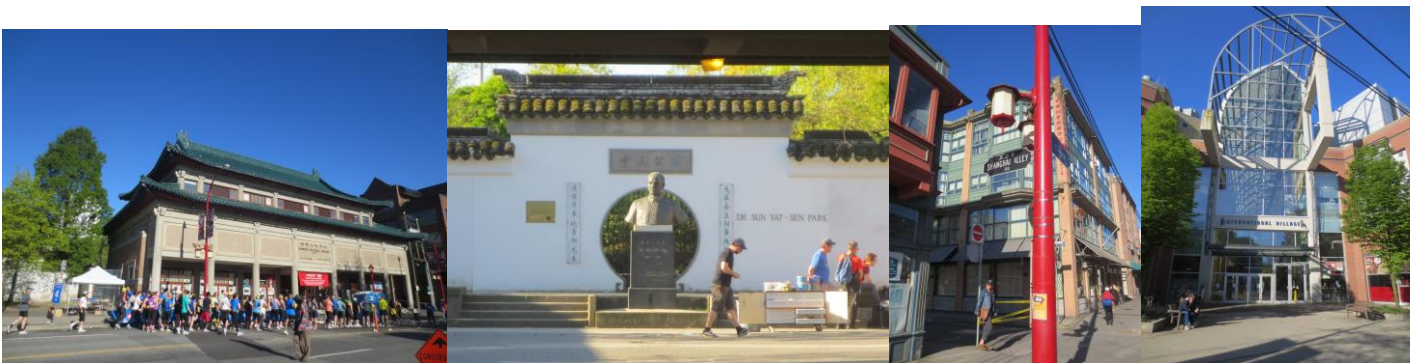
The very few costumes got a lot of attention. This guy in the yellow chicken suit said "I lost a bet and now I have to wear the chicken suit of shame" but clearly he was the winner in the end as all the girls wanted their picture taken with him.



See those old gals in pink? They are to remind me that I've gotten slow enough to be surrounded by old folks and fat asses. There were a few with trekking poles using them in the Nordic manner. There was an old man in a button down sport shirt, Bermuda shorts and belt – I kid you not. There are generally little Japanese girls in what looks like costume to me but are not. This start line sported scarecrow looking trees full of discarded clothing hung up.



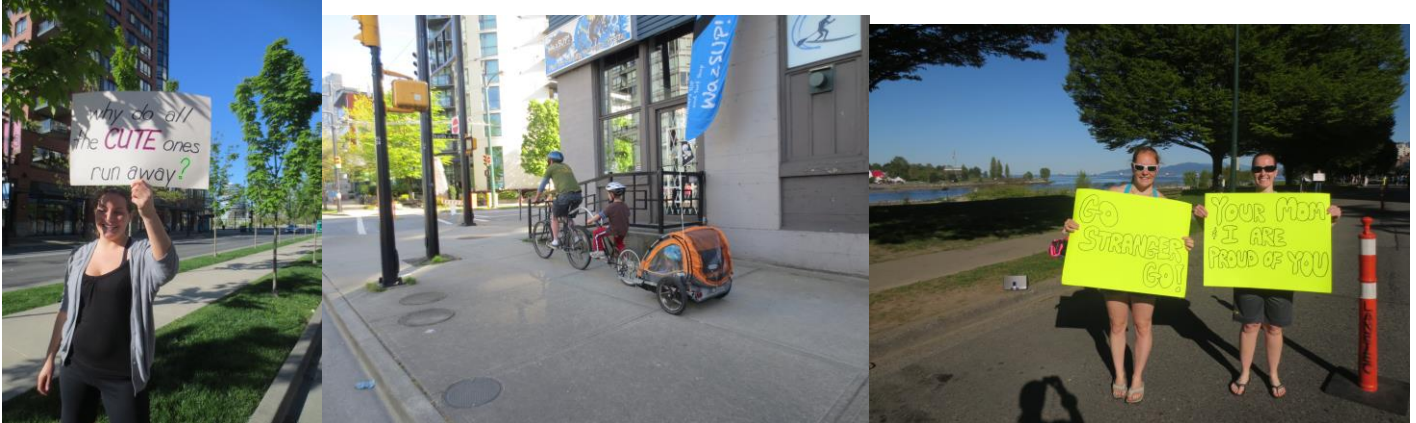
Coming down the mountain of Queen Elizabeth Park was one of two dramatic views: the snow clad mountains in the far distance and the skyscrapers surrounding the water of Vancouver. We would continue over the bridge and by two sports arenas, along the water and past the multitude of skyscraper apartments. Note how the buildings have space between them? This is the noted Vancouver style with parks or small townhouses between the buildings.



Through Chinatown and their huge cultural center then the corner of Dr. Sun Yat-Sen's Park and Garden, near to the world's most narrow building with bay windows making it all of about 4' in width, followed by the international shopping center before leaving Chinatown through its momentous gate. In truth many areas felt like Chinatown since the population of Asians is so great.



Library Square is really a well-known architects design based on the Rome round coliseum. Then into the old factory area now called Yaletown where most everyone eventually drinks or dines.



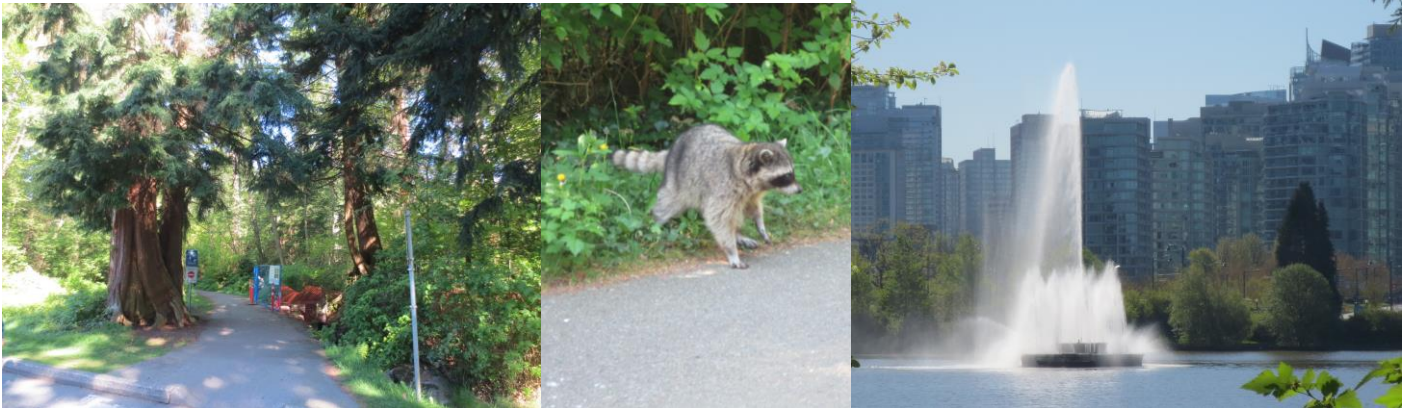
Signs were in abundance and creative – this one laments “Why do all the Cute Ones run away?” Daddy must have had a honey running near to me because I saw him numerous times and he sure got his marathon in with a little son pedaling on the back and a littler one in the pull cart. The yellow signs say “Go Stranger Go” and “Your Mom would be proud of you.”



“If it were EASY, I’d do it” and “You’re faster than 80% of snakes.” We were blessed with not only wonderful weather (though too hot to run), but lots of water and lots of bridges as views. I like to think that it takes a real man to wear a pink tutu but it’s hard to know in gay-friendly Vancouver.



Here is a type of housing seen between the tall condo buildings. Boston was in the hearts of many; at the expo we were given yellow ribbons to wear.



One thousand year old trees were seen which was good; seeing a raccoon was not. Raccoons are nocturnal and there had been warning signs about rabies. As we were rounding a corner of Stanley Park we got a glimpse of the water fountain with high rises in the back.



Her sign said "Breakfast just around the corner" and "No Loitering" and another used a SLOW sign and then a STOP sign with the yell "DON'T."



I think we all love Taiko drummers; in European marathons the main entertainments are drummers. Look at this contraption as it has a very funny story: at a playground on the beach is this kids' dryer. The tour guide explained that it was now a blow dryer due to the kids complaining of the tumble dryer (smile.) The little mermaid is actually a take on Copenhagen's Little Mermaid but she is a surfer. With a lot of bird poop for hair.



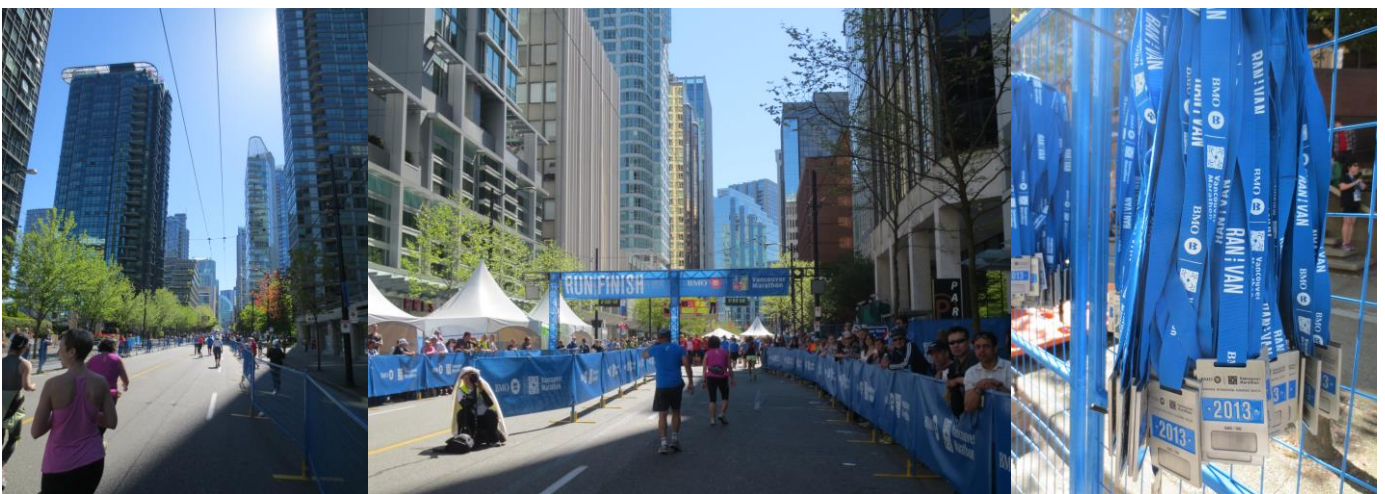
This is obviously a deep water port as cruise ships line Canada Place and the Sails. I love the runner but don't know why it's there on Stanley Park but it sure has a good backdrop. After the view of coming down from Queen Elizabeth Park with the city's high rises in the background and the snow-clad mountains behind that, this was the second most dramatic view. Tom's Photo Show has a better shot though similar. The gate leads into the totem pole museum.



Looking back at Stanley Park's Yacht Club and then over to the city. Could it get more beautiful? It was just before here that the marathoners joined us with the winners showing up at about mile 17. They were down by the water on the flats which is fair with the half marathoners looking down at the separate trail. Odd? Sort of.



A paddleboat gives tourists a couple hours of harbor touring – something we missed. A couple guys with a sign I saw often declaring tongue-in-cheek: “Getting up early to make this sign wasn’t easy either! And “Marathoning is 90% mental – the other half is physical.”

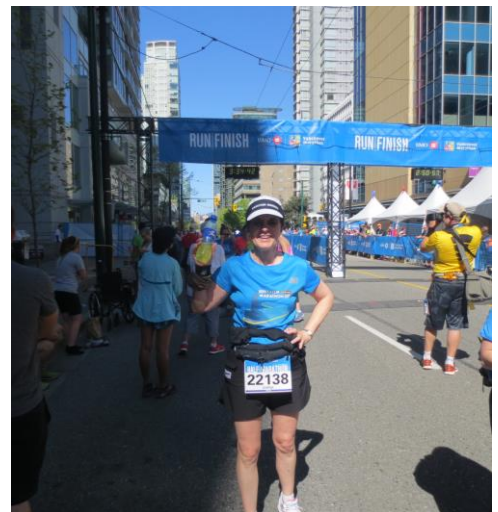


Still within a block of the water here we are coming in for the home stretch just a couple blocks from our apartment. The marathon winners would have finished before I did. And here is maybe the main reason we do it: the medals.

Stay at home for exercise?

Yes! It would seem to make more sense, you’d think?

I have a very real wonderment as to why I do these or at least those marathons that are not convenient. I can stay at home, drive 15 minutes to my running club, run easy, run free, run with friends, run and have supplied fluids. Do I need an expensive medal and t-shirt as well as these silly frustrations just to get some exercise? I’m still thinking about it but getting lazier and less in need of these frills.



Results?

Some of us say we don’t care about our results and that we intend to use all the time allotted, so why do we look up our finishing time? Why does most everyone ask “How did you do?” I have some special friends who go my style and just ask “Did you have a good time finishing?” because they would not be surprised to hear my 3:23 finish time.

I might note that if you take my camera away, thus about 200 less photos, stay on course, quit chit chatting and/or dancing to the bands, and make it cooler, then maybe like the week before on the Jersey Shore's RunAPalooza half-marathon I finished in 2:52. Still no hot shot time but added here so my trainer will know I moved it a wee bit faster and this one took me over the half-way point of the half-marathon in 1:30. It's still a long way's off my 2:11 half PR or my 4:25 full marathon PR that got me into Boston but I can mostly say that I'm happy if not even delighted to still be moving at all.

Foodstuff

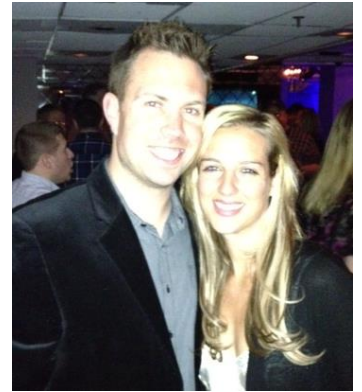
Traveling with Tom always means good food as well as plenty of drink. We would find Mongolian Bar BQ which we'd loved while living in Taiwan, food markets with specialty French cheeses and ore types of pates than a French food store, a chain of restaurants called Earl's that we loved, and since it was his birthday, a special celebratory dinner at CinCin which turned out to be owned by the same group as his favorite restaurant in Whistler.

When in Yaletown we stumbled upon La Pentola, recently opened and winner of Best New Restaurant, and with award winning chefs who run another restaurant. We had a unique 7-course dinner with a unique requirement: we had to take what the chef offered. It all turned out to be wonderful with Tom giving some of the courses a full 9 and 10, but averaging it out to an 8 ½. See <http://www.lapentola.ca/> if you're going to be in Vancouver. For \$55 a person it was a good buy since nothing is inexpensive in Vancouver.

Canadian vs U.S.?

<http://www.readersdigest.ca/magazine/7-things-you-can-t-say-canada-0>

The dollar used to be about \$1.20 exchange rate but now Americans are penalized by about 20% with the Canadian and U.S. dollar about on par. One of the seven in the above link suggests the Americans are also somewhat penalized in their reputations too.



Birthday dinner with Kelly

With www.MarathonTours.com I had the pleasure of being with Kelly in both Dublin and Ayres Rock and declared I'd go anywhere with her. She was to lead the Madagascar June tour (since canceled due to Air Madagascar bankruptcy potential) and I'm also on the list to go to Easter Island with her next June. Her honey John sometimes travels with her and is the sweetest and coolest of guys so I'm delighted they've just announced their marriage in Aruba this October. It was her birthday so we planned a small party in our apartment after she was done working the Expo booth.

Accommodations

From website www.vrbo.com/335925 with additions: *In downtown Coal Harbour, Vancouver; Condo, 2 Bedrooms, 2.5 Baths; This 1600 sq-ft suite on the 33rd floor is located in the heart of Downtown 2 blocks from Coal Harbour Seawall, 5 minutes from Stanley Park as well as Burrard Skytrain Station (with direct connection to Vancouver Airport). It is located next to the famous Robson/Alberni shopping/dining district. It takes only 20min by Skytrain & Seabus to reach Lonsdale Quay Market and from there it is a short bus ride to Grouse Mountain Ski Resort. It is close to all major attractions, theatres, museums, markets, and Chinatown, and accessible to any places of interests in Greater Vancouver*

via the Skytrain. It has a 270 degree view of Vancouver Skyline, and every room including the bathroom features a stunning view of the North Vancouver Mountains, Stanley Park, Coal Harbour, Lion Gate Bridge, English Bay and the city. In the summer, you can enjoy a spectacular view of the fireworks at English Bay, visit Vancouver Aquarium or walk to Canada Place (a national icon). This beautiful and spacious suite comes with a private attached bath for each bedroom. The master bedroom comes complete with cable-TV, a walk-in closet, Jacuzzi bath-tub, shower room, double sink and a modern Japanese super-smart toilet with heated seat. The ultra-modern kitchen is equipped with a sub-zero, full-size fridge, Miele oven, hood and stove, Miele Premier Touchtronic dishwasher, Sunbeam microwave, Breville Barvista Coffee Machine/Grinder, and a full dining set. It has a separate corner perfect for breakfast and afternoon tea, with a beautiful view of the Vancouver skyline. The utility room comes complete with a GE heavy-duty washer and dryer, an iron and ironing board, and a wet and dry vacuum cleaner. The living room is furnished with a dining table with 6 posh leather seats. Next to the dining area is the balcony with a breathtaking view of the snow-capped mountains, Stanley Park and Coal Harbour, at which gliding seaplanes land at regular intervals. Called The Residence on Georgia this is a well-known building. It has two entrances (West Georgia and Albeni) with 24 hours concierge and room service available upon request. It has a newly furnished fitness gym, a high level of security (a special security sensor is required to enter the building), free underground parking and other amenities.



Fully Equipped Kitchen - Brand new appliances



Guest Room with Stanley Park & Mtn View



Balcony View of Stanley Park and Mountain



Living Room with a city view - with SONY LCD HD TV



Master Bedroom with Gorgeous View - with HD TV



Above pictures from Tom upon arrival with this note to friends: Up at 3:30 this morning for a 7 o'clock flight, got here around 1, nice Volvo rental, lovely apartment on the 33rd floor. We're just in from a nice lunch and grocery shopping. Life is good.

Fortunately the bedrooms were somewhat better decorated after these web pictures were taken but with some pure honesty I've got to admit that all was not perfect. The first evening there I had to keep telling myself that location-location-location was the most important and to forget that the bed linens and towels were questionably clean but definitely of poor quality. Had I more time I might have gone shopping for some decent sheets and I did complain about some maintenance issues. The apartment is owned by a Chinese family which might have been part of the problem.

Japanese toilet. Well, maybe these aren't just for Japanese but I first saw these in Japan and the first were built by Toto the Japanese company and I'm convinced they are built for some anatomy other than mine. In Kyoto the public rest rooms of their largest department store sported these control panels on the wall but of course every instruction and button was in little squiggly words that gave me zero comprehension. So I stood off to the side and pushed the first button and zoom shot out a powerful stream of water straight to the back of the door with such force that a sound and resultant waterfall erupted. I was never willing to try these again and certainly not on my own bottom. But here

in this apartment was a full scale Japanese toilet with button instructions in English but alas nothing made sense and no water hit a body part that was deemed useful or needful of cleaning so I unplugged the silly contraption. As far as I know Tom wisely avoided the thing assuming there was danger in the unknown. I'm glad.

Vancouver – lets be a tourist first!

I'll let Tom's photo show at www.TomsKoi.com be the mainstay of our tourist pictures.

City highlights tour by mini-bus of about 4 ½ hours is our usual way to start a trip. We used Land-Sea and their excursion undoubtedly helped us understand why many think Vancouver is the most beautiful city in the world.

Whistler/Blackcomb. For our first full day we took advantage of the clear skies and good weather to take the 3-hour drive to Tom's old skiing stomping grounds. With a nice walk around and excellent meal it was a delightful day.

Shannon Falls. These huge falls are as far up as you can see and had the sunlight coming through the mist so the walk up along the river bed was very nice. It is on the way to Whistler. It reminded me how glad I was to be returning to Whistler area to hike in July.

The Lookout in Vancouver. Too funny! It's famous for getting a bird's eye view of Vancouver from the upper deck just under the revolving restaurant. What floor is it on? The 33rd. What floor do we live on? The 33rd. We had a mere 270 degree view versus their 360 degree.

Shaughnessy Estates. This is way around the other side of the "island" and is considered the most exclusive residential area outside of one in North Vancouver. They were filming and numerous huge semi-trailer trucks were parked at the park. We would drive through the area twice.

Queen Elizabeth Park. Little did I know that this was the start of the marathon as well as the highest hill in Vancouver. We stopped for the spectacular views of the city, the sunken gardens, and got admission into the Bloedel Floral Conservatory as part of the overview tour. We would go there again and again.

Stanley Park. We drove through and made numerous stops on our own as well as a second time with the tour company where the guide highly recommended the seafood chowder which was wonderful and in fact so very good that we went back still another time to walk Prospect Point and eat a second dose of the seafood chowder. Counting the marathon I had four trips through Stanley Park. It is said to be the emerald jewel set in the heart of our city. It's a 1000 acre playground with stunning city views, snow-capped mountain backdrops and the salty smell of the Pacific Ocean. We were told that any of their other restaurants were fine choices. I didn't understand totem poles until we heard the how and why in their totem park museum setting. It was one of a few stops and especially at the water's edge where everyone wanted a photo of the sails of Canada Place and the glass and steel towers of Coal Harbour (where we live.)

Prospect Point is within Stanley Park. This is the park's highest point and it affords a close up view of Lion's Gate Bridge spanning the entrance to our harbor dazzling in the panorama of the snow-capped coastal mountains, West Vancouver and English Bay.

English Bay. We had a drive out of the edge of Stanley Park and along the city's urban beaches of English Bay and then would walk it from our apartment another day. The marathon ran by it too. It is mind bending how fortunate the locals are with access to seaside walks, astounding views and ocean beaches and they really use it to full advantage and surely this is a very healthy town.

Bald eagles and great blue herons are in abundance with the second largest known breeding grounds for bald eagles here. Running through Stanley Park the birds were in abundance as were raccoons too (not a good sign as they are nocturnal and rabies is said to exist.)

Gastown. This is said to be where it all started on the shores of the Burrard Inlet where Gassy Jack Deighton laid the foundation of this city when he opened a saloon. It is here that Maple Tree Square sports Vancouver's oldest architecture as well as the world famous steam powered clock. We would run through these areas.

Chinatown. Developed at the turn of the last century by Chinese immigrants from California and China who came to work the gold mines and railroad Chinatown today is a bustling reminder of where we've come from and where we are heading. There are many restaurants, shops, an international center where I found bubble tea, as well as loads of interesting architecture (like the world's thinnest building). We were there three times (me four times due to the marathon), the first to see the Dr. Sun Yat-Sen Park and private garden, with the tour and again wandering the streets when I found red bean and tapioca bubble tea. (Eat your heart out Marie!) It is said that 33% of Vancouver's population is Asian and it's hard not to guess it being even larger.

Robson Street. This is very near to our apartment and a constant walking area. It is full and crowded and on Saturday late afternoon there was NO way to get into anywhere without a long wait. Business is good. Even Sunday and Monday evenings were full house.

Canada Place and Vancouver Harbour. This is the conference center location and the huge Canada Place with big sails to give a bit of competition to Sydney's Harbor and Opera House. It was quickly outgrown and a second huge multi decked, grass covered rooftop convention center was built on the water right next door and it too juts out over the water. This is also the city's Alaska cruise ship terminal; an icon of the skyline; Canada's flagship harbor and the gateway to Asia. It somewhat represents a huge cruise ship in itself. This was the home of the Expo and we walked into the area from our apartment about 10 minutes any number of times. It's also home to TWO Fairmont Hotels plus the historical and grand Pacific Hotel.

Granville Island. This tiny peninsula is a hotbed for good food and interesting but weird art. It used to be just factories and looks it but these warehouses have become either art studios, shops, or the major huge indoor and outdoor food market. Tom would eat there twice and be happy to find fried oysters. I particularly enjoyed the French pastry shops, cheese stands and the best French pate selection I've seen out of France. Of course we bought many chunks and likely gained a couple pounds as a result. Little tug-boat-looking "Aqua Bus" ply the area so one can hop across the water easily.

Capilano Bridge. www.capbridge.com. We drove by and I reluctantly gave it up for another day's adventure and another treetop suspension bridge knowing I could see Capilano Bridge on my own when I return in July.

Grouse Mountain. We drove up to this high peak with the plan to take the aerial lift farther up to the very top but not for over \$50 a head or \$40 senior. We reverted to town having driven along the river's edge and by Cleveland Dam as well as next to the Grand Canyon which has the Capilano Bridge swinging over it.

The Van Duzen Botanical gardens are close to the Queen Elizabeth Park but quite different in that it had started with a very old forest area owned by Pacific Railways and then built into a memorable garden later on. Our docent tour of a couple hours was a hit.

University of BC botanical garden and Nitobe (sp?) Japanese gardens and tea house took up a full day and was a major hit for us. For me the treetop swinging bridges over the forest top was unique. Tom especially enjoyed the Japanese garden and felt it was one of the finest seen outside of Kyoto. We had fortunately brought a picnic for further enjoyment of the forest.

Walking the beaches through parks and apartments and homes took many an enjoyable hour and twice we found ourselves near to Yaletown.

Everything has to come to an end

Tom had a good birthday, I had a good run, we had a wonderful tourist week so what more could we ask for? Yet we can't really call this an end since I'll be home less than two days before heading out to Durango, Moab, Mesa Verde, Arches National Park and Canyonlands on a guided hiking tour with www.CountryWalkers.com, then home a very days until Tom and I depart to Rome, Naples for two days, then a 7 day hike in the Amalfi Coast and Capri for me with Tom doing his own thing, before we stay over in Sorrento having had 5 nights there, finishing off with 5 nights in Rome.

I have a marathon (was I finished with those?) in Michigan's Upper Peninsula then a half in Elkton Maryland before Marie arrives June 25 for a month. She and I have a few days in Washington DC before all three of us enjoy our beloved San Francisco for a week. It's the end of July that I'm counting on another guided hike starting in Vancouver and having six days in Whistler.

Life is good!

Itinerary

Tue Apr 30

7:00am Depart Newark EWR via Air Canada UA#8101 out of Terminal A
10:02am Arrive Vancouver YVR

Rental car

Apartment Pick up key and security access from Paul, unit manager and concierge, at The Residences on Georgia, 1288 West Georgia Street, Vancouver
Tele 778 707 6644; also Victoria.Burk@td.com

Thu May 2

Runners can pick up their bibs, timing chips, Saucony tech shirt, BMO gloves, FREE Transit pass to the start line and more at the Expo. The Expo is located at Canada Place in the Vancouver Convention Centre East, Hall C.

Expo Hours/Package Pickup Hours:

- Thursday: May 2, 2013 4:00pm – 8:00pm
- Friday: May 3, 2013 11:00am – 8:00pm
- Saturday: May 4, 2013 10:00am – 6:00pm

Fri May 3

Eve - Kelly Allen's birthday May 1; invited Jacqui and Kelly to apartment for drinks and snacks

Sun May 5

8:00am Marathon registered; moved to half marathon which starts at 7:00am

- 6:45am : Arrive at Canada Line transit station (King Edward or Oakridge)
- 6:45am-7.00 am: Walk to Start Line.
- 7.00am-7:15 am: Check Gear.
- 7:15am-7:30 am: Find Corral.
- 8.00am: Marathon begins. First corral of Marathon runners leave, subsequent corrals will follow.
- 4.00pm: Marathon Course Closure; 11:00am Half Marathon Course Closes.

From website: *Run Vancouver's premier urban Half-Marathon event featuring a fast downhill start with the most spectacular skyline and North Shore mountain views combined with a journey past the city's eclectic iconic landmarks.*

Starting near the top of Little Mountain at Queen Elizabeth Park at the centre of the city, runners descend down the heritage-designated Cambie Street, around BC Place Stadium. Experience historic Chinatown, breathtaking English Bay, energized racers pave their way through the sophisticated Coal Harbour neighbourhood and merge with marathon runners for a stunning big city finish in the heart of the downtown corridor near the Vancouver Convention Centre. A favourite among local runners and close to a sell-out, The BMO Half-Marathon event is capped at 10,000 runners only, so register now to secure your place.

Re full: Ranked a Top 10 Destination Marathon by Forbes for its stunning beauty and scenic route, ranked "most exotic" marathon by CNN, the BMO Vancouver Marathon leads runners on a 42.2 kilometre journey through parks, neighborhoods and bustling city streets. Enjoy the fresh-air alongside natural beaches and breathe a sense of wonder at the backdrop of surrounding mountains.

Starting near the top of Little Mountain at Queen Elizabeth Park, in the centre of the city, runners head south along the heritage-designated Cambie Street, west through Kerrisdale and the University of British Columbia campus, back into the city alongside breath-taking Jericho and Kits beaches, finally circling our coveted Stanley Park Seawall to finish at the city's pulse in the downtown corridor near the Vancouver Convention Centre. The Marathon event is capped at only 5,000 runners! Register now to secure your place.

Tue May 7

Return rental car

4:10pm Depart Vancouver YVR via Air Canada UA#8100

12:30am+1 Arrive Newark

Tourist ideas:

www.garibaldipark.com

www.vancouvertrails.com/ re Soffre Lakes

www.freshlocalwild.com re food trucks

Note: May 10 depart to Canyonlands hike

Getting to the start line

A FREE Transit Pass to will be provided during the Expo. You will need to pick it up from Booth #509 (Bib required).

The course is designed around Public Transit. Take the Canada Line to King Edward Station or Oakridge Station where you will be guided to the Start line at Queen Elizabeth Park. It is important to note that it takes approximately 10 to 15 minutes to walk to the Start Line. (Click here to see the 'How to Get There Diagram')

Please note that this year, the runner's compound will be situated in the gravel lot adjacent to Nat Bailey Stadium and gear check will be located on Ontario St. (See How to get there map)

Walking, cycling, taking transit, carpooling or driving? Learn how easy it is to fit travel choices into your everyday life. Join TravelSmart.ca

Friends and Family

Friends and family can come to the Start Line area to see runners off! They will be permitted in spectator areas only and not permitted within the corrals. Have friends and family take in all the action at a designated Spectator Hotspot strategically located in different neighborhoods along the route! They can cheer runners on at any of these terrific locations! Friends and family can also watch runners cross the finish line and meet you at the Street Festival.

Drop-off

Runners may be dropped off on Main Street, near 30th avenue. Please make sure you give yourself lots of time to walk to the Start Line. Expect delays and wait times. There will be 15,000 runners arriving to Queen Elizabeth Park that morning, please arrive early and enjoy! Click here to learn more about the drop off zone

We recommend that runners arrive **NO LATER THAN 45 minutes** before the event and **NO LATER THAN 1 hour** to use the Gear Check.

Parking

There is no public parking at the Start Line. Runners are encouraged to:

- Take Canada Line public transit to King Edward Station. FREE transit pass is offered to registered participants to get to the start line. NOTE: Passes must be validated at the transit station before boarding the train.
- Park 'n Ride from Downtown. Runners can find Parkades close to transit stations in many downtown areas.

We strongly encourage participants to use transit or carpool whenever possible.