

Runner's Guide

October 15, 2023



Race Starts at 8:00 AM at Cape Spear

Buses to Start leave 6:45 AM

Reception at the Marine Institute after the race

Shuttles for runners and spectators on Signal Hill

Kit Pickup & Health Expo on Saturday, Oct 14th at Capital Subaru from 1 PM - 5 PM

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Cape to Cabot 2023

The 2023 Capital Subaru Cape to Cabot 20 km is ready to go! We expect over 400 registered runners will hear the gun fired by the official starter at **8:00 AM on Sunday morning, October 15th** at the starting line at Cape Spear.

Runners will be bused to the start line from the parking location near the bottom of Signal Hill, departing at 6:45 AM.

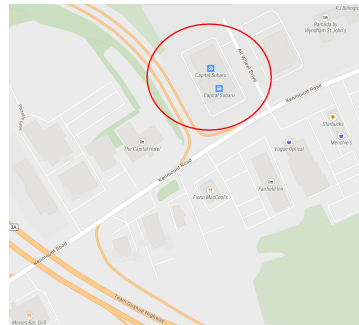
A Signal Hill shuttle bus service from the Fort William Building parking lot to Cabot Tower will move spectators around Signal Hill, and bring runners down to their cars.

Our post-race reception will

take place at the Marine Institute on Ridge Road, beginning around 10 AM, with awards around noon.

RACE KIT PICK-UP & HEALTH EXPO

Race Kit Pick-up and our Health Expo are scheduled for **Saturday, October 14th, from 1:00 PM to 5:00 PM, at Capital Subaru on Kenmount Road.** General public welcome! Kits contain your



Bib #, Timing Chip, Reception and Prize Draw tickets, technical shirt, and other important items.

To have someone pick up your kit for you, an authorization form must be presented (available at www.capetocabot.com).

COURSE CHANGES!

Due to construction on the Overpass on Southside Road, the turn-around point on Southside Road will be shorter than usual by about 200 meters. The distance will be made up by an out-and-back in the village of Blackhead, between Km 3 and Km 4. As a result of this unforeseen change, the kilometer markings we already have in place for 4km to 14km will be off by 400 meters.

Race News & Advisories

New Sponsor!

This year we welcome a new title sponsor for the race: Capital Subaru!



Ukraine: We also want to keep in mind the people of Ukraine, and our new Newfoundlanders from there, as reflected in our shirts and finisher medal. There will be a

donation box at kit pickup and the reception.

Public Health Precautions

All race activities will be subject to any public health orders in place during the weekend.

There are no restrictions at this time, but wearing a mask in public gatherings is recommended.

Arrangements may change with little or no notice.

Hashtag: #capetocabot2023

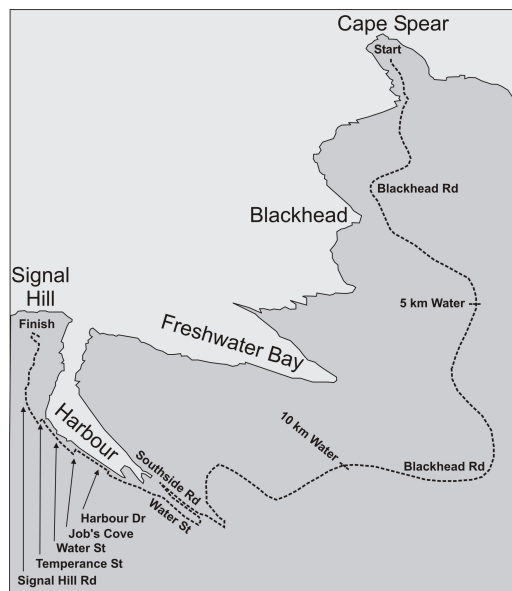
The Course!



Cape Spear Lighthouse

Cape to Cabot is well marked and marshaled. Each kilometer is painted on the pavement, as well as key turns, and the turn-around on Southside Road. There will be a lead car and police escort to assist runners. Nonetheless, it is the responsibility of all runners to know the race route, so please review the course maps and look over the course in advance if you have a chance.

Note the right turn onto the 1 km out and back portion of Southside Road which is added to make an exact course length of 20 km. Take a close look at the Downtown portion of the map too.



Larger maps at www.capetocabot.com

Runners are requested to run “with traffic” on the Right Hand side of all roads on the course route.

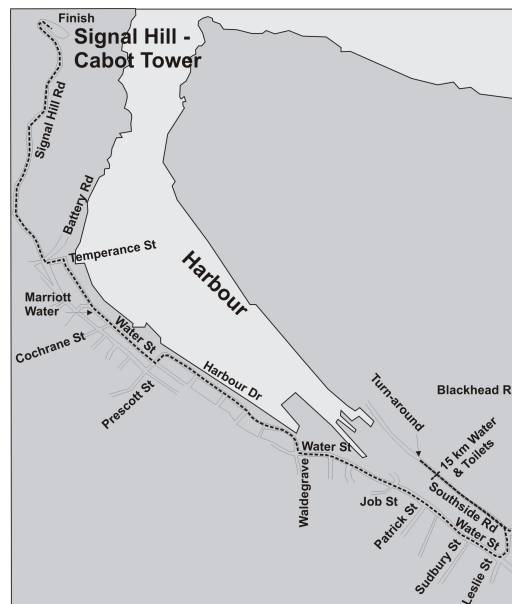
Keep to the right of the cones on the route.

Downtown

The curb lane on Water Street West is marked off with cones as a running lane to keep runners separate from traffic, but always be sure to keep an eye on turning and crossing traffic.

Turn right off Water Street onto Harbour Drive. Harbour Drive is closed to eastbound traffic, but please keep to the right of the cones.

At the end of Harbour Drive, turn up Job's Cove then right onto Water Street and proceed to the bottom of Temperance Street, where you pass under the arch for the start of the Munn Mile!



The top of Temperance is a five-way intersection, so caution is advised. Parts of Signal Hill Road are marked with cones to keep runners on the right and make room for the shuttle buses to get up and down the hill.

Cabot Tower



Water	5k, 10k, 15k, 18k, Finish
Gatorade	5k, 10k, 15k, 18k, Finish
Toilets	Start, 5k, 10k, 15k, Finish
Clothing Drop	5k, 10k, 15k, 18k

Earbuds and Headphones are strictly prohibited during the race.



Parking & Bus-to-Start

A bus service will bring all runners to the start of the race. Runners are encouraged to use this bus service since there is **no parking available at Cape Spear**. To avoid severe traffic congestion, please do not arrange to be dropped off at Cape Spear or drive out to Cape Spear.

Buses will leave the Fort William Building parking lot (runners only) on a load and go basis starting at 6:45 AM. The last bus will leave by 7:10 AM to ensure timely arrival at Cape Spear.

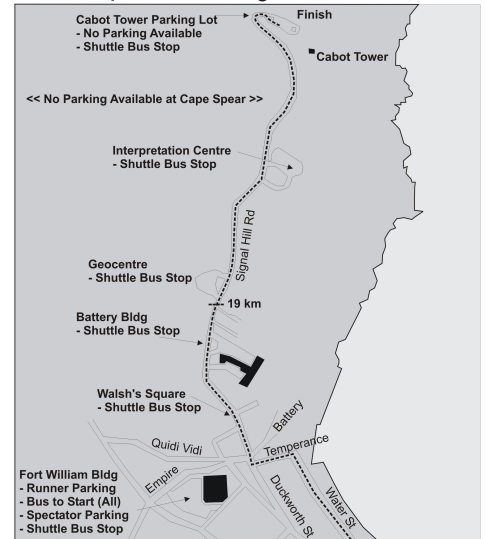
PUBLIC HEALTH: Buses will operate according to current public health orders. Wearing a mask is suggested.

In case of inclement weather, runners may stay on the buses until just before the start of the race.

Space on the buses is limited, so only registered runners can be shuttled to the start.

Two buses will be designated to return your kits to the finish line.

Runner & Spectator Parking, Bus to Start, & Shuttles



Larger maps at www.capetocabot.com

Signal Hill Shuttle Bus

There will be a shuttle bus service operating from 8:30 AM to 11:30 AM on race day. The shuttles will run from the parking lot at the Fort William Building to the top of Signal Hill on a continuous basis.

The buses will stop along the way for pick ups and drop offs—look for the shuttle bus signs! Use of the shuttle buses is free of charge and open to spectators and runners.

Runners can use the shuttles to get

down Signal Hill and return to their parked cars after they have finished the race. We have six shuttles working the Hill this year! Wearing a mask is recommended.

There is **no parking** available at Cape Spear, nor at the top of Signal Hill. Please use designated parking areas and the shuttle services.

Gear Return

Two Cape Spear buses will be designated to bring runners' warm up gear back to Signal Hill at Cabot Tower. You are advised to have warm, dry clothing available as conditions at the top can be quite challenging.

A tag to identify your gear is included with your race kit.

During the race, extra gear can be left at the bins provided at the water stations and they will be brought to the reception.

Spectator Parking/Viewing the Race

Spectators are asked to park at the parking lot at the Fort William Building. **There will be no parking available on Signal Hill during the race.** To avoid traffic congestion, frustrating delays, and ensure the safety of runners, spectators should use the available shuttle bus service to go to and return from viewing points on Signal Hill from 8:30—11:30 AM.

There will be no parking available at

Cape Spear for runners or spectators for the start of the race.

Blackhead Rd is closed to traffic during the race. Any spectators along Blackhead Rd after the start will be stuck for an hour or more, or forced to return via Petty Harbour. In viewing the race at other points, drivers are cautioned to pick areas where they can pull completely off the road and out of the way.

We discourage spectators from driving alongside runners, or providing supplies to runners, as this extra traffic creates dangerous situations for runners. There are plenty of water stops for this purpose.



Used Footwear/Pull Tabs

Bring your used outdoor footwear and sneakers to our Kit Pickup on Saturday for donation to the R.E.A.L. Program and Gathering Place.

The R.E.A.L Program has partnered with the Gathering Place and needs sneakers and footwear for the coming winter for their program participants.

Boots, shoes, hiking boots, deck shoes, etc. are all welcome. And of course - sneakers!

Bring in your drink can pull tabs as well. We are collecting for Ronald McDonald House.



Timing Chip

This year your timing chip is attached to the back of your racing bib.

IMPORTANT– Do not bend, fold, or wrinkle up your bib, or you risk breaking the antenna in the timing chip—no chip no time!

IMPORTANT– Do not attempt to remove the timing chip from the back of the bib—no chip no time!

IMPORTANT– Your bib must be visible on the **front of your body** (not your leg) at all times during the race.

Prize!

For the Final Streaker

There are just nine "streakers" left who have run every Cape to Cabot since the first in 2007.

Who will be the last one standing as the only remaining streaker?

Whatever year that happens, he/she will be awarded this bottle of Signal Hill Whisky, donated by Signal Hill Spirits.

You can spot current streakers by their bibs - they each begin with "#17".



Elevation



Ukraine

Donations

This year we are keeping in mind the people of Ukraine and those new Newfoudlanders recently arrived from there.

We will be accepting financial donations to assist our new arrivals at both kit pickup and reception.

Please consider making a contribution.

Health Expo

Cape to Cabot features a Health Expo as part of each year's race. Running related health practitioners and product vendors are on hand at Kit Pick-up - open to all participants, and the general public too!

Changes?

At this time it is expected that restrictions on gatherings or inclement weather will not prevent our race from taking place.

Masks are suggested, especially for indoor gatherings.

Please be aware that changes may be required at the last minute! Stay Race eve and morning in case of final announcements.

Kit Pickup

Donate Used Sports Shoes as well as any Outdoor Footwear (boots, shoes).

Bring in your drink can pull tabs - we are collecting for Ronald McDonald House.

Subject to Public Health Orders - Mask Suggested.

Reception

The post-race reception and awards ceremony will take place at the Marine Institute on Ridge Road.

The reception will start around 10 AM, and continue to about 1 PM. Awards presentations will take place at about noon. Awards include overall, age group, Munn Mile, and the Ian Ash Memorial Award.

Massages and shower facilities will be available to runners at the Reception.



The Cape to Cabot 20 km running race is hosted by Athletics NorthEast. Contact us at info@capetocabot.com.

Bring in your used sneakers and outdoor footwear to donate to the REAL Program/Gathering Place during Kit Pickup.

Awards

All finishers will receive the official race medal, distributed at the finish line.

The **Ian Ash Memorial Trophy** will be presented to the male and female winners of the race.

Certificates will be presented to the top three overall male and female winners, and the male and female age group winners.

The top male and female **Munn Mile** times will also receive awards.

The Autism Society of NL will be presenting its **Ian Ash Memorial Award** to “an individual who has given selflessly to the sport of running and through it, to the community at large.”

Green Race

Cape to Cabot is a Green Race. We **REDUCE** the use of consumable items, **REUSE** durable items, and **RECYCLE** as many of the remaining consumable items as possible. We utilize energy efficient vehicles and group transit where possible. We collect used sports equipment for **REUSE** in the Real Program.

Draw Prize Sponsors

Watch this space for a list of sponsors as they are identified.

Quidi Vidi Brewery
NLAA

