



# **HYP0<sup>1/2</sup>**

## **HYPOTHERMIC ½ MARATHON**

### **Participant Handbook**

February 27, 2022  
Winnipeg, Manitoba  
Whittier Park (Festival Du Voyageur)  
836 Rue St Joseph  
Time: Assigned starting time windows

### **Message from the Race Director**

We have all been eager to return to racing and the team is very grateful you have chosen to join the annual winter tradition! Whether you are brand new to the event or are a seasoned Hypo Halfer, sincere thanks to you. Let's do this!

The racing world has changed significantly since our last in-person race (Hypo Half 2020). This guide offers **vital information** on specialized measures relating to the pandemic, as well as race day details. Every aspect to the race has changed, so it's essential that you please read and understand the guide.

The future success of racing in this province relies on the cooperation of organizers, partners, volunteers and participants. It is a combined effort to ensure we have a safe event. Please follow the rules set out here so that we may continue to offer in-person racing. We want everyone to simply have a good race. After reading, you may find comfort in knowing when you show up to the race, the only thing you're thinking of is the run. We're thrilled for this first step back into racing and can't wait to see you all. Have a great one!

Sincerely,

Chris Walton

### **COVID-19 Vaccination Policy**

The Running Room has made the health and safety of the running community our top priority. In order to participate in our live races, you must be fully vaccinated and be able to provide your government issued QR Code as proof of vaccination at package pick up.

If you are not comfortable with getting the vaccine, or if you are not sure about participating in an in-person event we offer a Virtual Hypothermic Half option available for participants.

## Race package pickup

All race kits must be picked up during the scheduled times and locations. **Only you, the participant may pickup** (NOT a friend or family member) as each registered participant must provide their QR code and government issued ID in person in order to receive the race kit. Please note there is NO RACE DAY PICKUP.

If you paid to have your kit mailed to you, your bib number and timing chip will be available at the start line within your assigned start time window.

Your race kit contains: race number bib, timing chip (attach to your shoe) and limited edition 730ml thermos. Medals will be given out at the finish line.

### Race Kit Pickup

**Friday February 25 - 4:00 P.M. - 7:00 P.M.**

**Regent Running Room - View Map**

Unit #400B

1615 Regent Avenue West

Winnipeg, MB R2C 5C6

Ph: (204) 777-1122

**Saturday February 26 - 10:00 A.M. - 2:00 P.M.**

**Kenaston Running Room - View Map**

Kenaston Village Mall

1875 Grant Avenue

Winnipeg, MB R3N 1Z2

Ph: (204) 487-7582

## Preventative measures and self screening

We're in this together. For a safe event, please practice these preventative measures and do a self screening the morning of the race. If after the screening it instructs you to self-isolate and/or undergo testing, DO NOT attend the race. Your in-person race can be transferred to a virtual event.

Focus on the Fundamentals

We can all lower our risk and help reduce Manitoba's cases of COVID-19 by focusing on the fundamentals and resisting letting our guard down.

- Check yourself for symptoms every day
- Stay home when you are sick

- Get tested if you have symptoms of COVID-19
- Wash your hands or use alcohol based hand sanitizer frequently
- Cover your cough/sneeze
- Maintain social (physical) distancing
- Wear a mask when social (physical) distancing is not possible

Please view the full information on the fundamentals at  
<https://manitoba.ca/covid19/fundamentals/index.html>

Use the online self-screening tool the morning of the race  
<https://sharedhealthmb.ca/covid19/screening-tool/>

### **Starting time window and what to expect on race day**

You will be assigned a starting time window based on your anticipated finishing time. You must start the race within this window of time, not before and not after. For e.g. Mrs. Runningsworth is assigned the window 730am-7:40am. She can begin at any point within these 10 minutes.

From the time you arrive on site until you finish the race, the goal is to eliminate gatherings and maintain the flow of people. Please do not gather with others at any point while on the race site. Once you arrive on site for your assigned window, proceed directly to the Start/Finish line once you are ready to begin your race immediately. Porta-Potties located nearby. **Do not enter through the Festival entrances. Go directly to the start/finish line.**

Once at the start line, confirm your timing chip is securely attached to your shoe, your race number bib is attached to the front of your jacket and clearly visible, then immediately begin your race. There are no announcements, gun or air horn. Everyone begins their race as soon as they arrive at the start line (within your assigned window of time). Do not wait or gather at the start/finish area. Please note there is a separate start and finish area. Start at the flags and finish under the Running Room arch.

Start/Finish area is a NO STOP zone. Please keep moving through the area.

- Arrive at the race site no earlier than 10 minutes before your assigned window
- Proceed directly to the Start/Finish line to begin race. No entry through the festival gate/entrances
- Immediately begin your race within the window of time assigned to you. Your time is captured soon as your RFID timing chip comes in proximity to the start and finish mats.

After the race, you have the option to enter the Festival Du Voyageur for free admission by showing your bib, entering only between 10am-1pm, or 2pm-5pm. QR code and ID needed to enter festival. For social distancing, we ask that you do not wait at the finish to spectate. We are only permitted to have race staff and medical personnel in the start/finish area. All others are asked to keep moving.

Medals will be handed out at the finish line, and not hung around necks.

## **Bag drop off**

Bag drop will not be available this year. Please plan accordingly.

## **Personal protective equipment (PPE)**

**Please wear a multi-layer face mask at the start/finish line.**

This year's race has been designed to have little to no touch surfaces. Sanitizer's and surface disinfectants are used and available at all race areas (entrance, start/finish area, water refill stations).

Water refill stations are touch-less. Bring your own water bottle for filling.

## **Parking**

There is free on street parking and a free parking lot (enter before 8:30am) located on Messenger Rd which is also the location of the start/finish line.

Parking on TACHE is prohibited. All vehicles parked on Tache will be towed.

## **The Course**

View the half marathon course at [www.plotaroute.com/route/1009987?units=km](http://www.plotaroute.com/route/1009987?units=km) This is not a closed course. Please obey standard traffic laws. Signs and volunteer course marshals will provide direction. All participants are responsible for knowing the course.

5K & 10K participants: follows the same route but is an out-and-back course. Turnaround points are indicated for 5K and 10K participants. Once you reach your respective turnaround sign, turnaround and follow the course in reverse.

All participants must carry their own hydration/nutrition for the event. We will have limited aid stations. Water refill stations are located at *Lyndale @ Gauvin* and *Churchill Dr (trail) @ Casey*.

Porta-potties are found at the water refill stations.

Course closes at a pace of 9:52/km or 16:22/mi. If you feel you may exceed this time, please know that course resources may no longer be available. Please make arrangements in advance to have a friend or family member pick you up if that is the case. Courtesy shuttle will not be available.

Please do not wear headphones/earbuds on your run. This is a safety issue as you may need to hear directions given by volunteers, race officials and be aware of your surroundings. Bone conduction headphones such as Aftershockz are allowed, since they do not block the ear canal.

## **Results**

All participants will be emailed a link to the results within 24 hours of the race. Results will not be posted at the race site. You may also follow us at [www.facebook.com/runninggrooveventsmanitoba](https://www.facebook.com/runninggrooveventsmanitoba)

### **Pre/Post race ceremonies**

Formal welcome announcements, post race awards/announcements and brunch will not be included this year.

### **Race Site Map**

