

Point Series Event #2.

Saturday, 2024-02-10

Start: Gazebo at the corner of University Avenue and Beaverbrook Street.

Time: First start 08:30. (Walkers and first runner.)

The 2nd event of the 2024 CCRR&W Point Series is a stagger start event. The distance for runners will be 10 km. The walking event will be a 1 hour event, with a mass start. Walkers turn around at the hour mark, and return to the finish line. Walkers will be scored on the distance they have covered during that hour. Runners will be scored by their position crossing the finish line.

Runners, your starting position and time will be determined by your PB for this distance in 2022 or 2023. We will add one minute to each persons PB time to account for winter conditions. If you haven't run a 10 km in the last two years then provide the starter (me) with a realistic estimated finishing time so you can be placed in the appropriate starting order. For many of you, I believe that your running watch may store personal bests or make predictions of your times for various distances.

For those that may have to wait a bit before starting an extra layer of warm clothing can be left at the starting area, I will remain at the gazebo during the event to record all the finishers.

Looking forward to seeing you all there. You can send your 10 km times to me in advance at the club's email address, info@ccrr.ca .

Paul.