



Presented by / Présenté par



## 2023 Athlete Guide

[www.legsforliteracy.com](http://www.legsforliteracy.com)



**Welcome to the 2023 edition of Legs for Literacy, presented by Medavie, in the communities of Moncton, Riverview and Dieppe for our 5k, 10k, Half Marathon and Marathon.**

### **A Word from the Race Director**

2023 has been a rebranding year for Legs for Literacy. We have launched our new logo and are very excited to introduce our new mascot, Oliver Readsmore, to you. With the introduction of our first marathon distance race since 2018 we now have a full complement of races for everyone including our Kids/Family Run.

Thank you to all our partners, sponsors, volunteers, and athletes without whom this event could not take place. Our sincere thanks to the City of Moncton, The City of Dieppe, The Town of Riverview, Safety First, Shadow Security and the RCMP. As you run through the course on Sunday morning or collect your packets over the weekend, please remember that everyone you meet is a volunteer and giving up their valuable time so that we can race – we can't do it without them.

And finally, our amazing sponsors who commit financially and with in kind service and products and who also volunteer on race weekend. We couldn't do any of this without you – Thank You So Much.

Have a wonderful race with us on Oct 22.

**Garth Millar - Race Director**

## Donations

On behalf of the Legs for Literacy Board we would like to thank each and every one of you who made a very generous donation to our local literacy projects. For more information, please visit our “Giving” page on our website - <https://www.legsforliteracy.com/giving>. At the time of writing almost \$10,000 has been donated so far in 2023.

## Race Start Times for Legs for Literacy on Sunday 22 October.

Marathon – **8.00am\***

Half Marathon – **8.00am**

10k Run/Walk – **8.10am**

5k Run/Walk – **8.20am**

Marathon & Half Marathon will start together at 8.00am, followed by the 10k at 8.10am and the 5k at 8.20am. Please start in the correct wave for your race.

All race results will be based on “Gun Time” (the time the gun goes off at the start of your race).

\*all marathon runners must be past the 25k point of the race in 3hrs 40mins (underneath Gunningsville Bridge). At this point you will be asked to remove your bib and return to the finish line.

## Race Packet Pick Up – Hyatt Place Moncton

1000 Main Street, Moncton, New Brunswick, Canada, E1C 1H5

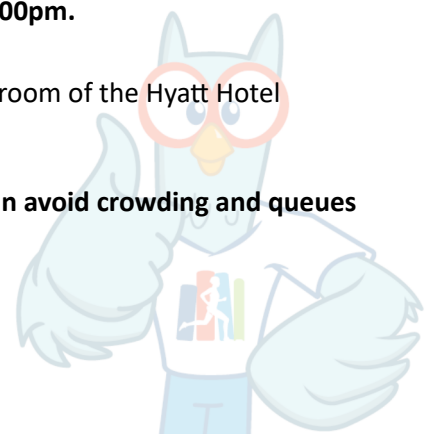


**Friday 20 October** – Conference Room of the Hyatt Hotel between **5.00pm & 8.00pm**.

**Saturday 21 October** – Conference Room of the Hyatt Hotel between **10.00am & 4.00pm**.

**Sunday 22 October** – only for very last minute pick ups - Located in the Conference room of the Hyatt Hotel between **6.30am – 7.30am**.

Please make every effort to collect your race packet on Friday or Saturday so that we can avoid crowding and queues on race morning. You may collect race packs for your fellow runners.



## Family Run / Kids Run packet Pick Up

**Saturday 21 October** - Located in the Moncton Central Library, 644 Main Street, Moncton from **10.00am – 11.15am**.

**Race Start time – 11.30am** in the Riverfront Park. From Moncton Central Library walk down Downing Street and cross Assomption Blvd at the pedestrian crossing and enter into the park where we will be set up for the Kids run.

## Family / Kids Run Route



**Start / Finish Line** will be located in Terry Fox Lane in the Riverfront Park opposite Downing Street. There will be a large archway to indicate the gathering area. We will have 1 mass start at 11.30am and everyone will run toward Running Room on the trail on an out and back route. The turnaround point is behind Running Room on the trail. Run around the pole and retrace your steps back to the finish line area.

There will be 1 start for all the kids and the route distance will be 1k.

Please run on the right side of the trail in both directions. The trail is open to the public.

**NOTE** – Strollers are not permitted as they are not covered under the RunNB Insurance policy.

This is a fun non-competitive event.



EST. 1899

**United for Literacy**  
**Littératie Ensemble**

Each child who runs with us will receive an age appropriate book courtesy of United for Literacy

## **Expo at the Hyatt Hotel**

We will be having an Expo this year with several of our sponsors exhibiting. Please stop by their booths for a chat as they are happy to support our runners and the race.

**Confirmed exhibitors so far:**



**Medavie**

**True North Pace Bunnies**

**Fredericton Marathon**

**UNI**

**Canadian Forces**

**RunNB**

**City of Moncton – Active Transportation**

**Run For Women**

## **Can I transfer my bib to another person?**

**No, Legs for Literacy does not allow the transfer of registrations unless it is officially transferred at Packet Pick Up.**

Registered runners who give their bib to another person and the person to whom the bib is given will be disqualified and prohibited from participating in subsequent Legs for Literacy events for a minimum of two years.

## **Road Closures**

There will be road closures in Downtown Moncton from 4.30am and roads down to a single lane to accommodate the race so please arrive early on race morning to avoid any delays.

## **Traffic Control**

In coordination with the 3 municipalities and the province of NB we have engaged the services of the RCMP, Safety First and Shadow Security to control intersections and close roads throughout all the routes. Please be aware that you must be conscious of the fact that drivers may not understand the fact that diversions are in place on their usual routes. Be aware at all times of your surroundings and be ready to take direction from any of the personnel above which means being able to see and hear, at all times, everything in your surroundings. We strongly urge you not to wear headphones of any kind as you may be putting yourself and others at risk.

## **Race Cut Off Times**

All roads will reopen to traffic at 2.00pm and athletes still on the course at this time will be directed onto the sidewalk to complete their event. This provides us with a 6hr time limit for all events.

## **Trail Etiquette**

All trails are open to the public and are used by walkers, runners, cyclists who are not aware that a race is taking place. Please do NOT block the trail by walking 3 or 4 abreast. Please stay 2 abreast only and stay to the right of the trail – thank you.

## **Walkers in the 10k & 5k**

We love our walking community, and we hope you have a wonderful experience with us. Can we ask that all walkers start at the back of the start line so that the faster runners can surge ahead. Please keep to the right and walk in single file or no more than 2 abreast. Thank you.

## Parking

Indigo Parking on Canada Street (behind the Avenir Centre) have designated race parking for Sunday 22 October at a fee of \$6 per car. You can pay upon entry. They will be accepting cash, debit or credit. This is the closest large parking lot to the race start/finish line.

**IMPORTANT NOTE** - Please note that Via Rail, Sobeys and Shoppers Drug Mart is customer parking only.

**IMPORTANT NOTE 2** – Parking will not be permitted on Main Street or Canada Street on race morning, parking meters will be bagged for no parking.



*Figure 1 Indigo Parking lot - designated race parking.*

## Medical Support

Medical assistance will be provided by On Site medical and will be located at many of our Water Tables throughout the route as well as at the Start/Finish.

Each participant must complete the medical information form on the back of their bib. Please take time to fill out your medical information and provide emergency contact information. This makes your information available to health care professionals in the event you are unable to communicate with them.

## Post Race Massage

Back to Wellness Therapeutic Clinic is providing a massage service during race weekend, and they will be located inside the Boardroom of the Hyatt Hotel (nice and warm for a post race massage). This service is complimentary however, you may wish to tip your therapist. Service is provided on a first come, first served basis.



## Last Minute Race Updates

Please “like” our Facebook page where we will post any last minute race updates – “**Legs for Literacy Courir pour Lire**”.

## True North Pace Bunnies



Hop on the tail of one of our fantastic True North Pace Bunnies who are there to help you achieve your goal finishing time. Their pacing schedule will be as follows.

## TRUE NORTH Pacing

10k Schedule	Pace for 10k	Half Marathon Schedule	Pace for Half Marathon
55min	5.30 per km	1hr 50 mins	5.13 per km
1hr	6.00 per km	1hr 55 mins	5.27 per km
1hr 05mins	6.30 per km	2hrs	5.41 per km
1hr 10mins	7.00 per km	2hrs 05 mins	5.55 per km
1hr 15min	7.30 per km	2hrs 10 mins	6.11 per km
		2hrs 15mins	6.23 per km
		2hrs 20mins	6.38 per km

## Riverfront Trail Network

Please remember that all trails are open to the public. Please expect to see pedestrians, cyclists, dogs and people just out for a walk who are not aware a race is going on. Please share the trail. On sections of the trail in Mill Creek for the Half Marathon there is the possibility for ruts and loose gravel so please be beware.

**IMPORTANT NOTE** – Please run on the right side of all trails to avoid collision with oncoming cyclists/pedestrians and to allow faster runners to pass on the left.

## Location of all Race Awards & Prizes

All awards & prizes will be located in the conference room of the **Hyatt Hotel** including race winners, Super Series and Provincial Championships.

## RunNB Provincial Championships – Half Marathon

Our Half marathon is proud to be the New Brunswick Provincial Championships. Cheques will be awarded as follows:



### All prizes are Male & Female:

1<sup>st</sup> place - \$125.00

2<sup>nd</sup> place - \$100.00

3<sup>rd</sup> place - \$75.00

## RunNB Superseries



Our Half Marathon is part of the RunNB SuperSeries and RunNB will provide the Legs for Literacy with medals for the top three male and female finishers in each of the six age categories (19 & under, 20-39, 40-49, 50-59, 60-69, 70 and over).

## Headphones

Noise cancelling headphones are NOT allowed during Legs for Literacy.

Reason: You are running on streets and congested trails so you must be able to hear course marshals, participants volunteers and first responders.

Everyone's safety is paramount!

## Strollers & Dogs

**NOTE** – Running with Strollers and/or dogs are not permitted as they are not covered under the RunNB Insurance policy.

## Course Details

Our Marathon and Half Marathon Routes are run on certified / measured routes but please use the km signs as a guide only as these were placed using a Garmin.





# Course Map



- **5 KM** (15 m GAIN D'ALTITUDE  
ELEVATION GAIN)
- **10 KM** (65 m GAIN D'ALTITUDE  
ELEVATION GAIN)
- **HALF/DEMI MARATHON**  
(97 m GAIN D'ALTITUDE  
ELEVATION GAIN)
- **MARATHON** (280 m GAIN D'ALTITUDE  
ELEVATION GAIN)



## **Legs for Literacy Marathon – presented by Medavie Street by Street**

Important Note - Final route is subject to change as a result of the measuring/certification process or any changes from our municipality partners.

1. Race Start / Finish - Main Street adjacent Hyatt Hotel & Crowne Plaza at the 4 way Junction of Main / Canada & Highfield Streets.
2. Run along Main Street until it merges into Champlain Street.
3. Continue along Champlain Street and take a right onto Virginia Avenue.
4. Stay on Virginia Avenue and turn right onto Acadie Avenue - route 106.
5. Stay on Acadie Avenue as it merges onto Amirault Street (route 109).
6. Stay on Amirault and take a right turn into the maintenance yard at Dover Park Soccer Field.
7. Turn left and follow path and signage / volunteer directions through the Soccer Fields parking lot.
8. Emerge from the soccer fields and turn right down the 925 - Dover Road.
9. Exit Dover Road on the right where it joins KM 0 of the Riverfront Trail just after Andre Street.
10. Stay on the Riverfront Trail all the way back to the City of Moncton.
11. Just before the Gunningsville Bridge continue left and underneath the bridge onto the trail and run over the Boardwalk.
12. Stay on the lower trail until it emerges onto the wider trail running towards the Traffic Circle & Findlay Boulevard.
13. Stay left and skirt the edge of the traffic circle until it joins the bike lane on the Causeway - route 114.
14. Cross the river on the Causeway using the protected bike/pedestrian lane.
15. At the end of the Causeway follow the trail all the way past the Superstore running parallel to Coverdale Road.
16. As the trail approaches Gunningsville Bridge stay on the main trail underneath the bridge towards Riverview.
17. Stay on the trail system running on it all the way to Hawke Street where you will do a short out and back section on the trail.
18. Runners turn left onto Hawke Street and run up it until it merges with Hillsborough Road.
19. Turn left onto Hillsborough Road and run against traffic until runners reach the entrance into Mill Creek Nature Reserve.
20. Cross Hillsborough Road under the direction of Safety First and enter Mill Creek Trail.
21. Follow signage and volunteers through Mill Creek.
22. Runners will exit Mill Creek and cross over the traffic circle to turn left onto the protected Pedestrian/ Bike lane onto Bridgedale Blvd using the wide pedestrian walkway.
23. Runners will turn right down Gunningsville Blvd on the sidewalk.
24. Runners will cross over the 4 way junction of Gunningsville Blvd, Coverdale Road and Hillsborough Road and run back towards Moncton on Vaughan Harvey which will have the inside lane closed.
25. Runners will continue on Vaughan Harvey Blvd until they reach Canada Street.

26. Runners will turn right onto Canada Street.

27. Runners will continue on Canada Street until the Finish Line at the Hyatt Hotel on Canada Street Main Street intersection.

Marathon KM signs will be in black **2K**



### 5k Street by Street

- 1) Gathering Place / Pre-race Runner Corral - Canada Street adjacent to Hyatt Hotel & Avenir Center.
- 2) Race Start - Main Street adjacent Hyatt Hotel & Crowne Plaza at the 4 way Junction of Main / Canada & Highfield Streets.
- 3) Run along Main Street until we reach Running Room, run through the Running Room parking lot at Harper Street to the Riverfront Trail.
- 4) take a right on the Riverfront Trail and continue all the way toward the Gunningsville Bridge.
- 5) Run up the ramp toward the bridge and turn right onto Vaughan Harvey.
- 6) Runners will continue on Vaughan Harvey until they reach Canada Street.
- 7) Runners will turn right onto Canada Street.
- 8) Runners will continue on Canada Street until the Finish Line at the Hyatt Hotel on Canada Street / Main Street intersection.



**BAG DROP**

**1**

### 10k Street by Street

- 1) Gathering Place / Pre race Runner Corral - Canada Street adjacent to Hyatt Hotel & Avenir Center.
- 2) Race Start - Main Street adjacent Hyatt Hotel & Crowne Plaza at the 4 way Junction of Main / Canada & Highfield Streets.
- 3) Run along Main Street until it merges into Champlain Street.
- 4) Continue along Champlain Street and take a right on the road before the Irving Gas Station.
- 5) Run straight down the road and bear right behind the strip mall.
- 6) Take a left onto the path leading up to the Riverfront Trail.
- 7) take a right on the Riverfront trail all the way back towards Moncton.
- 8) Stay on the Riverfront Trail all the way to Gunningsville Bridge.
- 9) Runners take a left onto the Gunningsville bridge to cross it.
- 10) Runners exit the Gunningsville Bridge and take a left onto the trail system running on it all the way toward Court Street.
- 11) Runners will cross Hillsborough Road to enter onto Court Street controlled by Safety First. **ONLY CROSS HILLSBOROUGH ROAD AT THE DESIGNATED CROSSING AT COURT STREET.**
- 12) Continue all the way to the end of Court Street where it meets Old Coach Road.
- 13) Cross over Court Street and run a short distance up Chambers Street – out and back.
- 14) Runners will turn left onto Old Coach Road.
- 15) At the end of Old Coach Road runners will merge onto Gunningsville Boulevard using the sidewalk.
- 16) Runners will cross over the 4 way junction of Gunningsville Blvd, Gunningsville Bridge, Hillsborough Road & Coverdale Road to get access to the Gunningsville Bridge.
- 17) Once on Gunningsville Bridge runners will continue on Vaughan Harvey Blvd to Canada Street. Runners will turn right onto Canada Street. Runners will continue on Canada Street until the Finish Line at the Haytt Hotel on Canada Street / Main Street intersection.

10K km signs will be in Green **2K**



**BAG DROP**

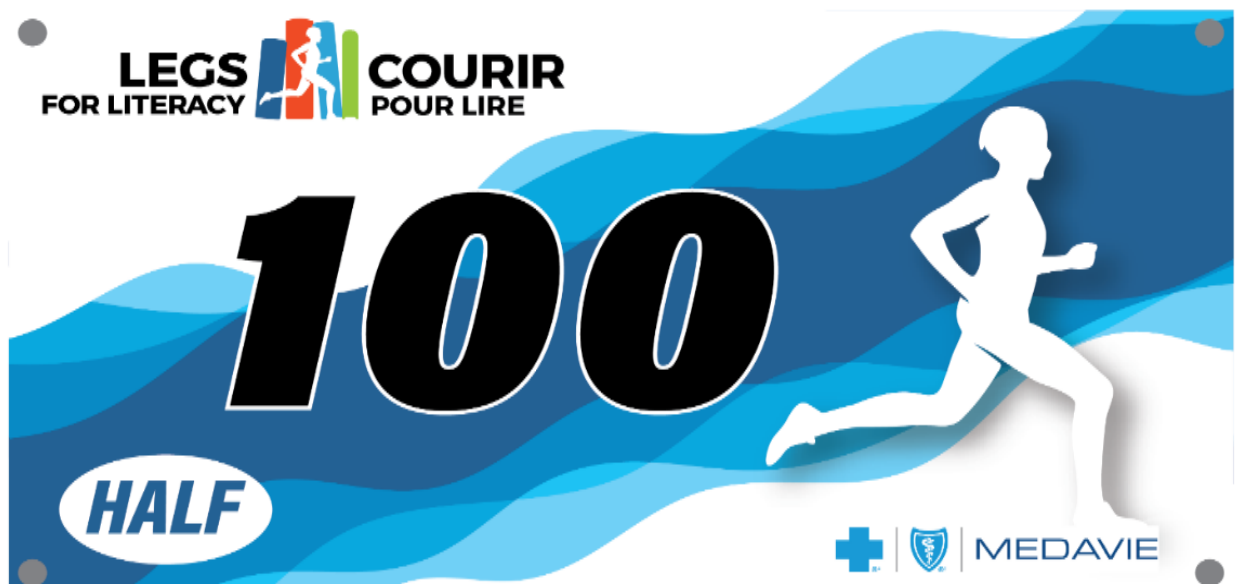
**100**

### Half Marathon Street by Street

1. Gathering Place / Pre race Runner Corral - Canada Street adjacent to Hyatt Hotel & Avenir Center.
2. Race Start - Main Street adjacent Hyatt Hotel & Crowne Plaza at the 4 way Junction of Main / Canada & Highfield Streets.
3. Run along Main Street until it merges into Champlain Street.
4. Continue along Champlain Street and take a right onto Virginia Avenue.
5. Stay on Virginia Avenue and turn right onto Acadie Avenue - route 106.
6. Merge into the protected bike lane adjacent to the road.
7. Before Acadie merges into Amirault we take a right onto the trail system.
8. Take a right on the Riverfront trail all the way back towards Moncton toward Gunningsville Bridge.
9. Runners take a left onto the Gunningsville Bridge to cross it.
10. Runners exit the Gunningsville Bridge and take a left onto the trail system running on the Riverfront Trail all the way toward Hawke Street, run past Hawke Street to complete a short out and back on the trail.
11. Runners turn left onto Hawke Street and run up it until it merges with Hillsborough Road.
12. Runners will run along Hillsborough Road, against traffic, staying inside the pylons, until they reach the entrance into Mill Creek Nature Reserve. **FOR SAFETY ONLY CROSS HILLSBOROUGH ROAD AT THE DESIGNATED CROSSING AT MILL CREEK.**
13. Runners will cross Hillsborough Road and enter Mill Creek Trail System.

14. Runners will exit Mill Creek and run counterclockwise around the traffic circle to turn left onto the protected Pedestrian/ Bike lane onto Bridgedale Blvd using the wide pedestrian walkway.
15. Runners will turn right down Bridgedale Blvd on the sidewalk.
16. Runners will cross over the 4 way junction of Gunningsville Blvd, Gunningsville and run back towards Moncton on Vaughan Harvey which will have the inside lane closed.
17. Runners will continue on Vaughan Harvey Blvd until they reach Canada Street.
18. Runners will turn right onto Canada Street.
19. Runners will continue on Canada Street until the Finish Line at the Haytt Hotel on Canada Street / Main Street intersection.

Half Marathon Km Signs will be in Blue **2K**



LEGS FOR LITERACY COURIR POUR LIRE **BAG DROP 100**

## Race Timing



Legs for Literacy, presented by Medavie will be timed by Atlantic Chip. Your timing chip is located on the back of your bib. Please do not fold, alter or change your bib in any way as it could affect your finishing time. Below is an image of the back of your bib where you should enter any medical conditions you may have plus emergency contact details.

1

NAME \_\_\_\_\_  
T-SHIRT SIZE : \_\_\_\_\_  
AGE & GENDER : \_\_\_\_\_  
MEDICAL INFO : \_\_\_\_\_  
EMERGENCY NAME : \_\_\_\_\_  
EMERGENCY PHONE : \_\_\_\_\_


**Mylaps Bibtag Instructions:**  
1) Wear bib number on front of chest  
2) Do not modify or fold the number in any way  
3) Do not cover the number with a jacket; it must be visible at the start and finish line.

## Uploading Virtual Results

When you run your Virtual 5k, 10k or Half Marathon you can copy the link below and paste it into your browser. From there you will be able to logon to Race Roster and post your results from the virtual race you completed.

<https://results.raceroster.com/v2/en-CA/results/dpk7vcf76pghfmhm/results>

Below is the screen you will see when you click on the link. First, midway down the page select the race you are running virtually by clicking on the dropdown box and then click on the orange box to "Submit a virtual result". You will need to login with your race confirmation number and last name and then follow the on screen instructions.

Thank you for participating in our Virtual Legs for Literacy, presented by Medavie, we hope you had fun and hope to see you again in 2023.



#### Post your virtual results!

Legs for Literacy - Presented by Medavie has a virtual option! This means you can participate in the event from a remote location and submit your times to appear here in the results listing. You can view our [submission instructions](#) or click the "submit a virtual result" button and have your confirmation number ready.

Submit a virtual result

Results

Statistics

⚠ **Unofficial results:** These results are unofficial and subject to change

Legs for Literacy – presented by Medavie Virtual 5k ▾ Use dropdown to switch race



## Water Tables / Aid Stations

### Water Table 1 & Marathon Relay Exchange Point 1

**Marathon Only** at 4k just past the entrance to trail on the 106 Acadie/Amirault.

### Water Table 2

**Marathon Only** Water Building opposite Fox Creek Road in Dieppe.

### Water Table 3 & Marathon Relay Exchange Point 2

**Marathon Only** at 11k point trail entrance Dover Estate for Marathon.

### Water Table 4 & Marathon Relay Exchange Point 3

**Marathon Only** – 16k - Gillespie Street between trails

### Water Table 5 - Marathon Relay Exchange Point 4 at 20k point of marathon.

1st for **Half Marathon & Marathon** on the trail adjacent to Aid Station 1

### Water Table 6 - Marathon Relay Exchange Point 5 at 25k point of marathon.

presented by Medavie for the **5k, 10k, & Half marathon** - located as runners exit the Riverfront Trail onto Gunningsville Bridge / Vaughan Harvey.

This location will also feature a Medavie Cheer Station.



MEDAVIE

### Water Table 7

**Marathon Only** – located underneath Gunningsville Bridge at entrance to Dump Loop Trail

### Water Table 8 - Marathon Relay Exchange Point 6 at 29k point of marathon.



**Marathon Only** - at the end of Causeway at start of trail to Superstore.

**Water Table 9**

**10k Only** - top of Court Street only at the top of Court Street at the intersection of Court Street & Old Coach Road.

**Water Table 10 - Marathon Relay Exchange Point 7 at 34.5k point of marathon.**

**Marathon & Half Marathon** only at the exit of the Riverfront Trail at Hawke Street in Riverview.

**Water Table 11 – Marathon Relay Exchange Point 8 at 38k point of marathon.**

Presented by Davidson Physiotherapy - for the **Half Marathon & Marathon** only at the exit of the Mill Creek Trail at Bridgedale Blvd.



**DAVIDSON**  
PHYSIOTHERAPY



This water table will have Hammer Heed Energy Drink and a limited number of Hammer Gels for the Half Marathon only

**Marathon Relay**

With your timing chip located in your bib number your task is to transfer your bib between your runners from the start to the finish line. To help we have set up relay exchange points where your team members can be waiting to transfer your bib to your next runner.

We have paired up our Relay Exchange Point with our Water Tables for the race. See the text in the section above for Water Table Locations and thus the Relay Exchange Points.

**Porta Potty Locations**

Ample porta potties will be located at the Start/Finish line.

- 1 – Just after 4k of the Half & Marathon on the Riverfront trail.
- 2 – Dover Soccer Fields just after 10k.
- 3 – 17.5k porta pottie is located behind the permanent toilet building which is closed. Near trail access to Rotary Parking on Amirault.
- 4 – 25k at bottom of trail for Marathon at Gunningsville Bridge.
- 5 – On Gunningsville Bridge.
- 6 – On Hillsborough Road 31k of Marathon, 10k of Half Marathon.
- 7 – On Riverfront Trail at 32k of marathon.
- 8 – On Riverfront Trail at 33.5k of marathon.
- 9 – At exit of Mill Creek Trail network by parking lot.

**We are pleased that you chose us as your Finish Line.**

**From all of us at Legs for Literacy – Thank You.**





Presented by / Présenté par



# Thank you to our event sponsors

[www.legsforliteracy.com/sponsors](http://www.legsforliteracy.com/sponsors)





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Moncton • Downtown



**M O N C T O N**



Verger Belliveau - <https://vergerbelliveauorchard.ca/?lang=en>



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*Culligan Water™*



**COSTCO**