

## 2011 Hope Classic Participant Instructions

The 6<sup>th</sup> Annual Hope Classic is quickly approaching - Thanks for signing up! By participating, you'll be helping our families raise awareness and funds for the Spina Bifida and Hydrocephalus Association of BC! In anticipation of a very busy morning on event day, there are several items about our event that we would want to pass along:

**a) The event starts at 9:45am on Saturday, August 20th.**

If you are driving from out of town, there are clear directions on our website to the Lions Club Hall ([www.hopeclassicbc.com](http://www.hopeclassicbc.com)) Watch for the blue signs as soon as you get off the highway.

**b) We are strongly recommending you arrive early.** We are anticipating 300+ participants. Registration and "participant packet pick up" begins at 8am on Saturday morning inside the hall. Each packet will include a snazzy T-shirt, race bib and a whole host of other goodies from the Running Room.

**c) Race Packets can be picked up ahead of time (saves you joining the line-up on Saturday morning):**

- \* **Wednesday, August 17** from 4 to 8pm at the Abbotsford Running Room (below Milestones restaurant in the plaza next to Save-On-Foods)
- \* **Thursday, August 18** from 2 to 7 pm at PriceSmart Foods in downtown Chilliwack
- \* **Friday, August 19** from 2 to 7 pm at PriceSmart Foods in downtown Chilliwack

**e) Your participation is part of a national movement this year!** There are 8 other "Hope Classics" taking place from Campbell River to Halifax – all raising funds and awareness for Spina Bifida & Hydrocephalus.

**g) Parking will become more of an issue for those who arrive after 9am.** We are encouraging local participants to park along Quarry Road/Beaver Crescent and taking the footbridge to the hall. This will greatly ease the traffic congestion along Hope River Road. You may park on both sides of Hope River Road - west of the hall. **Absolutely no vehicles are permitted to park east of the hall as this will encroach onto the course.** There will be a drop-off area at the Lions Club hall and plenty of handicap parking directly in front. The gravel lot on the north end of the footbridge will be designated as overflow handicap parking. The Rempels (across the street) on Hope River Road have once again opened their back field for overflow parking. When you arrive, just follow the instructions given by our well-informed (and handsome) parking attendants.

**h) Safety First.** Please follow the instructions given out by our Course Marshall, Brett McDowell. We are doing the route in the same direction as last year, but because there is new asphalt, the side of the road traveled may be different. The roads are not closed to thru traffic and so everyone needs to do their part in sharing the road with strollers, scooters, wheelchairs, bikes - and of course cars. **Also, if you're biking, please remember your helmet - it's the law.**

**i) There are 3 water stations and a port-a-potty out on the course.** It will be hot out there so you may want to bring

along a water bottle. There are 2 additional accessible port-a-potties which will be at the hall.

**j) There's more to the Classic than just the run!** Kids can get their face painted, blow bubbles and colour in the Children's tent or enjoy the airtime in the bouncy castle. Adults - you will enjoy the live music from our house band – the "Nothin' To Do Band" when you cross the finish line. Colin, Terry and Rick have been practicing all summer for this! (*the Little River Band wasn't available and so this was a close 2<sup>nd</sup>*).

**k) Although almost everything is included in your entry fee, bring along some jingle for a refreshing beverage at the finish line.** An assortment of pop and juices will be available.

**l) Vintage T-shirts from the 2 previous events will also be available in the registration area for a discounted rate.** (Did you know we also accept Mastercard?)

**m) There are approximately 50 volunteers making this year's event happen.** Let them know you appreciate their efforts. Without their skills, the Hope River Classic simply could not happen.

**n) When you cross the finish line, stick around and cheer for others.** Everyone appreciates a warm round of applause - especially at the end!

**o) Kids all around the province benefit from this event.** Dollars raised go directly to the SBHABC Equipment Fund so that families can access funds for walkers, wheelchairs and other specialized (and expensive) mobility equipment. Your participation is making a difference in the lives of many kids with Spina Bifida and Hydrocephalus in BC!

**p) If you have a lawn ornament or a "Hope Classic Grass garnish" sign, bring them along and leave it at the hall when you come.** We can recycle them!

**q) Above all, It's our aim that you enjoy the experience.** Thanks for setting aside your morning to take part in this amazing event!

*Wishing you a fabulous day in the sunshine - Dave, Brad, Pauline, Colleen, Judi, Anthony, Brett, and the rest of the Hope Classic Planning Team*

