



2007 TRANSCANADA CANADIAN 10KM CHAMPIONSHIPS TECHNICAL PACKAGE

Ottawa, ON, October 13th, 2007

Championships Information

Location: [Canadian War Museum](#), Ottawa, ON (Lebreton Flats)

Date: Saturday, October 13th, 2007

Website: www.transcanada10km.ca or www.athletics.ca

****NEW****

ATTENTION Elite Female / Women's Canadian Championship Competitors

In order to facilitate a true head-to-head Women's National Championship race, your race will begin 10 minutes before the Men's Championship and 'Run with the Champions' race. Race time for Elite Females and Women's National Championship will be 9:20 a.m.

Registration

This event is open to everyone. Only those registrants who are Canadian citizens and members of Athletics Canada will be eligible for Championship medals and prize money.

You can enter online at http://www.eventsonline.ca/events/transcanada_10k/

All entries and confirmation are the responsibility of the athlete (including carded athletes). Online registration will close after October 11th. You can register onsite October 12th & 13th.

Fees:

September 1 st – October 11 th	\$45.00
October 12 th & 13 th	\$50.00 (CASH ONLY)

Host Hotel

Marriott Ottawa

100 Kent Street

Ottawa, ON K1P 5R7

Tel: (613) 238-1122 or (800) 853-8463

<http://www.marriott.com/hotels/travel/yowmc-ottawa-marriott-hotel/>

Room rate is \$115 for single/double occupancy. When making your reservation, please ask for the Athletics Canada rate. To guarantee the rate, please book by September 21st, 2007.

Race Packages

Race packages (and late registration) can be picked up at the following locations & times:

Marriott Ottawa (Host Hotel)

Friday, October 12th

4:00pm – 8:00pm

Canadian War Museum

Saturday, October 13th

7:00am – 9:00am

Course

For a map of the course, please click [here](#)

The race starts in front of the Canadian War Museum, near Vimy Place. You then head east towards Booth St. You turn left onto Booth Street and head north towards Laurier (Gatineau). You will then turn right onto Laurier (using the right turn lane). The course then heads east on Laurier to the Portage Bridge. You make a right onto the Portage Bridge and head south back into Ottawa. Once across the bridge you will make a right onto Wellington and head out onto the Ottawa River Parkway. You will head west on the Parkway until you reach Island Park, in which you will turn around and head back to the Museum where the finish area is. The turnaround is 4 lanes wide at Island Park, and participants will be given warnings at 50m and 25m regarding the turnaround.

Award & Prize Structure for the Canadian 10km Championships

Prize money will be awarded to the top overall Canadian finishers. They must also have a current membership with an Athletics Canada branch association.

1st place male and female:	\$3,000 each
2nd place male and female:	\$1,500 each
3rd place male and female:	\$ 750 each
4th place male and female:	\$ 500 each
5th place male and female:	\$ 250 each

Standards (Related to Prize Money)

The following standard must be met at the championship race in order to be eligible for the full prize money. If an athlete that finishes in the top 5 does not meet standard, they will be eligible for 50% of the prize money.

Men:	31:00
Women:	36:00

Awards

Athletics Canada Championship medals will be awarded to the first three Canadian finishers in each event. Only those who meet the athlete citizenship and membership eligibility can be declared Canadian Champions and receive a medal, award, or financial recognition.

Award & Prize Structure for the Canadian Wheelchair 10km Championships

Prize money will be awarded to the top overall Canadian finishers. They must also have a current membership with an Athletics Canada branch association.

Open Class:

1 st place male and female:	\$1,000 each
2 nd place male and female:	\$ 500 each
3 rd place male and female:	\$ 250 each

Quad Class:

1 st place male and female:	\$ 500 each
2 nd place male and female:	\$ 250 each

Standards (Related to Prize Money)

The following standard must be met at the championship race in order to be eligible for the full prize money. If an athlete that finishes in the top 5 does not meet standard, they will be eligible for 50% of the prize money.

Men:	26:00 (Open) 34:00 (Quad)
Women:	30:00 (Open) 44:00 (Quad)

Awards

Athletics Canada Championship medals will be awarded to the first three Canadian finishers in each event. Only those who meet the athlete citizenship and membership eligibility can be declared Canadian Champions and receive a medal, award, or financial recognition.

Timex Road Racing Series

Canada's only National Road Race Series, the Timex Road Race Series, encompasses 9 series in all provinces across the country. Developed by Timex in 1989, in conjunction with the branch associations of Athletics Canada, the TNRRS has over 110 races with an excess of 140,000 participants.

The TNRRS reflects the growing popularity in 5 KM and 10 KM running as we continue to see the base of participation increase each year. The TNRRS is an integral part of the road running scene in Canada, designed for all runners from the beginner to the elite competitor.

The TransCanada Canadian 10km Championships will serve as the Timex Road Racing Series Finale. Prizing will be awarded to the Top 3 male and female finishers in the Timex race. There will also be a trophy for the Top overall provincial branch (top 2 men and top 2 women will score for each province)

Doping Control

Doping Control will be carried out at these Championships in accordance with Athletics Canada / CCES Policies.

Schedule of Events (Subject to changes)

Pasta Dinner

Date: Friday, October 12th, 2007
Time: 6:00pm
Location: Marriott Ottawa (Host Hotel)
Cost: Tickets are \$25.00 and are limited.

Race

Date: Saturday, October 13th, 2007
Time: 8:45am – Canadian Wheelchair 10km Championships
9:20am – Elite Women Start
9:30am – Elite Men and Mass Race Start
Location: Start and finish at Canadian War Museum

Awards will follow after the completion of the race.

Medical and Therapy Facilities

The race will have Emergency Medical Services available on site as well as first aid. Massage services will also be available.

Parking

Parking is available at the war museum. Please visit <http://www.civilization.ca/visit/cwmlocatione.asp> for details.

Athletics Canada Members

To become an Athletics Canada member and have the right to be awarded the title of Canadian Champion and receive prize money, please contact your provincial branch. See a list of branches at: <http://www.athletics.ca/page.asp?id=14> or directly with Athletics Canada at (613) 260-5580.

Athlete Citizenship Eligibility

The following athletes are eligible to compete in National Championships:

- Canadian Citizens who are Athletics Canada members;
- Only Canadian Citizens are eligible to be declared Canadian Champions and receive a medal, award, or financial recognition.

Non-Canadian Citizens

The following non-Canadian citizens are also eligible to compete:

Note: Non-Canadian citizens are not eligible to be declared Canadian Champions and receive a medal, award, or financial recognition.

1. Canadian Permanent Residents (Landed Immigrants) who are Athletics Canada members and full-time residents of Canada;
2. Non-Canadian residents who are claiming refugee status, and foreign athletes who are temporary residents of Canada due to business, study or family reasons, providing that they are Athletics Canada members and have been resident in Canada for at least six months prior to the date of competition
3. Foreign athletes who have been invited and, at the entire discretion of the Director, National Team Programs (smacdonald@athletics.ca) have had their applications accepted

Race Inquiries

For any race inquiries, please contact Nicole Clarke at nclarke@athletics.ca or at (613) 260-5580 ext 3309.