

Start Line

Main Street north between Sealed Landers Park and the Lakelawn Motel, Yarmouth NS (just down the street from race check-in @ NSCC)

Finish Line

NSCC Burrigge Campus
372 Pleasant Street
Yarmouth, NS

Shower and washroom facilities available with ample parking at NSCC Burrigge Campus.

Registration

Three options to pre-register:

1. In person: Runner's Attic, Main St, Yarmouth by 5 pm **Friday May 3, 2019**;
2. On-line: www.raceroster.com by midnight **Friday May 3, 2019**;
3. Snail mail: Mail cheque to Yarmouth Marathon, c/o 6 Seminary Street, Yarmouth NS B5A 2B4 to be received no later than **April 30, 2019** (please do not mail cash!)

On race day you can register between the hours of 6:45 and 7:45 am.

Make cheque payable to: Yarmouth Marathon

Race Kits

1. Race kit included in registration fee if registered by **May 3, 2019**.
2. Technical race shirt deadline is midnight **April 5, 2019** to ensure you receive a race shirt.
3. Race kit pick-up available **ONLY** on race day morning 6:45 – 7:45 a.m.

Website: www.yarmouthmarathon.ca
Questions? Want to volunteer? Email us:
yarmouthmarathon@gmail.com

Registration Fees

5k \$20 (\$10 age 12 and under)
10 \$35
Half \$50
Full \$60
Relay \$30 per person
Virtual Run: based on your choice of distance, above fees apply.

Relay Team Full Marathon

Runners are responsible for their own transportation to and from their start and finish points. Minimum of 2 persons on a team, choose your own distances to cover the full marathon distance.

Water & Refreshments

Water stations throughout route and approximately every 3k. Refreshments at the finish line.

Facilities

Portable toilets are available on the route.

Prizes/Awards

Awards for different male and female categories and many draw prizes. Being a major fundraising event we have chosen to keep costs at a minimum, therefore there will not be race medals. We realize this is disappointing for some however the cost incurred is significant and the monies saved are contributed to the fund. Thanks for your understanding!

Important: The 10k, half and full events are for individuals over the age of 12. The 5k is for all ages but children age 12 and under must be accompanied on the run by an adult. Participants are invited to run and/or walk. No wheels allowed (i.e. strollers, bicycles, etc).

BEAN THERE RAN THAT

May 5th 2019

Please print:

Name _____

Mailing Address _____

Female Male

Email _____

Phone _____

Shirt Size - circle one only

Youth: M L
Adult Male: XS S M L XL
Adult Female: S M L XL

- Event: 5k \$10 (age 12 and under)
 5k \$20 (over age 12)
 10k \$35
 Half \$50
 Full \$60
 Relay \$30 per person
 Virtual Run: Select your distance

above, choose shirt size (if before April 5, 2019) and add \$5 if you require the shirt to be mailed to you.

Birthdate _____
Month Day Year

Age on May 5, 2019 will be _____

In consideration of your accepting this registration, I hereby for myself, my heirs, executors and administrators waive and release any and all claims of damage I may have against the organizers and sponsors of this event, for any and all injuries or losses suffered by me at this event. I take part in this event entirely at my own risk.

Signature _____

Must be signed by parent or guardian if under age 18.

Date _____

I do not wish to have my name and personal information published in race results for the media and/or website.

Join in the fun!

Yarmouth's 9th Annual "Bean There Ran That"

5k

10k

Half Marathon

Full Marathon

Team Relay

NEW! Virtual Run

The Virtual Run (or walk) is new for 2019! If you aren't able to attend in person just register for the distance you'd like to do, get a shirt (if registered by the deadline of April 5th) and run your event from home, on a treadmill, outside, at your own pace from anywhere in the country...or the world!

Proceeds to the Yarmouth Hospital Kidney Dialysis Unit

1 in 10 Nova Scotians suffer with kidney disease. Residents of Shelburne, Yarmouth and Digby Counties can access kidney care services at Yarmouth Regional Hospital. Many patients receiving hemodialysis travel to hospital for their dialysis three times a week. Monies raised during this event support kidney dialysis patients in our community.

Community helping community!

To date the Yarmouth Marathon has donated over \$36,000 to support the many needs of dialysis patients and their families in South West Nova Scotia.

Course Description

This route is by far the freshest, most scenic and beautiful route in Yarmouth County. The route is relatively flat with a few small hills and will be well marked. All runners will head out on the same route toward the Yarmouth Lighthouse along the picturesque Lighthouse Route. The route is along the back of Yarmouth harbour.

5K - turn at the designated mark on the Grove Rd

10k - turn around at the designated 5k mark just past the Overton ball field.

Half - will pass the Fishermen's Monument and go through the small fishing village of John's Cove, past John's Cove beach to the turn-around at the lighthouse and will return along the same route to finish on a hill (Hibernia Street) leading to NSCC Burrige.

Full - follow the same route as the half and turn around on Vancouver St and run back to the lighthouse and return to town (2 loops). Once back on Vancouver St runners will finish by going south on Main St, turn left on to Herbert St, up to Pleasant St and turn left to finish at NSCC Burrige.

PLEASE NOTE:

- All runners must present themselves to check-in/ registration at Burrige Campus on Sunday May 5th 2019.
- All runners start at the same time and location on Main Street (see start line information).
- All runners finish on a hill (Hibernia Street) leading to Burrige Campus with the exception of the full marathon and relay teams.
- Support is available for 5 hours after the start. After 1 pm all remaining runners will be given a reasonable chance to finish the marathon with minimal support and traffic control.

Yarmouth, Nova Scotia

**9th Annual
5k, 10k, Half Marathon,
Marathon, Team Relay,
and **new!** Virtual Run**

A Boston Qualifier

**REGISTER BY March 31st FOR A
CHANCE TO WIN BACK YOUR
REGISTRATION!**



YARMOUTH MARATHON
Charity Event for the Yarmouth Kidney Unit

MAY 5th 2019

8:00 a.m.

NSCC Burrige Campus
372 Pleasant Street, Yarmouth, NS

Come run THE BEAN!