

NOT SINCE MOSES 10K : 5K

Tips for the 2015 Not Since Moses

Welcome!

Hello, keen new runners and welcome back to our many excitable Moses fans. We are so thrilled to be back, offering you another fantastic 5K walk-run and 10K run this summer. The tide gods play in our favor this year with a perfect August 2nd run date! To assist you with your run weekend planning, below are some very important tips for you. Even if you've done our run before, please read this entire notice, as several things have changed since our last race.

1) PRIOR TO RACE DAY

Bib & shirt pickup: Advance Options

If at all possible, please try to pick up your race kit (consists of chipped bib and race T-shirt) in advance. With an event as big as ours, it helps our volunteer reg team HUGELY and makes for a much easier race day experience for you when kit pickups are reduced to an absolute minimum on race day.

Option 1 - SATURDAY PICKUP in Five Islands

Date: Saturday, Aug 1

Location: Mo's in the village of Five Islands (on Route 2)

***Note that Mo's is not operating as a restaurant/lodge this year but will be open for kit pickup only.*

Times for Saturday KIT Pickup at Mo's: 10 am to 8 pm

****NOTE**** if you pick up your kit at Mo's (includes bib & T-shirt) you will NOT have to wait in line on race day; instead, you can hop aboard the Ball Field buses right away on race day and head to the Start locations. Nice, eh?

Option 2 - RACE DAY PICKUP in Five Islands

Date: Sunday, August 2

Location: Ball Field (where all the parking will be for both runs this year)

Times for race day Kit Pickup: 5:30 am to 6:30 am, then you've got to get aboard the Ball Field buses to get to your Start locations in time!

Pre-Registration still open

We still have a bit of room so your friends can register online through Friday, July 31 (notsincemoses.com). The cost to register up to July 27 is \$50 (+ HST), but after July 28 is \$75.00 (+ HST). Note that, due to the need to dedicate our planning team to the important task of run logistics, there will be NO race day registration accepted.

Only the youth, who are participating in the Basket Runs, can register right up until race time that day for \$10.00 (+ HST).

Note: You must be able to RUN the 10K in order to do it in time (before the tide comes in). For safety reasons, all participants who are WALKING or RUNNING-WALKING must do the 5K, not the 10K. Both courses are gorgeous!

Volunteering for Moses

Lots of questions about the options for volunteering at this year's run. With a course like ours, we're sure you can imagine that we need a huge number of volunteers to assist. If you are a friend of a runner, or a spectator, we'd appreciate any help you can offer.

Volunteer jobs, with time commitment needed, include:

- Saturday reg table at Mo's in Five Islands, if you can give us an hour or two, it would be appreciated (between 10 am and 8 pm), giving out kits & bibs.
- Sunday reg table at Ball Field (you'll be finished just as the run starts and will have lots of time to get to the course to see the runners on the course and conclude the run)
- Base camp/finish line helpers - to cut & serve bananas, to serve water, assist with kids' runs, cheer runners across the finish line. You can finish when your family member or friends finishes the run.
- 5K course monitors - fit and able-bodied people to go out on the muddy course with our team captains to monitor the runners and help them find the course in the mud! You'll walk (or run) out on the course an hour ahead of the start time and walk (or run)

in right after the last runner passes. This one ideal for 5K runners, as you get to do the course.

- 10K course monitors - need to be really fit for this and able to run at least 7k as you will want to walk (or run) out to your position an hour before the run starts, then run in after the last runner goes by. This opportunity ideal for 10k+runners.

If you are able & inclined to join our team, you'll be rewarded with a fabulous, special edition Not Since Moses 2015 volunteer T-shirt, as well as plenty of laughs and great memories. Register as a volunteer on our website: <http://www.notsincemoses.com/volunteer.html>

August 1 - Five Islands Geology Presentation 7:00 pm

Are you curious about the geology of the Five Islands Provincial Park and surrounding area? Join us the night before the Not Since Moses at the Five Islands United Church on August 1st at 7 pm, as geologist Dr. John Calder explores the terrain for which this area is so famous.

He will share the story of the mass extinction that led to the beginning of the dinosaur era, of traces of large lakes and sand dunes, of times of immense heat with huge lava flows and of the deep chill of the Ice Age.

The story is written in the cliffs that loom over you as you walk the beach or run the Not Since Moses route. **And, if you can't travel this route, this is your chance to experience it.**

Dr. John Calder is Senior Geologist with the Nova Scotia Department of Natural Resources and an avid photographer. Sponsored by Nova Scotia Department of Natural Resources and the Not Since Moses run. Contact Carol Corbett at [902-254-2611](tel:902-254-2611) or email moseshelpers@gmail.com

“NEW” this year - Professional Run Photos

Well, now that we are 8 years into the run delivery business we must have finally made the big leagues. We are honoured, and slightly shocked, to report that Marathon Photos, the leading photographer of major running events world-wide, is including us in their 2015 event roster. They heard about Not Since Moses, got excited and this year will send a crew out onto the course and at the start/finish line. Why not? The scenery, the drama, the wild enthusiasm of our runners. We assured them our runners will buy way more photos than usual because they want to show family, friends, lovers, creditors and probation officers their guts and glory.

You need do nothing. As with other runs, you will be emailed links to shots of you and can decide if you want to buy any. We experienced runners have never regretted buying a photo from an event but we have regretted not buying. Weighing a few dollars against permanent recorded history...especially when it's so difficult to take a camera on a wet & muddy course....well, it is a no brainer!

We're excited to have this option for you. Let us know what you think!

2) HOW & WHEN TO GET TO THE RACE

How long does it take to get to Five Islands?

From Halifax

Minimum travel time (no stops) = 2 hours and 15 minutes from downtown Halifax.

Directions: take highway 102 north to Truro and just past Truro, where it splits, go left toward Amherst on highway 104. At exit 12, marked to highway 2, get off and on passing over the highway, at the Masstown Market intersection, turn right. After a few kilometers turn left onto highway 2 toward Parrsboro and keep going. After the Economies, the road climbs Economy Mountain. You descend into Five Islands. After passing Mo's on the right, you will see ahead the ball field on your left, turn L into the ball field.

Those returning to via Masstown, please stop at Masstown Market (maybe wearing your run shirt), buy some stuff and thank the cashier or clerks for their support of the run. They have helped over the years and this year donated 1000 bananas and water.

From Moncton

Minimum Travel time (no stops) = 2 hours from Moncton, or 1 hrs 15 mins from Amherst

From Moncton, take the 104, take Exit 4 heading toward Nappan on Southampton Road over the marsh, Southampton road ends on Route 302, turn R onto route 302, which you will stay on Southampton village (about 20 mins away) until it becomes Route 2 with signage toward Parrsboro. After 20 minutes you'll be in Parrsboro, bear a sharp Left at the Irving Station, staying on Route 2 toward Truro. Five Islands is 20 minutes from Parrsboro. First section is forest but it will come out on to the Fundy Shore...you're not lost! You'll pass the coast where you can see the islands, then watch for Dianne's Restaurant and all parking is at the Five Islands Ball Field (shortly after Dianne's on your Right).

“NEW” Race Parking & Busing instructions

This year we have arranged for ALL CARS to be parked at the ball field right in Five Islands, on Route 2, near Mo's. This includes 5K walker-runner vehicles, 10K runner vehicles and ALL spectator vehicles.

We will ALL PARK in the massive field behind the ball field and everyone will be bussed to the two start locations.

Wharf Road, leading to Sand Point will be **barricaded and completely closed** to the public, restricted for use (by parking pass) Wharf road residents only.

IMPORTANT: plan carefully to arrive at the Ball Field by 6:30 am AT THE LATEST on race day. We can't hold back the tides so please don't drive a long way, then arrive too late.

Both the 5K and 10K run start time is 7:45 sharp.

10k and 5k BUS route info

For the 10k, the bus takes you from the Ball Field up over Economy mountain down to the Soley Cove start. Port-a-potties will be at the pickup site and more will be along the forest path above the start area. There is a staircase down the cliff to access the beach.

For the 5k registrants, the bus takes you 2 km down Wharf Road to the start at Sand Point, which is accessed through Sand Point Campground. There will be port-a-potties there for use. There is a short set of stairs the beach's start-finish line. Viewing is great on the grassy knoll above the beach.

Note that Sand Point is also the finish line for both the 5K and 10K. All spectators should go to Sand Point via the ball field buses.

After the runs, buses will return all 10k, 5k and spectators from the finish line at Sand Point to their vehicles in the ball field. **The FIRST BUS LEAVING from the Sand Point Campground finish line area will leave at 9:45 am.** If you need to leave before the first bus, it is a pleasant 2K walk/cool-down run from Sand Point back to the Ball Field.

Dropping off your stuff

5K Walkers & Runners

Take your pack with you aboard the buses to the 5K start. You can leave a bag of stuff (food/drink, clothes) in the building at the Sand Point base camp. We will work with surname A on the left through Z on the right, for your ease of pickup later.

10K Runners

Leave your bags at the bus pickup area in the ball field and we will transport them to the finish line Sand Point storage building, separated from the 5k bags, if things go well.

3) COURSE INFO

Drinking Water on the Course - We need your help!

In past years, we've experienced a ghastly problem with far too much litter on the course. Runners need to understand that this is not a typical race where there are trash cans and garbage trucks nearby to quickly collect discarded empty water bottles.

We REALLY NEED you to either:

- a) carry your own water (ideally) throughout the course
- b) or, if you are drinking from one of the water bottles we provide, please make the effort to deposit your empty plastic bottles directly INTO one of the garbage bags that our volunteers are holding on the route. Volunteers are wearing electric green shirts to help you see them!

The fact is: our volunteers simply do not have time to run around the vast expanse of the ocean floor to gather up 1000+ loose plastic bottles before the tide comes in.

We know that all our runners want to be respectful of the pristine environment where we are running so we are asking you all to PLEASE HELP by depositing your empty bottles and garbage in the hands of our volunteers.

Due to the crazy mixed terrain, it is impossible for you to make your personal best time anyway so please take a second to hand us your trash: **do not drop bottles** on the course. We really appreciate your cooperation and assistance here!

And, about that mud....

We re-routed the course this year to minimize our impact on clamming fields. There is still lots of mud, barnacles, sand and rocks. For those who haven't developed mud techniques, keep two things in mind: fun and pleasure. It is fun to skate/ski across slick mud, keeping your weight forward on your toes; and when the fun wears off you are left with the pleasure of mud holding your foot, maybe thigh, certainly your shoe. People pay lots of money for clinging mud baths. Here it is included in the registration fee!

“NEW” Plan for Muddy Shoes

Last time we offered to collect them muddy running shoes to distribute to people in need. It didn't work. We still have shoes from our last run. No charity would take them without thorough cleaning. So, this year, we are asking everyone to bring a grocery bag to plan on hauling your muddy shoes home. Our finish line area at Sand Point Campground is a private campground and it is too stressful on the limited local water supply to beg the use of a hose for 1000 pairs of shoes. So please plan to take your own shoes back. By the way, they will actually clean up nicely if soaked at home in a bucket of warm soapy water -- it's 'good clean mud' - truly your shoes aren't ruined forever!

Distances and their mythology

Everyone knows about relativity. By necessity it happens in our course lengths. We do as careful a job as can be. First we boat over the course and using a gps drop weight markers at each kilometer and at the water stations. Then two days before and on the day before we will run the course with gps watches and adjust the markers as we pound stakes to guide volunteers. So the courses should be exactly 5 and 10 kilometers in length.

Sounds good. But the tides are so strong that sometimes by our low tide on Sunday morning the course gets adjusted. The Tide Boss being beneficent usually shortens the length.

Personal best time?

If you want a PR, this is your run. That is, if a personal record for slow is your goal.

Do take it easy. Most the course is clear sailing on packed sand but lots of it is sea bed small rocks, some sea weed, a dash of ice slick mud. Due to these varied hazards, and the reality that random rocks and shells buried in the mud, **no bare feet** are permitted on the course.

Note, for your trip planning, Mo's Cafe in Five Islands is no longer in operation. There are other restaurants in Five Islands and there is the mini-Masstown Market also in Five Islands. Otherwise, Parrsboro (20 minutes W of Five Islands) has the nearest restaurants and grocery store, and there are a couple of corner stores on the road from Masstown to Five Islands.

Children & Pets

We are not able to supply child care. Dogs are absolutely not permitted on the course. Unfortunately, we are 'all hands on deck' with our 80 local volunteers for other essential tasks so we are not able to provide pet care while you run.

First aid

Our medical team is great again this year: Canadian Ski Patrol is providing volunteers who will be stationed at the 5K mark, at the 2.5K turn around, at the finish line and at a first aid station inside the building at Sand Point base camp.

4) WHAT TO DO AFTER THE ADULT RUNS CONCLUDE

Basket Run for Youth

At 9:30 am, after most of the 5K and 10K runners have crossed the finish line, we start the children's runs, known as the Basket Runs. Do plan to stay to cheer on the kids and to watch their pure, enthusiastic enjoyment of the mud!! First kids' run is the 100 meter crew, a good number of toddlers included. Immediately afterward the 500 and 1000 meter runners take off. It is a memorable sight to see the kids really pushing it and fully embracing the mud. They seem heroic out there. The course is laid out from the 5K start area, looping along the shore then into the sea bed, finishing with a section of mud and short uphill to the finish. Do stay to cheer these keen little runners on!

Music

We're pleased to provide music by two local bands, at the finish line at base camp in Sand Point Campground. We've built a stage which will be on the edge of the campground overlooking the start/finish/basket run beach area. Stay for the music, the stretching, the view of the tide coming in over the course!

Food and drink

Please bring your own food on race day. We will have bananas and water but you are on your own for additional snacks. We suggest that the perfect experience is to do the run, then settle in along the bluff above the course for a picnic for a couple hours to watch the tide come in over the course you just ran on. Alcohol is legal in Sand Point campground (base camp above the finish line) although not sold on site. So don't rush off after the race...stay...breathe....enjoy watching the splendor of the tide coming in! Buses will continue to run for a couple hours after the run so there is no rush to leave the beach at Sand Point.

And one final thought....

*If you can fill the unforgiving minute
With sixty seconds' worth of distance run----
Yours is the Earth and everything that's in it.....*

Rudyard Kipling