

July 1

Ready?

We are about there. So start tapering from your intense training regimen. Pasta, beer, couch time, the Saturday keys to a great Sunday.

At our end, things are all in place, on paper. This is one complex operation, with (as you know too well) lots of zigs and zags even in the last week. There are so many moving parts: course design, registration, volunteer assignment, sign-in, parking, water, start/finish, on-course support and, thank heaven, food, music and poetry. Thanks for staying positive.

Actually I wish you could have joined us today as we measured and marked the course. As we were doing it with GPS help, very precisely though maybe a meter or two short for the 10K, we watched on the depth finder lots of bass, chad, flounder and unidentifieds swimming in the 40 feet of water right below us. We heaved bundles of metal stakes overboard along the route. They will be pounded into the seabed tomorrow morning at low tide to mark where volunteers will be stationed. Great fun. It was difficult for us to imagine you running there, below the boat. But, you get to.

Here is some more info (sorry about the smothering of you this week with details but it does help us if you are more or less informed about this strange and wonderful event.)

Saturday.

You can pick up your bib and shirt at MO'S, the café/book store/gallery/hostel in Five Islands, from noon until 9ish. If you do that, it will help us thin the sign ins on Sunday. You will get your timing chip (if you want one) on Sunday.

Saturday evening at 7 at MO'S the volunteers will meet to discuss their awesome assignments, including some folk leaving shore at 5am to drop off and stay with drinking water supplies and trash control gear.

By the way, never, guaranteed, never will you experience a water station like the one at the turn around for the 5k course (the 7.5 km mark for the 10k). You will see sitting on the sand ahead of you a beached boat, with your water in it. And, just a couple of hours later, we will use it to haul all trash to shore.

8k.

When arriving in Five Islands, you 8kers will park along Wharf Road, on the right side of the road, leaving plenty of space for emergency and support vehicles. There will be Army volunteers there to help. If not, pull up behind the car that just parked ahead of you.

You walk from there to the end of the road. A beautiful walk but it might be as long as a mile.

The earlier you arrive, the closer you will be to the start area. Check-in starts around 7am.

If you are coming from the Truro side of things, you may well see a line of cars on the highway, past Mo's and before you get to Wharf Road. These will be 10k people, pulling into the ball field for their parking. You will pass them (try the right side where there are fewer head-on collisions) and continue to Wharf Road which should have no line of cars since the parking is further down the road toward the start.

If you have a mix of 5k and 10k runners in your car, I suggest you let out the 10k runners at the 10k parking area (if coming from the east) or, if coming from the west, at the start of Wharf Road and they can walk from there just down the road to the 10k bus takeoff area.

10k.

You 10kers will have more excitement. The field where you **park** will be easy to spot. After you pull into the entrance, you will, with some luck, be directed to park in rows, the first row being along the far fence parking headed toward the fence, then another row this side of it, leaving room for pullout later. It is a big enough field to handle all our cars, just try to park as efficiently as you can.

From the ball field **buses** will take you, starting at 6:30 am, to your start area in Soley Cove, about a 10 minute ride. When you get off the bus, you will walk, with guided direction if all is well, on a dirt road for a couple hundred meters to a driveway called Chowder Lane, then 50 meters to a path leading to the steps (made fairly sturdy as of yesterday) down to the start area.

The start area is pure nature, nothing but beauty; ie, no **toilets**. So keep this in mind when you see the port-a-potties at the parking area.

You get your **bibs and chips** at the parking area. You get your **shirts** after the run, at Sand Point unless you picked them up Saturday at MO'S. Logistics, for us mainly but also probably you, work better picking up your shirts after the run.

You can **drop a bag** at the parking area and we will get it to Sand Point for your use after the run. You will easily find the bag drop area; finding your bag among the others, well, maybe not too tough. We will try to spread them out so each is visible. For sure, a nice idea.

The buses start moving at 6:30 and will continue their loops until the **last bus** leaves at 8, just in time for the 8:30 start. If you are not parked and checked in by 8, you are toast. Sorry. Of course all may go wrong with the shuttle operation and in that case we may have to hold back the start some but given humans place in the universe we don't have much leeway delaying the run's start. We are treading on a seabed after all.

Post run schedule.

Runners will be finishing at Sand Point from 9:15 or so until 10:30. Water and bananas will be at the finish line. Then walk up to the action area.

At 10:30 the Basket Run will start. This year nearly 200 kids are signed up. Do watch this. Really inspiring. You think you worked hard? Watch these kids work. Mud sprints.

Then we hear freshly baked poetry stirred up while running the course.

The Island Boys will play from then on.

Food.

The volunteer fire brigades of Parrisboro, Five Islands and Economy will feed us. Your run shirt is your meal ticket, just show it. Food is available to non-runners for \$5; pay that to the Enforcer at the head of the line.

The meal is a hot something (meat kabob, burger including veggie, hot dog, sausage); fries or a salad; and a drink. This is the first time we have tried this so stay calm, listen to the music, tell tall tales to each other. Food begins around 11 and continues through 1.

Please do not be shy about bringing your own stuff to eat and drink, especially to drink since, though we have bought 2000 bottles of water, I can't predict how fast they disappear on the course and at the finish. Plus bringing beer and wine is legal this year.

Child care during run.

Besides Commander Brian Hammett who stepped up early to volunteer, we have two helpers for him so your kids will be well handled, that is, well managed during your run if you choose to leave them.

I hope that covers it. Except to add:

Go for it.

Have enough fun to remember

for the rest of your life.