

Race Day Parent Guide

Welcome to the Ottawa Kids Marathon! The Kids Marathon is the first race of the weekend to kick off Canada's largest running race with a bang. We want to make sure that you have all of the information to feel organized and comfortable heading into the weekend!



Before you get there

- **Does my kid get anything ahead of time?** Kids participating through their school will receive their race bibs and a free special edition Kids Marathon shirt through their teachers. Kids who were registered online will get the same items when they visit the [Expo](#) before the race (where bib pick-up takes place).
- **What is a “bib”?** A bib is the piece of paper with the number that your kid will wear for the race. It has a timing chip on it that allows the timing to work. The bib also has some information about starting waves and where to meet afterwards.
- **Does my kid need to wear the shirt?** Nope! Your kids can wear any shirt they'd like, but we'd love to have them show off the shirt onsite! They should be sure to wear appropriate running shoes though!

- **How to get there?** All races will take place on a closed race course. This means lots of closed roads and fencing. We encourage using public transit where possible to avoid congestion downtown, but anyone driving should plan to park and then walk to the event site. [There is some helpful information here](#). Google Maps and Waze will show the road closures in real time. *Getting there early is easier than later!*



What to expect when you get to the race

Tamarack Ottawa Race Weekend is all based around [Confederation Park and the space in front of City Hall on Laurier](#). There will be lots of tents, music, and other kids ready to have fun and race!

- **How many people will be onsite?** With about 1900 kids in the race, plus teachers, friends, family, volunteers, and other spectators. You can expect a busy and lively environment! You'll want to plan meeting spots ahead of time if you are coordinating groups.
- **What does it look like?** When you get there you should hear music, see lots of tents, and see fencing to indicate the race course. There will be signs and volunteers helping to direct people to the start line. The startline will be on Elgin towards the courthouse.
- **Is there any entertainment to see before the race?** Yes! Ottawa is home to many mascots and they like to race too! Before the kids race, they are encouraged to come and cheer on their favourite mascots as they challenge for the ultimate bragging rights. The mascots will race around 12:45pm. There will be food and drink vendors onsite.
- **Who can I ask for help?** If you have any questions while onsite or need help, look for someone with a yellow volunteer shirt. *Make sure the kids know to go to volunteers or police first if they get lost!*

The Race

- **Do all of the kids start at the same time?** No. Different from past years we will be starting the race in waves of about 400 kids. Waves are based on age as much as possible, but schools will all start together in the same wave.
- **How do I know which wave my kid is in?** The wave is indicated on the bib that your kid will receive through their school.
- **How do the waves work?** There will be 5 waves to the Kids Marathon. The first one (oldest), will start at 1:00, and then the next ones will go every 10 minutes.
- **How long does the race take?** The race is 1.2km long, which should take most kids about 6-7 minutes to complete.
- **Where does the course go?** The start line will be on Elgin St, it will do a loop, and kids will finish on Laurier. [See the map.](#)
- **Can I run with my kid?** No. Parents cannot run with their kids (exceptions are made for parents of kids with disabilities). The only adults who are allowed on course are teachers who have registered in advance to run with the kids from their schools (wearing bright shirts). The course is completely closed and safe.
- **Since I can't run, where can I watch?** With the race being so short, we recommend picking one spot along the course to watch from. This could be the start, finish, or a point along the course. [See the map.](#)
- **Where do I meet my kid after the race?** Kids crossing the finish line will be directed towards the recovery area and their medals. *Be prepared for this to take a few minutes until they get to the meeting area.* The recovery area will have snacks. The recovery area will be fenced in for this event with the access points monitored by volunteers. **There will be big colourful flags to help as meeting points. Parents will be allowed in to meet their kids and are encouraged to discuss the coloured meeting spot in advance.** No kids will be allowed to leave unless accompanied by a parent or guardian.
 - We encourage you to take a picture of your child wearing their bib before the start. This can be helpful if you need someone to help find them in the crowd.
- **What if I really can't find my child in the finish area?** *Please have your cell phone turned on and make sure that your number is written on the back of the child's race bib* (if not already the emergency number). A staff or volunteer will call that number if a child is having a hard time finding their parent at the finish line.

SEE THE MAP ON THE NEXT PAGE



