

BMO



OKANAGAN MARATHON



Family Festival Weekend

RACE GUIDE 2008

14th Annual BMO Okanagan Marathon

In support of Sunshine Foundation: *Dreams for Kids*

42.2K Marathon Walk/Run, 21.1K Walk/Run,
10K Walk/Run, 5K Fun Walk/Run, Friendship Walk/Run,
BMO Kids Run for Kids & Sports Expo

October 10,11,12 – 2008

City Park, 1600 Abbott St, Kelowna BC



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VOLUNTEERS NEEDED
No Experience Necessary

Call 250-868-1972
okanaganmarathon.ca

Or drop-in at Volunteer Night
6 pm, Thursday, October 9
Main tent at City Park





Traffic Info

- All roads on course remain open to local vehicle traffic but shared with runners/walkers
- Police will be at all major intersections and volunteer marshals at those intersections which are less busy
- Traffic is controlled by police on the course when runners are on it
- Runners have the right of way at all times
- Directions from RCMP, traffic marshals must be obeyed at all times
- Traffic fines are double for violations on the race course

Please drive slowly and carefully

Thank you for your patience and support

ALTERNATE ROUTES

- Clifton Road traffic use Sonora/Broadview/ Glenburne/Glenmeadows
- Traffic can cross the course in breaks of runners/walkers
- SB & NB Glenmore can pass through High Rd./Summit Dr.,

DELAYS ARE TO BE EXPECTED

COMPLETE CLOSURES FROM 6:30 A.M. TO 9 A.M.

- Abbott Street from Leon to Bernard Avenues.
- Bernard Avenue from Mill to Richter Streets.
- Richter Street from Bernard to Clement Avenue.

COMPLETE AND PARTIAL ROAD CLOSURES FROM 7 A.M. TO 2 P.M.

- Water Street from Cawston Avenue to Ellis Street open to northbound traffic only.
- Clement Avenue from Sunset to Richter open to eastbound traffic only.
- Clement Avenue from Richter Street to Gordon Drive will be closed to westbound traffic.
- Clement Avenue from Gordon Drive to High Road will have two-way traffic on the south side – use caution.
- High Road from Clifton Road to Glenmore Road, eastbound traffic only.
- Clifton Road from Clement Avenue to High Road, open to traffic – expect delays.
- Summit Drive from High to Valley Road is open to eastbound traffic only.
- Valley Road from Summit Drive to Yates Road is open to northbound traffic only.
- Valley Road from Yates to Cross Roads is open to southbound traffic only.
- Valley Road from Union Road to Cross road – closed completely.
- Valley Road from Union to Curtis Road is open to southbound traffic only.
- Curtis Road from Valley to Sexsmith Roads is open to northbound traffic only.
- Mail Road from Longhill to Sexsmith Roads is open to northbound traffic only.
- Longhill Road between Valley and Mail Roads is open to eastbound traffic only.
- Sunset Drive closed at Clement Avenue.
- Richter Street north of Clement is open to northbound traffic only.

Visit 'DRIVEKELOWNA.CA' for detailed traffic information

Visit 'BUSONLINE.CA' for the most up to date transit schedule

**2007 BMO OM MAKES BRANDON'S DREAM TRUE!**

Fourteen-year-old Brandon of Cranbrook, BC is a huge wrestling fan. His Sunshine dream request was to attend a WWE match in California to meet his favourite wrestlers. With support from the BMO Okanagan Marathon, Brandon's dream recently became a reality!



When he arrived on the WWE set, Brandon was thrilled to discover his wrestling heroes, John Cena and Jeff Hardy, waiting for him. They were warm and friendly, encouraging him to ask as many questions as he liked. Another unexpected thrill was his chance meeting with Hollywood actress, Lindsay Lohan, who was visiting the set.

When Brandon returned home, he was a star at his school! He will never forget his Sunshine trip of a lifetime. Thanks to everyone involved with the BMO Okanagan Marathon for brightening the lives of kids like Brandon who are challenged by severe physical disabilities or life-threatening illnesses. *Together*, let's make more dreams come true!

Schedule of Events - City Park, 1600 Abbott Street**Thursday, October 9th****6 pm • Volunteer Orientation Night**

Free pizza and T-shirt; draw prizes

★ Walk Up registration welcome

Friday, October 10th**4 pm - 8 pm • Race Kits Pick-Up; Walk-Up Registration; Sports Expo****Saturday, October 11th****8:30 am • Friendship Walk/Run and Fashion Show**

Enjoy an easy 3K walk/run along Kelowna's waterfront with John Stanton

9 am - 6 pm • Race Kits Pick-Up; Walk-Up Registration; Sports Expo**9:30 am • 5K Fun Walk/Run****10 am - 2 pm • BMO Kids Fun Zone (FREE FAMILY ACTIVITIES)****12 noon • BMO Kids Run for Kids begins at the Start/Finish area**

Free 1.6K Fun Run for Kids and their families. Free beverage and snack for all participating kids. All kids receive a medal. Lucky draw prizes after the event.

Sunday, October 12th**(ABSOLUTELY NO PARKING IN CITY PARK ON SUNDAY)****6 am • Bag Check Opens, Last minute Race Kits Pick Up****7 am - 2 pm • Sports Expo****7 am • 42.2K Marathon WALK/ 21.1K WALK****7:30 am • 10K Walk/Run****8 am • 42.2K Marathon RUN/ 21.1K RUN****10 am • Awards 10K Walk/Run****11 am • Awards 21.1K Walk/Run****1 pm • Awards 42.2K Marathon Walk/Run**

★ Please be at the park a minimum of 30 minutes prior to your event

Event Rules

B.C. Athletics road running rules apply. It is the responsibility of athletes to be familiar with these rules. For Sunday events, no running strollers, roller blades, support vehicles, escort runners or cyclists allowed. For Saturday 5K Fun Walk/Run, strollers are welcome. Headphones or any other personal listening devices are discouraged.

The entire BMO OM race course will be marked with orange traffic cones. Athletes MUST stay within the traffic cones unless otherwise directed by an BMO OM official or course marshal. Be aware that the board walk and brick work section of race course is uneven. See race course map.

BMO OM Medical personnel and officials reserve the right to remove any athlete from the race judged to be physically incapable of continuing without health risk.

A Chance for Volunteers & Participants to WIN!!

All volunteers and participants of the BMO OM are automatically entered to win great draw prizes including 3 nights accommodation with 3 days skiing for 2 people at Big White Resort and 2 nights accommodation with 2 days skiing for 2 people at Silver Star Resort. The Winners will be announced at the award ceremony, 1pm, Sunday Oct. 12th

**Race Start Times****Saturday October 11**

9 am - Friendship Walk/Run

9:30 am - 5K Fun Walk/Run

12 noon - BMO Kids Run for Kids

Sunday October 12

7 am - 42.2 Marathon WALK/
21.1K WALK

7:30 am - 10K Walk/Run

8 am - 42.2 Marathon RUN/
21.1K RUN

Sports Expo

Friday 4 pm - 8 pm

Saturday 9 pm - 6 pm

Sunday 7 pm - 2 pm

Race Kits Pick Up

Friday 4 pm - 8 pm

Saturday 9 pm - 6 pm

Bag Check

Opening at 6 am

BMO OM labelled - St. Hubertus Souvenir Wine

- Available at Sunshine booth
- \$20 per bottle, all proceeds to Sunshine Foundation

Washrooms

- Provided at the Start/Finish area.
- There are also a number of other washrooms throughout City Park.

Parking Locations

Note: City Park is closed on Sunday.

- Limited parking available at:
- Chapman parkade 345 Lawrence Avenue
- Library Parking 1360 Ellis Street

Go to www.kelowna.ca for more parking information



5K Walk/Run Strollers Welcome

**SENDS BIG THANKS TO OUR
VOLUNTEERS AND...**

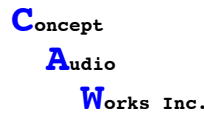
SPONSORS

City Park, 1600 Abbott Street, Kelowna BC
October 10,11,12 - 2008

BMO  **Bank of Montreal**



WINN RENTALS LTD



BMO jumps at joining the Kids Run For Kids

BMO is proud to be the new title sponsor of the BMO Okanagan Marathon Family Festival Weekend and we look forward to working alongside the local committee and the multitude of volunteers to stage a first class, fun family fitness event. At BMO we strongly believe in supporting community events that promote a fit and healthy lifestyle.

Join us for the BMO Kids Run for Kids on Saturday October 11th. Families are invited to come take part in the BMO Kids Zone from 10am – 2pm where kids can participate in all kinds of fun activities. All children who participate in the BMO Kids Run for Kids at noon will also be eligible to win one of 4 RESP's valued at \$250 to be drawn post race. Keep an eye out for BMO the Bear as he joins in the fun and cheers on all of his favourite runners and walkers.

Visit the BMO Fan Centre at the Sports Expo for your chance to win an entry into the 2009 BMO Vancouver Marathon. While visiting the BMO Fan Centre family and friends can also pick up everything they need to cheer on their favourite runners or walkers.

Supporters

- Dr. Mark Hickman • Medical Staff • Ace Plumbing and Heating • Ann & Dave Nowell • Baths by Design • Cherry Hill Coffee • C-Lovers Fish & Chips • Coral Home Comfort • Enterprise Flower Studio • Esso Services of Kelowna • House of Knives
- Kelowna Land and Orchard • Leavitt Machinery • Lotus World • Mama Panda • Milestones • Okanagan Tire & Car Care
- Pappa Roasters (Westbank) • Rocky Mountain Chocolate Factory
- Shaw Cable • St John's Ambulance • Telus Ambassadors

Sports Expo Exhibitors

- Arbonne International • BMO • BMO Mastercard • Coldwell Banker Horizon Realty • Flaman Fitness • Flora Manufacturing
- iQuest Kelowna • Juice Plus • Orchard Chiropractic & Wellness • Running Room • Sporty Jewels • Sunshine Foundation
- Team Diabetes • Therapeutic Insoles • Willow Creek Creations