

SERVICES FOR RUNNERS

presents the...



General Description

- Happening in Tommy Thomson Park, Toronto
- The format will be similar to a day at the golf course with groups of up to a maximum of 5 being assigned a specific Starting Time
- Coach Pimm will meet each group 30 minutes – that’s 30 minutes SHARP - before their Start Time at the entrance to the Park at the intersection of Unwin Ave. and Leslie St. And after a quick briefing on how to display a discreet manner, he will then escort the group 570 metres to the secret Start Line
- at Start Time runners will nonchalantly position them themselves on the road, abiding by COVID-19 social distancing guidelines
- Coach Pimm will start the run with a whispered “On your mark”, then a low-volume toot on his dependable Fox whistle
- after the start, Coach Pimm will mount his bike and casually lead the runners until the Finish, without any hoopla

Route

- a flat, out & back, vehicle-free, asphalt Multi-use Trail (road)
- not certified but measured by Coach Peter Pimm according to the IAAF protocol required for Athletics Canada Course Certification
- every Km. will be marked



Run Dates & Start Time Options

- ~~Saturday May 30/20 at 8:00 a.m., or 10:00 a.m. or 12:00 noon~~
SOLD OUT
- ~~Saturday June 13/20 at 8:00 a.m., or 10:00 a.m. or 12:00 noon~~
SOLD OUT
- ~~Saturday June 20/20 at 8:00 a.m., or 10:00 a.m. or 12:00 noon~~
SOLD OUT

As of June 5/20 the above dates and times have sold out – additional set dates and times are being considered for July & August – so check back

Note – if groups wish to arrange a Run on a week- day evening (e.g., 7:00 p.m.), contact Coach Pimm to arrange

Post-Run

- Runners will be escorted back to Park entrance where they will receive an envelope containing the Awards
- Coach Pimm will hang out for 20 to 30 minutes for a Q&A

Awards

- THE LOONEY NECKLACE MEDALLION
- A CERTIFICATE OF COMPLETION – printed in colour and frameable will be given to participants after the run



BODY COMPOSITION ASSESSMENT

- Assessment conducted at Coach Pimm's office in the Upper Beaches
- Appointment to be made after the COVID-19 social distancing requirement has been lifted
- **NOTE – there is an age restriction for this service**

How To Register

- **IMPORTANT** - Registration is on a First Paid, First Reserved, basis
- registration Fee is \$50 to be paid by etransfer
- to register Coach Pimm by email (peterpimm@aol.com) or phone (416) 903-2161 to advise your preferred order of Dates and Start times.
- within 24 hours, you will receive a confirmation of your reservation by email
- the registration fee is \$50.00 to be paid by etransfer - if your etransfer has not been received within 48 hours, the reservation will be cancelled

Refund Policy

- if, for whatever reason, the RUN is cancelled, a full refund will be etransferred to registrant
- if a registrant is unable to participate due to illness or any unforeseen circumstance, a full refund will be etransferred to registrant

Facilities

- **NO WASHROOMS OR WATER FOUNTAINS** are available due to lockdown , although there is a well know donut place just up the road at the northwest corner of Lake Shore Blvd. and Leslie St.
...Just saying.

Medical

- No Doctors or Paramedical or First-Aid will be provided on site
- **NOTE - By registering and participating in this run you are confirming that you are in good health, and are able and ready to run the 5K distance**

Parking

- There is a parking lot (if opened) at the southwest corner of the intersection of Unwin Ave. & Leslie St. as well on the shoulders of the roads, as indicated on map

Where to meet Coach Pimm *(30 min. before Start time)*



The Route's Turnaround

