

# USR XI

Sept 10, 2023



## Runner's Guide

### UNIFORMED SERVICES RUN

The USR was inspired by Ottawa's Army Run, held since 2008 to raise money and awareness for military families and service personnel wounded during overseas deployments.

The main goals of the USR are to raise money and awareness for the local uniformed services and their families, and to promote physical fitness and healthy living in the community. Since the inaugural 2011 USR, this event has raised nearly \$40,000 for charities.

### CHARITY

Last year's Battle of the Badges winner, the RCMP, chose the Janeway Children's Hospital Foundation to be this year's charity. The goal of the Foundation is to raise funds to meet the financial needs of the hospital, while promoting a public awareness of these needs.

### THEME

This year the theme for the USR is support for the people of Ukraine symbolized intertwining the Canadian maple leaf and the trident of Ukraine. Slava Ukraini!



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#USR2023



**Uniformed  
Services Run  
2023**



USR XI  
Sept 10, 2023

## Start

**Bowring  
Park**

## Finish

**Bowring  
Park**

**Water &  
Toilets**

**Start/Finish**  
**4.5k/24.5k**  
**7.5k/28.5k**  
**9.5/30.5k**  
**12.5l/33.5k**  
**16.5/37.5k**  
**18.5k/39.5k**

## Relay

**10.5k**  
**21.2k**  
**31.5k**

# RACE ROUTES

## 10K COURSE

Start at the Caribou Memorial heading west, then loop back Park Road to the East Gate. Turn right onto Waterfordbridge in the running lane, then right onto Bay Bulls, then immediately left onto Southside.

Head east on Southside, completing a short out-and-back on Hillview Drive West, before turning left onto Leslie Street Bridge. Return to the West Gate of the Park on Waterfordbridge, and follow Park Road to the finish near the Bungalow.

## 1k & 3k Courses

The 1k and 3k take place on the roads and trails of Bowring Park. Check-in, Start, and Finish for both will be west of the Fountain Pond.

The 1k is out and back to the overpass, while the 3k loops down to the Duck Pond, then up the Trail'way, and back in the West Gate to the finish.

## DETAILS

Go to the race web site at [www.athleticsnortheast.com/USR/](http://www.athleticsnortheast.com/USR/) for more information and detailed maps of the course.

## MARATHON COURSE

**Marathon & Relay: 2 loops**

**Half Marathon: 1 loop**

Start at the Caribou Memorial, heading to the East Gate. Turn right onto Waterfordbridge, then right onto Bay Bulls, and a quick left onto Southside.

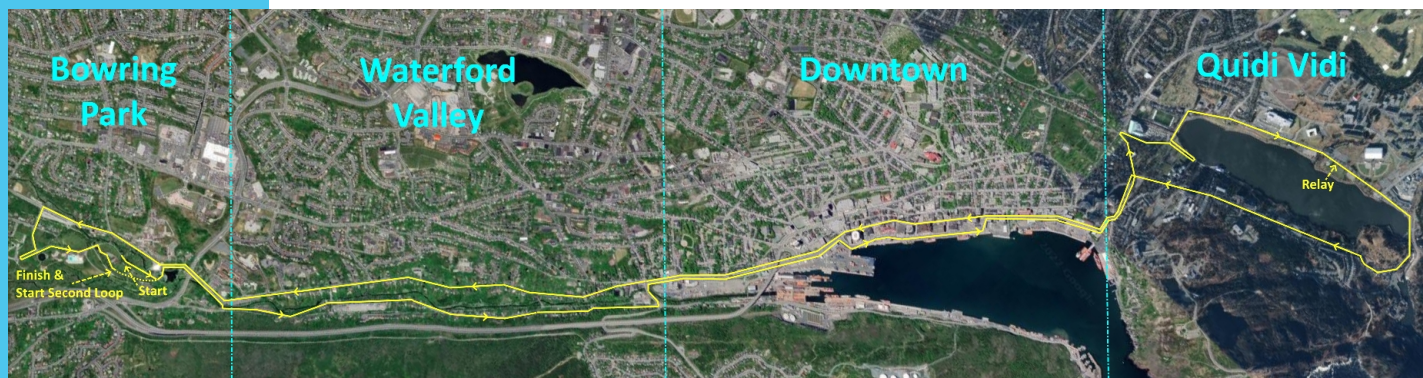
Turn left from Southside onto Blackhead, then right into the coned running lane on Water St. Continue to the right turn onto Harbour Dr. At the end of Harbour Dr come back to Water and continue east to climb Temperance, then continue to Empire.

Follow Empire to Kingsbridge and round the corner to your right onto Lake. Take a quick out-and-back on Clancey before circling Quidi Vidi Lake using Carnell, the Boulevard, Quidi Vidi Village Rd, and Forest Rd.

Turn left from Forest onto Empire and retrace your steps to the bottom of Temperance.

Run the entire length of Water forking into Waterfordbridge, and continue to the left turn into Park Road and the West Gate.

At the Fountain Pond, turn right for an out-and back, before continuing past the pool, over the bridge, and a sharp right turn to the finish line.



**SAFETY:** Although traffic will be restricted, runners are responsible for their own safety and should obey the instructions of officials.

# SCHEDULE

## SATURDAY, SEPTEMBER 9

- Noon - 3:00 PM: Kit Pickup, Capital Subaru, Kenmount Road (bring your pull tabs and gently used sports clothing and sneakers)
- 3:00 PM: Kids Run and Family Run Check-In, Bowring Park (west of Fountain Pond)
- 3:30 PM: 1k Kids Fun Run
- 4:00 PM: 3k Family Fun Run/Walk

## SUNDAY SEPTEMBER 10

- 6:00 AM: Start - Marathon Early Start Division
- 6:45 AM: Opening Ceremonies Begin, Starting Line, Bowring Park
- 7:00 AM: Start of Capital Subaru Marathon & Marathon Relay
- 7:30 AM: Start of Quidi Vidi Brewery 10k
- 8:00 AM: Start of Capital Subaru Half Marathon
- 10:00 AM: Reception Opens, Shriner's Club, Topsail Road
- 10:30 AM: Awards - Quidi Vidi Brewery 10k
- 11:30 AM: Awards - Capital Subaru Half Marathon
- 1:00 PM: Awards - Capital Subaru Marathon & Marathon Relay

## KIT PICKUP

### Bibs/Kits for Marathon, Relay, Half Marathon, and 10k must be picked up on Saturday, September 9!

- Noon - 3 PM, Capital Subaru, Kenmount Road
- You can have someone pick up your kit for you
- 3:00 PM, Check-In for Kids Run and Family Run/Walk in Bowring Park

### SHIRTS

Only those registered by August 6 will have a shirt in their kit. All other shirts will arrive in October for pickup or shipping.

### Reception & Awards

- 10 AM - 2 PM, Shriner's Club, Topsail Road
- Brunch will be served (ticket is in your kit for Marathon, Relay, and Half-Marathon, or if purchased in advance. Tickets available at the door.)

### SPORTS GEAR DONATIONS

Please bring your gently used sneakers and other sports gear to donate at kit pickup. Also bring your drink Pull Tabs!

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### START TIMES

6:00 Early Start  
7:00 Marathon  
7:00 Relay  
7:30 10k  
8:00 Half Marathon

### AWARDS

10:30 10k  
11:30 Half Marathon  
1:00 Marathon  
1:00 Relay

### SATURDAY

12:00 Pickup Opens  
3:00 Pickup Closes  
3:00 Family Check-In  
3:30 Kids 1k  
4:00 Family 3k



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# MORE ABOUT THE USR

## BATTLE OF THE BADGES

Eleven services are represented in USR XI and compete in the Battle of the Badges. Points are awarded for results in the Marathon, Half Marathon, Marathon Relay, and 10k. The services are: Canadian Forces, RCMP, RNC, St. John's Regional Fire Department, NL Corrections, Eastern Health Paramedics, Environment and Climate Change Canada, Canada Coast Guard, Fisheries and Oceans, Office of the High Sheriff, and NL Fish and Wildlife Enforcement.

## GEAR STORAGE

Race participants can drop clothing and gear in the tent located near the Finish line. While the USR is not responsible for any losses, we will have someone on hand to watch the tent and contents.

## HEADPHONES & EAR BUDS

As per NLAA policy, the wearing of headphones or ear buds during the race is **strictly prohibited** in order to enhance the safety of all participants.

## TIMING CHIP

Your timing chip is located on the back of your bib. **Do not bend, fold, or crumple your bib** or you risk breaking the timing chip. Your bib must be worn on the **front of your body**, not on the leg, so that the chip will work properly with the timing mats, and be visible to volunteers, backup recorders, and camera.

## FAMILY 3K

Children under 12 must be accompanied by an adult.

**The USR is hosted by  
Athletics NorthEAST  
Running Club**

## QUICK TIPS

- The time limit for the Marathon is 6 hours. You can request an early start of one hour.
- All runners welcome.
- Results to be posted at: [www.athleticsnortheast.com/USR/](http://www.athleticsnortheast.com/USR/)
- The Bungalow is a good meeting point.
- Finishers of all events receive a special commemorative medal:



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