

2012 Skate the Common Marathon

[Marathon Skating International](#), the [Halifax Regional Speed Skating Club](#), and the [Halifax Regional Municipality](#) are pleased to announce the return of the “Skate the Common” Marathon on February 18-19, 2012 at the [Emera Oval](#) on the Halifax Common. More 5K and 10K options, a 25K, and new this year, a triathlon and sledge racing!



The speed skating competition will be sanctioned by Speed Skate Nova Scotia, and the triathlon by Triathlon Nova Scotia. The 25K event will be included in the [Marathon Skating International Points Series](#), with points accumulated by skaters counting towards their season standing for purposes of the Pierre Gagné Trophy.

Chip timing provided by [MSI Sports Timing](#) for the events on the oval.

Featured events

5K Big Ice Icebreaker Race 1 – skaters under 20

5K Big Ice Icebreaker Race 2 – skaters 20 and over

This event was so popular last year that we’ve had to divide it into two races. Registration will be capped at 60 skaters for each race. This introductory level event will appeal to skaters of all ages, with any type of skates. If you’ve been skating at the public skates at your local arena, you can do this distance – 12½ laps of the oval.

10K Hockey / Speed Skate Challenge Race 1 – skaters under 20

10K Hockey / Speed Skate Challenge Race 2 – skaters 20 and over



Hockey, ringette, figure and recreational skaters – are you known for your skating skills? Do you think you can go the distance? Take on the speed skaters in this 10 kilometre event – 25 laps of the oval! This event has also been divided into two races, with registration capped at 60 skaters for each race.

25K Big Ice Challenge

For the really serious skater, this one has 62½ laps of the oval, and is a good test of your endurance and skating skills. Registration will be capped at 70 skaters.



Tri-the-Oval Winter Triathlon

New this year! Individual or team triathlon – 5K Skate, 6K Bike, 4.2K Run on the Emera Oval and the Halifax Common. Details are available at this [link](#). Registration will be capped at 80 participants.

3K Top Blade Sledge Race



New this year! For the sledge hockey players out there, come and show your speed and endurance on the Big Ice. Registration will be capped at 60 participants

Schedule

Friday, February 17, 2012

5:00 PM – 7:00 PM Practice time on the oval

Saturday, February 18, 2012

8:00 AM – 8:45 AM Check-in and assignment of timing chips for 5K Big Ice Icebreaker – Race 1
Warm up time on the oval

9:00 AM – 10:00 AM **5K Big Ice Icebreaker – Race 1**

9:30 AM – 10:15 AM Check-in and assignment of timing chips for 5K Big Ice Icebreaker – Race 2

10:00 AM Medal ceremony for 5K Big Ice Icebreaker – Race 1

10:30 AM – 11:30 AM **5K Big Ice Icebreaker – Race 2**

11:30 AM	Medal ceremony for 5K Big Ice Icebreaker – Race 2
1:00 PM – 1:45 PM	Check-in and assignment of timing chips for 25K Big Ice Challenge Warm up time on the oval
2:00 PM – 4:00 PM	25K Big Ice Challenge
4:00 PM	Medal ceremony for 25K Big Ice Challenge

Sunday, February 19, 2011

7:30 AM – 8:30 AM	Race kit pick up and assignment of timing chips for Tri-the-Oval Winter Triathlon
8:00 AM – 8:30 AM	Warm up time on the oval
8:30 AM	Race briefing
9:00 AM – 10:30 AM	Tri-the-Oval Winter Triathlon
10:00 AM – 10:45 AM	Check-in and assignment of timing chips for 10K Hockey / Speed Skate Challenge Race 1 – skaters under 20
10:30 AM	Awarding of prizes for Tri-the-Oval Winter Triathlon
11:00 AM – 12:30 PM	10K Hockey / Speed Skate Challenge Race 1 – skaters under 20
12:00 PM – 12:45 PM	Check-in and assignment of timing chips for 10K Hockey / Speed Skate Challenge Race 2 – skaters 20 and over
12:30 PM	Medal ceremony for 10K Hockey / Speed Skate Challenge Race 1 – skaters under 20
1:00 PM – 2:30 PM	10K Hockey / Speed Skate Challenge Race 2 – skaters 20 and over
2:00 PM – 2:45 PM	Check-in and assignment of timing chips for 3K Top Blade Sledge Race
2:30 PM	Medal ceremony for 10K Hockey / Speed Skate Challenge Race 2 – skaters 20 and over
3:00 PM – 4:00 PM	3K Top Blade Sledge Race
4:00 PM	Medal ceremony for 3K Top Blade Sledge Race

Accommodation

The [Atlantica Hotel Halifax](#), located within walking distance of the Canada Games Oval, is the official host hotel of the 2012 Skate the Common Marathon. They are offering a standard double room with single or double occupancy, including free parking, for \$109/night plus taxes. Reservations may be made by calling toll free at 1-888-810-7288, or by fax at 902-423-9069, and identifying that you are participating in the Skate the Common Marathon.

Registration and Contact

For information on the skating events, please contact [Sheila McGinn](#).

For information on the triathlon, please contact [Marie-Claude Grégoire](#).

For information on the sledge races, contact [Francis Durand](#)

Registration is available through the following links:

[5K, 10K, and 25K skating races and 3K sledge race](#)

[Tri-the-Oval Winter Triathlon](#)

Fees:

5K Big Ice Icebreaker	\$20
10K Hockey / Speed Skate Challenge	\$20
25K Big Ice Challenge	\$30
Tri-the-Oval Winter Triathlon	\$25 individual / \$50 team before Dec 31 st \$35 individual / \$70 team after December 31 st \$40 individual / \$80 team on race day
<u>3K Top Blade Sledge Race</u>	<u>\$15</u>

Racing Rules

Marathon races: Slowest skaters will skate on the inside track of the oval, with all passing done on the outside. Helmets are required for skaters 12 and under, and are recommended for all skaters.

Triathlon:

SKATE: Helmets are mandatory. Helmets must be approved for multi-impacts and without ventilation holes (to protect from blades). Ski/snowboard helmet or hockey helmet are perfect. Bike helmets won't be accepted (we have a few extra helmets for those who don't have one). All types of skates accepted (figure skating, hockey, and speed skating). Slower skaters will skate on the inside of the Oval, faster skaters on the outside (marathon speed skating rule).

BIKE: Bike helmet mandatory (everyone will have to change helmets, as each protects in a different way). Mountain bikes only (no cyclocross bikes). Drafting allowed, passing on the left only, studded tires allowed. Bike tires have to be larger than 40 mm or 1.5 inch.

RUN: Studded/yaktrax-like, trail & regular running shoes allowed (but not track shoes), no snowshoes, no barefoot running, but 5-fingers accepted.

Skater Number

Skaters place your number on the right thigh so it can be seen by the timers. Sledge racers place your number on your back.

Electronic Chips

Please return your chip immediately after your event. You are fully responsible for the electronic chip return. You are also responsible to wear it in the race so that your time can be recorded and included in the results.