

RACE WEEKEND

PARTICIPANT GUIDE

MAY 15-17, 2026



MEDAVIE MARATHON | ATLANTIC CHIP HALF MARATHON | EVOLVE FITNESS 10KM | PURPLE COW 5KM



DOCTORS NOVA SCOTIA YOUTH RUN | STRUM CONSULTING RELAY

WELCOME



We are excited to welcome you to the 23rd edition of the Medavie Blue Nose Marathon! Whether this is your very first time running with us, your twenty-third, or somewhere in between, we are thrilled to have you with us on May 16 - 17 for what promises to be a memorable race weekend.

This weekend is a celebration of your training, your commitment, and the journey that has brought you to the start line. From the energy at the start to the excitement at the finish, we cannot wait to cheer you on every step of the way throughout our beautiful city.

A heartfelt thank you to our title sponsor, Medavie, along with all of our valued sponsors. Their support helps make the Medavie Blue Nose Marathon possible year after year.

We also extend our deepest gratitude to the more than 1,000 volunteers whose time, energy, and dedication help create such a special experience for everyone involved. Please take a moment to thank our volunteers when you see them throughout the weekend.

A special thank you as well to Halifax Regional Municipality and Events Nova Scotia for their continued support.

Be sure to spend some time at the Blue Nose Marathon Expo presented by Subaru, featuring a fantastic lineup of exhibitors. And don't miss your chance to win a trip to Barbados - attending the Expo gives you additional entries to win!

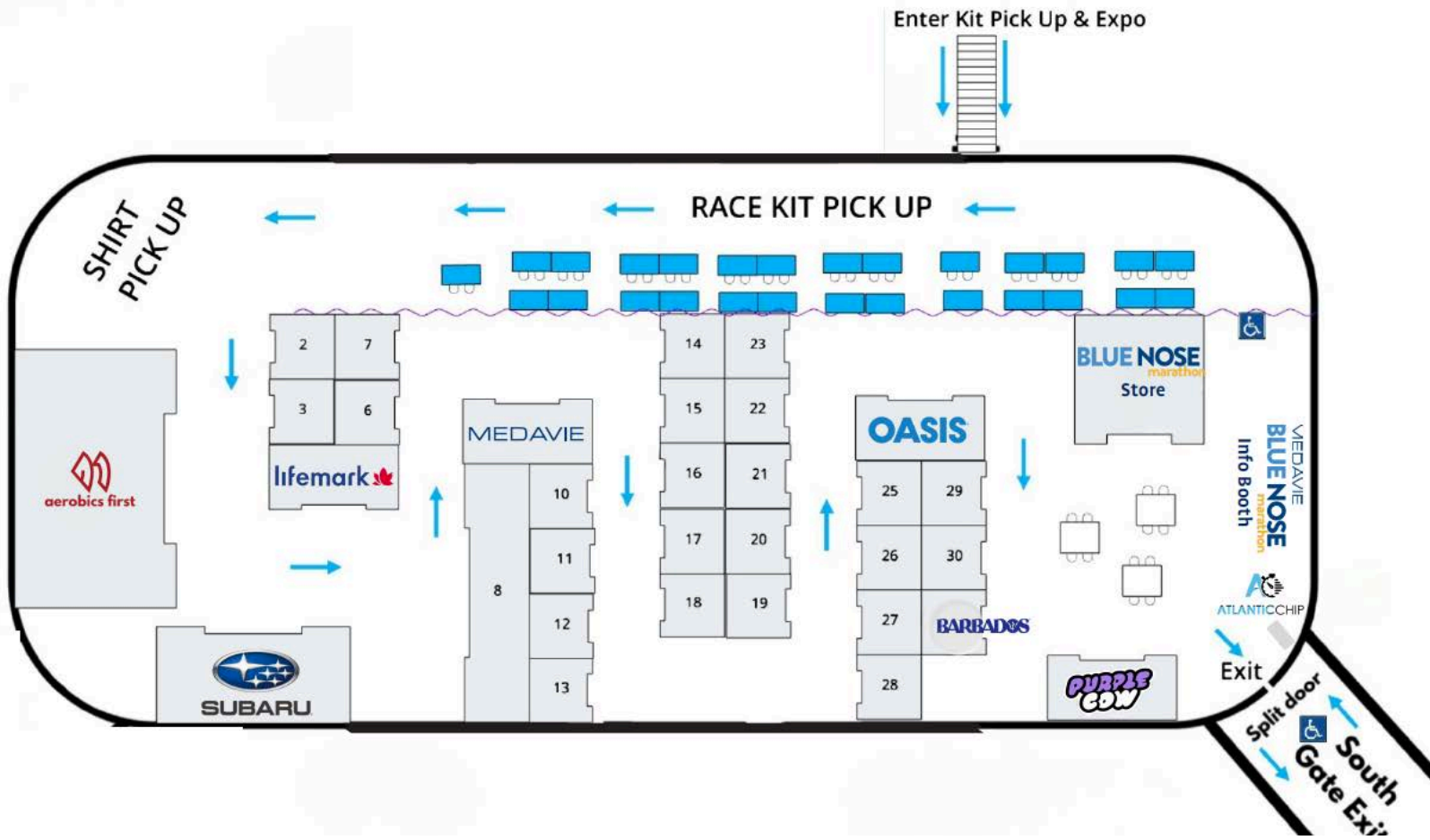
We love celebrating your race weekend moments with you, so we encourage you to share your photos online and tag us along the way. Wishing you an incredible race weekend. Savour every moment, celebrate your accomplishment, and enjoy this truly special experience.

Sherri Robbins
Executive Director

SCHEDULE OF EVENTS

 **FRIDAY, MAY 15, 2026**

TIME	EVENT	LOCATION
8:00AM	Volunteer Check-In	Nantucket Room, Zatzman Sportsplex, 110 Wyse Road
10:00AM - 8:00PM	Blue Nose Marathon Expo presented by Subaru with Kit Pick Up	Zatzman Sportsplex, 110 Wyse Road
6:00PM	Meet Your Aerobics First Pacer Shakeout Run	Aerobics First, 6166 Quinpool Road



SATURDAY, MAY 16, 2026

TIME	EVENT	LOCATION
5:45AM - 2:00PM	Giv'er Crew Check-In	Emera Oval
6:00AM - 9:30AM	5KM Bag Storage	Emera Oval
8:00AM	Purple Cow 5KM - Race Start	START: Cogswell Street - Near Emera Oval
8:00AM - 9:30AM	Celebration Zone (5KM)	Celebration Zone: Emera Oval
8:45AM - 9:00AM	Purple Cow 5KM Top Three Finishers Awards (Female/Male/Nonbinary)	Celebration Zone: Emera Oval - Awards Tent
9:30AM	Purple Cow 5KM Official Race Closure	FINISH: Emera Oval
10:00AM - 4:00PM	Blue Nose Marathon Expo presented by Subaru with Kit Pick Up	Zatzman Sportsplex, 110 Wyse Road, Dartmouth
10:15AM	Doctors Nova Scotia Youth Run 4KM (AQUA Bibs) - Race Start	START: Cogswell Street - Near Emera Oval
10:30AM	Doctors Nova Scotia Youth Run 2KM (PINK Bibs) - Race Start	START: Cogswell Street - Near Emera Oval
10:33AM	Doctors Nova Scotia Youth Run 2KM (PURPLE Bibs) - Race Start	START: Cogswell Street - Near Emera Oval
10:36AM	Doctors Nova Scotia Youth Run 2KM (YELLOW Bibs & All STROLLERS) - Race Start	START: Cogswell Street - Near Emera Oval
10:30AM - 11:30AM	Celebration Zone (Youth Runs)	Celebration Zone: Emera Oval
12:00PM	Official Race Closure	FINISH: Emera Oval

SUNDAY, MAY 17, 2026

MEDAVIE
BLUE NOSE
marathon

TIME	EVENT	LOCATION
5:30AM - 2:00PM	Giv'er Crew Check-In	Volunteer Tent
5:30AM	Bag Storage	Emera Oval
8:00AM	Medavie Marathon - Race Start	START: Cogswell Street - Near Emera Oval
8:00AM	Strum Consulting Team Relay - Race Start	START: Cogswell Street - Near Emera Oval
8:10AM	Evolve Fitness 10KM - Race Start	START: Cogswell Street - Near Emera Oval
8:25AM	Atlantic Chip Half Marathon - Race Start	START: Cogswell Street - Near Emera Oval
8:30AM - 2:00PM	Celebration Zone	Celebration Zone: Emera Oval
9:15AM - 9:30AM	Evolve Fitness 10KM Top Three Finishers Awards (Female/Male/Nonbinary)	Celebration Zone: Emera Oval - Awards Tent
10:30AM - 10:45AM	Atlantic Chip Half Marathon Top Three Finishers Awards (Female/Male/Nonbinary)	Celebration Zone: Emera Oval - Awards Tent
11:45AM - 12:00PM	Medavie Marathon Top Three Finishers Awards (Female/Male/Nonbinary)	Celebration Zone: Emera Oval - Awards Tent
11:45AM - 12:00PM	Strum Consulting Team Relay Top Three Teams Awards	Celebration Zone: Emera Oval - Awards Tent
2:00PM	Official Race Closure	FINISH: Emera Oval
7:00PM - 11:00PM	Finished'er After Party	Nine Locks, 211 Waverley Rd, Dartmouth

IMPORTANT EVENT INFO

WEEKEND Parking Bans 2026

Both	Halifax	Cogswell St	Robie St	North Park St	0500h	1400h
Both	Halifax	North Park St	Cogswell St Roundabout	Agricola St	0500h	1400h
Both	Halifax	Ahern Ave	Bell Road	Cogswell St	0500h	1400h

SATURDAY ONLY Parking Bans 2026

Side	Location	Street	From	To	Start Time	End Time
Both	Halifax	Cunard St	Agricola St	Creighton St	0500h	1300h
Both	Halifax	Creighton St	Cunard St	Cogswell St	0500h	1300h
Both	Halifax	Cogswell St	Gottingen St	North Park St	0500h	1300h
Both	Halifax	Brunswick St	Duke St	Spring Garden Rd	0500h	1300h
West	Halifax	Market St	Sackville St	Carmichael St	0500h	1300h
Both	Halifax	Spring Garden Road	Brunswick St	Summer st	0500h	1300h
Both	Halifax	South Park St	Sackville St	University Ave	0500h	1300h
North	Halifax	University Ave	South Park St	Summer st	0500h	1300h
East	Halifax	Summer St	University Ave	Bell Rd	0500h	1300h
Both	Halifax	Sackville St	Summer St	Brunswick St	0500h	1300h

SUNDAY ONLY Parking Bans 2026

Both	Dartmouth	Slayter St	School Road	Woodland Ave	0500h	1200h
Both	Dartmouth	Slayter St	School Road	Thistle	0500h	1200h
Both	Dartmouth	School St	Victoria Rd	Slayter St	0500h	1200h
East	Halifax	Agricola St	North St	Duffus St	0500h	1400h
Both	Halifax	Agricola St	Cunard St Roundabout	North St	0500h	1400h
South	Halifax	Macara St	Agricola St	Isleville St	0500h	1200h
West	Halifax	Isleville St	Macara St	Bloomfield St	0500h	1200h
West	Halifax	Northwod Terrace	Bloomfield St	North Street	0500h	1200h
East	Halifax	South Park St	Inglis St	Sackville St	0500h	1400h
East	Halifax	Young Ave	Inglis St	Point Pleasant Dr	0500h	1400h



IMPORTANT EVENT INFO

Street Closures 2026 Saturday May 16th

Type	Day	Location	Street	From	To	Start Time	End Time
Full Closure	Saturday, May 16th	Halifax	Cogswell St	Robie St	Rainnie Dr	0500h	1300h
Full Closure	Saturday, May 16th	Halifax	Ahern Ave	Cogswell St	Bell Road	0800h	1300h
Full Closure	Saturday, May 16th	Halifax	North Park St	Cogswell St	Cunard St	0800h	1300h
Full Closure	Saturday, May 16th	Halifax	Cunard St	Robie St	Creighton St	0800h	1200h
Rolling Closure	Saturday, May 16th	Halifax	Bell Road	Summer St	Sackville St	0800h	1200h
Rolling Closure	Saturday, May 16th	Halifax	Sackville St	Summer St	Brunswick St	0800h	1200h
Rolling Closure	Saturday, May 16th	Halifax	Summer St	Bell Rd	University Ave	0800h	1200h
Rolling Closure	Saturday, May 16th	Halifax	University Ave	Summer St	South Park St	0800h	1200h
Rolling Closure	Saturday, May 16th	Halifax	South Park St	University Ave	Sackville St	0800h	1200h
Rolling Closure	Saturday, May 16th	Halifax	Spring Garden Rd	Summer St	Brunswick St	0800h	1200h
Rolling Closure	Saturday, May 16th	Halifax	Brunswick St	Spring Garden Rd	Duke St	0800h	1200h
Rolling Closure	Saturday, May 16th	Halifax	Gottigen St	Duke St	Cogswell St	0800h	1200h
Rolling Closure	Saturday, May 16th	Halifax	Cogswell St	Gottingen St	Robie St	0800h	1200h
Rolling Closure	Saturday, May 16th	Halifax	Creighton St	Cogswell St	Cunard St	0800h	1200h

Street Closures 2026 Sunday May 17th

Type	Day	Location	Street	From	To	Start Time	End Time	Race
Full Closure	Sunday, May 17th	Halifax	Cogswell St	Robie St	Rainnie Dr	0500h	1600h	All
Full Closure	Sunday, May 17th	Halifax	Ahern Ave	Bell Road	Cogswell Roundabout	0830h	1400h	M & 10KM
Full Closure	Sunday, May 17th	Halifax	North Park St	Cogswell St	Cunard St	0800h	1400h	All
Full Closure	Sunday, May 17th	Halifax	Cunard St	Robie St	Creighton St	0800h	1200h	All
Full Closure	Sunday, May 17th	Halifax	Agricola St	Cunard Roundabout	North St	0800h	1400h	All
Full Closure	Sunday, May 17th	Halifax	Macdonald Bridge	North St	Wyse Road	0730h	1200h	All
Full Closure	Sunday, May 17th	Dartmouth	Nantucket Ave	Wyse Rd	Victoria Rd	0800h	1030h	All
Full Closure	Sunday, May 17th	Dartmouth	School St	Victoria Rd	Slyater St	0800h	1030h	All
Full Closure	Sunday, May 17th	Dartmouth	Slyater St-Coned lane dividing street	School St	Woodland Ave	0800h	1000h	All
Rolling Closure	Sunday, May 17th	Dartmouth	Thistle St	Slyater St	Maple St	0800h	0930h	M
Rolling Closure	Sunday, May 17th	Dartmouth	Maple St	Thistle St	Dahlia St then Ochterloney St	0800h	0930h	M
Rolling Closure	Sunday, May 17th	Dartmouth	Dahlia St	Maple St	Crichton Ave	0800h	0930h	M
Rolling Closure	Sunday, May 17th	Dartmouth	Crichton Ave	Dahlia St	Glen Manor Dr	0800h	0930h	M
Rolling Closure	Sunday, May 17th	Dartmouth	Glen Manor Dr	Crichton Ave	Brookdale Cres	0800h	0930h	M
Rolling Closure	Sunday, May 17th	Dartmouth	Brookdale Cres	Micmac Blvd	Lake Banook Trail	0800h	0930h	M
Rolling Closure	Sunday, May 17th	Dartmouth	Prince Albert Road	Hawthorne St	Maple St	0800h	0930h	M
Rolling Closure	Sunday, May 17th	Halifax	Agricola St	North St	Hillside Ave	0815h	1330h	M & H
Rolling Closure	Sunday, May 17th	Halifax	Macara St	Agricola St	Isleville St	0800h	0845h	10KM
Rolling Closure	Sunday, May 17th	Halifax	Isleville St	Macara St	Bloomfield St	0800h	0845h	10KM
Rolling Closure	Sunday, May 17th	Halifax	Bloomfield St	Fuller Terr	Northwood Terr	0800h	0845h	10KM
Rolling Closure	Sunday, May 17th	Halifax	Northwood Terr	Bloomfield St	North St	0800h	0845h	10KM
Rolling Closure	Sunday, May 17th	Halifax	Hillside Ave	Agricola St	Rosemeade Ave	0815h	1330h	M & H
Rolling Closure	Sunday, May 17th	Halifax	Rosemeade Ave	Hillside Ave	Leeds St	0815h	1330h	M & H
Rolling Closure	Sunday, May 17th	Halifax	Leeds St	Rosemeade Ave	Novalea Dr	0815h	1330h	M & H
Rolling Closure	Sunday, May 17th	Halifax	Novalea Dr	Leeds St	Duffus St	0815h	1330h	M & H
Rolling Closure	Sunday, May 17th	Halifax	Duffus St	Novalea Dr	Isleville St	0815h	1330h	M & H
Rolling Closure	Sunday, May 17th	Halifax	Livingstone Pl (south lane)	Isleville St	Novalea Dr	0815h	0900h	H
Rolling Closure	Sunday, May 17th	Halifax	Isleville St	Duffus St	Hennessey Pl (south lane)	0815h	1330h	M & H
Rolling Closure	Sunday, May 17th	Halifax	Hennessey Pl (south lane)	Isleville St	Novalea Dr	0815h	1330h	M & H
Rolling Closure	Sunday, May 17th	Halifax	Novalea Dr	Hennessey Pl (south lane)	Kenny St	0815h	1345h	M & H
Rolling Closure	Sunday, May 17th	Halifax	Kenny St	Novalea Dr	Devonshire Ave	0815h	1345h	M & H
Rolling Closure	Sunday, May 17th	Halifax	Devonshire Ave	Kenny St	Barrington St	0815h	1345h	M & H
Rolling Closure	Sunday, May 17th	Halifax	Barrington St - CONED Lane bus lane	Kenny St	North St	1000h	1345h	M & H
Rolling Closure	Sunday, May 17th	Halifax	Terminal Road	Lower Water St	Hollis St	0845h	1115h	M
Rolling Closure	Sunday, May 17th	Halifax	Hollis St	Terminal Road	Barrington St (Super Store)	0845h	1115h	M
Rolling Closure	Sunday, May 17th	Halifax	Barrington St	Hollis St	Inglis St	0845h	1130h	M
Rolling Closure	Sunday, May 17th	Halifax	Inglis St	Barrington St	Young Ave	0845h	1130h	M
Rolling Closure	Sunday, May 17th	Halifax	Young Ave	Inglis St	Point Pleasant Dr	0845h	1230h	M
Rolling Closure	Sunday, May 17th	Halifax	Point Pleasant Dr	Young Ave	Lower PPPark Entrance	0845h	1200h	M
Rolling Closure	Sunday, May 17th	Halifax	Point Pleasant Dr	Franklyn St	Young Ave	0845h	1200h	M
Rolling Closure	Sunday, May 17th	Halifax	Franklyn St	Franklyn St	Pine Hill Dr	0845h	1230h	M
Rolling Closure	Sunday, May 17th	Halifax	Pine Hill Dr	Franklyn St	Tower Rd	0845h	1230h	M
Rolling Closure	Sunday, May 17th	Halifax	Tower Rd	Pine Hill Dr	Ogilvie St	0845h	1230h	M
Rolling Closure	Sunday, May 17th	Halifax	Ogilvie St	Tower Rd	Young Ave	0845h	1230h	M
Rolling Closure	Sunday, May 17th	Halifax	South Park St	Inglis St	Sackville St	0845h	1230h	M
Rolling Closure	Sunday, May 17th	Halifax	Bell Road	Sackville St	Ahern Ave	0845h	1230h	M

IMPORTANT EVENT INFO

TRANSFERS

Deadline to transfer online is May 13, 2026, at 5PM. After this deadline you must come to Kit Pick Up and visit the TRANSFER table.

A transfer can be to a different subevent within the Medavie Blue Nose Marathon or to a different person.

All transfers are \$10 plus tax and processing if you are going down in distance or transferring to another person. If you are going up in distance the fee is \$10 plus the difference in race cost.

DEFERRAL DEADLINE

The deferral deadline, also known as our No Sweat Policy, is May 13, 2026, at 5PM.

10 business days post-race weekend you will be emailed a code to get registered for your next event for \$20 plus tax and processing, \$10 for Youth Races.

There are no exceptions to the deadline but there are options if you miss it:

- Transfer your race to another person – only the person you are transferring to needs to come to Kit Pick Up
- Switch to virtual – email admin@bluenosemarathon.com and we will get back to you after race weekend with kit collection details.



IMPORTANT EVENT INFO

MEDAVIE
BLUE NOSE
marathon



WHAT TO WEAR

Dress in layers (Halifax weather can be wild!), choose moisture-wicking, chafe-resistant clothing (like our participant shirt!), stick with shoes and socks you've already logged runs in, consider gloves, a hat, or a light rain layer, just in case.

WHERE TO WEAR YOUR BIB

Your race bib is more than just a number, it's your ticket to seamless timing, great race photos, and the right medal at the finish line!

Pin it to the front of your body, don't fold or damage the timing chip, and make sure it's fully visible for volunteers and photographers



KNOW YOUR ROUTE

Don't just show up, know your route! Reviewing your route in advance helps you feel confident and prepared on race day.

Take a moment to explore your event's map so you know where to find hydration stations, portable washrooms, key turns, hills, and landmarks.

BAG CHECK

Check your bag before your start, avoid bringing valuables.

IMPORTANT EVENT INFO

MEDAVIE
BLUE NOSE
marathon



ARRIVE EARLY

Plan to arrive with plenty of time to get to the start line, check your bag and use the washrooms, found by the start line on Cogswell Street, behind the Oval pavilion and then at the end of the Oval.



BIKE VALET

Thanks to Cycle Coalition Halifax, you can take advantage of their FREE Bike Valet on race day at the Blue Nose Marathon all weekend long.

DISCARDED CLOTHES AT START LINE

Clothing discarded at the start line will be collected and donated to Parker Street.

Please do not discard any items you wish to keep. Use Bag Check to store your belongings safely.



WASTE MANAGEMENT



On course, please discard all waste ONLY at water stations, not along the route. Let's keep our city beautiful.

Waste must be discarded at dedicated sections or participants will run the risk of disqualification.

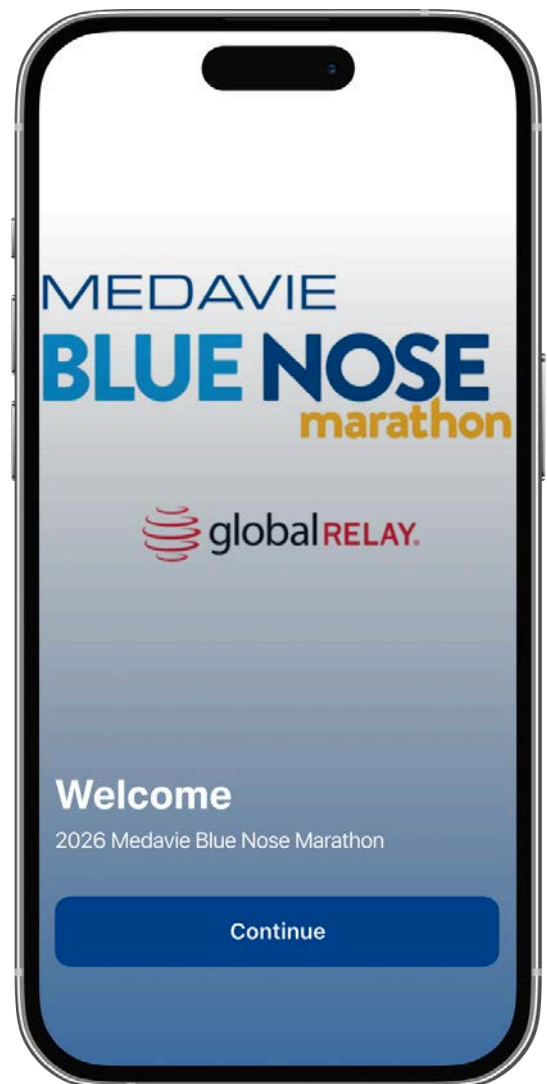
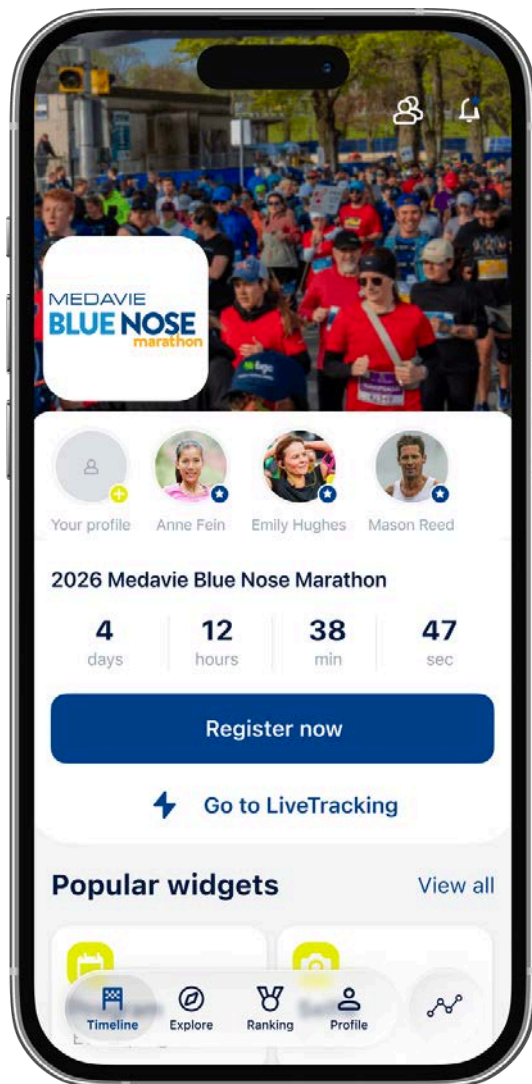
BLUE NOSE MARATHON APP

MEDAVIE
BLUE NOSE
marathon

Want to see your results? Find out if you qualified for an award or achieved a new personal best? Track your friends, family, or team with live predictive tracking? Or learn your route before the big day?

Simply download the Blue Nose Marathon app and explore everything you need before, during, and after race day!

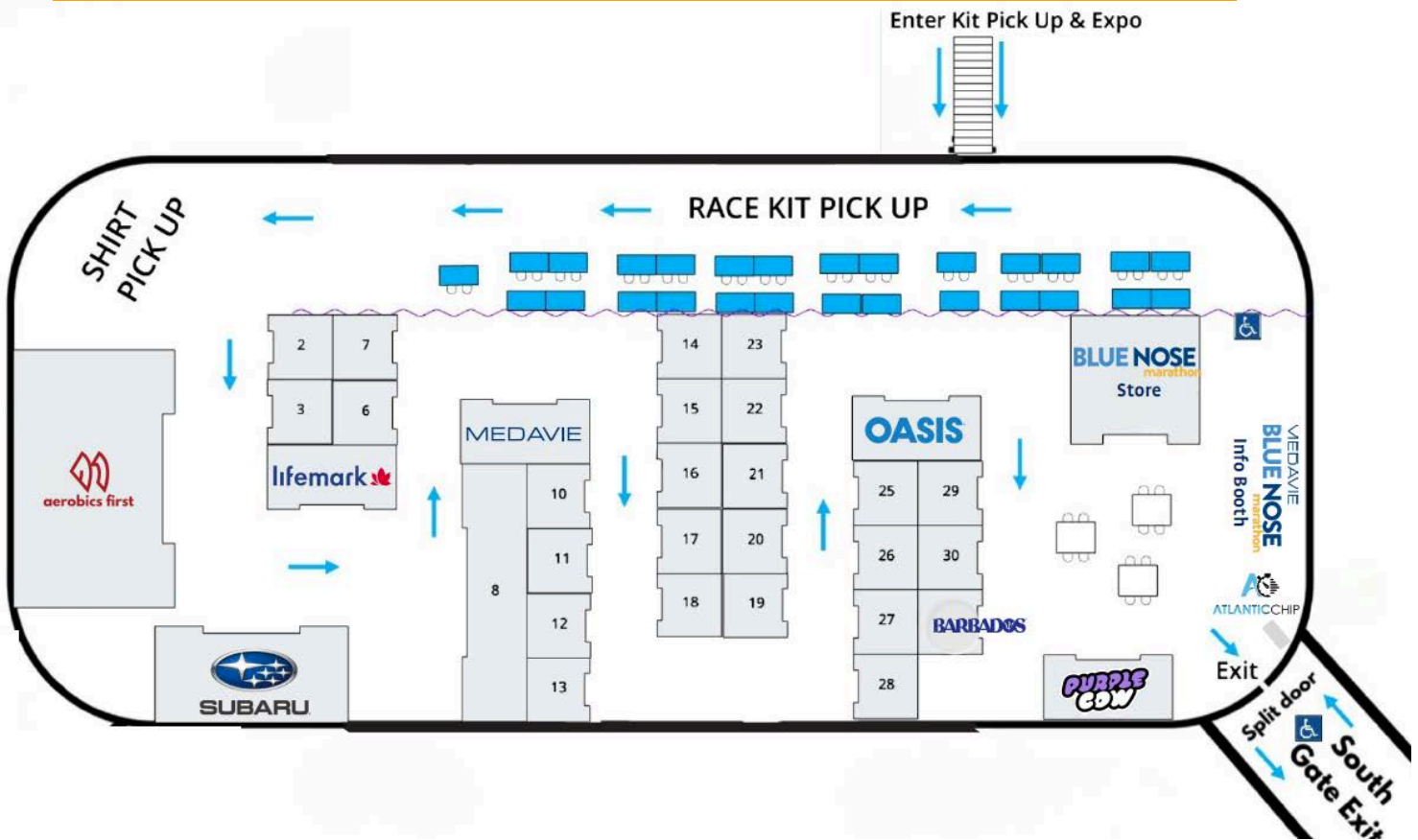
Scan to
download here



BLUE NOSE EXPO



Presented by Subaru



PURPLE COW INTERNET

Get your very own free 360 video with your race kit!

AEROBICS FIRST

Stop by and enjoy their biggest shoe sale of the year.

SUBARU CANADA

Get yourself a custom-made hat and take a seat in one of Subaru's all-electric vehicles.

SHOE MOUNTAIN

Donate gently used running shoes in the EXPO, which are then distributed to those in need through Souls Harbour Rescue Mission.



OASIS BOOTH

Grab a refreshing sample to keep you fueled as you explore EXPO.

A1 PACERS

Find them at the Info Booth, there as your Route Experts all weekend to answer any questions.



Drop off your passport after visiting all the stops for an extra entry!

EXPO EXHIBITORS

Presented by Subaru



Blue Nose Marathon Expo Exhibitors

Booth #	Exhibitor	Booth #	Exhibitor
1	AerobicsFirst	18	MEC
2	ISANS	19	GoodLife FITNESS
3	Evolve Fitness	20	270 West Consulting
4	Lifemark	21	Leaf Filter
5	Subaru	22	Bide-A-While Animal Shelter
6	Orangetheory Fitness	23	Doctors Nova Scotia
7	AprilVets	24	Oasis Juice
8	Cleves	25	This is Sundays
9	Medavie	26	5K Café/3 Mile Outfitters
10	Chicken Farmers	27	Run Nova Scotia
11	Popeyes Supplements	28	On Running
12	Patagonia Halifax	30	Physiotherapy Boost Health
13	Halifax Tides FC	31	Pear Compression
14	Zatzman Sportsplex	32	Barbados Tourism
15	Legs for Literacy/Bum Run	33	Blue Nose Marathon Store
16	Planet Fitness	34	Purple Cow Internet
17	Allbright Life	Exit	Atlantic Chip Bib Check



BACK BIBS



Want to show the world why you Giv'er on race day?

Pick up a free back bib at Kit Pick Up to highlight your Blue Nose history, we'll also have a Mi'kmaw back bib available this year.

Running on behalf of a charity? Pick up a charity bib!

These bibs are free, fun, and completely optional, but sure to add some extra inspiration out on course!

CHECK YOUR BIB

Make sure to stop by the Atlantic Chip Sport Timing booth as you exit the Blue Nose Marathon Expo to check your bib!



BLUE NOSE STORE

MEDAVIE
BLUE NOSE
marathon

Featured here is just a selection,
explore a full range of Elevation shirts, hoodies, and more at the Blue Nose Marathon Expo
Presented by Subaru.

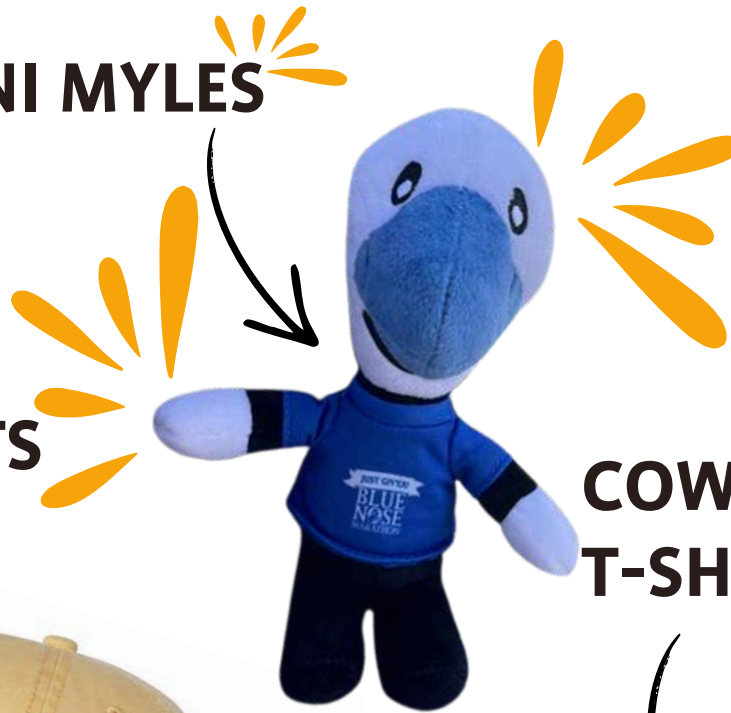
BIB PINS



FOLDABLE WATER BOTTLE



MINI MYLES



MYLES HATS



COWS YOUTH T-SHIRT



CELEBRATION ZONE

MEDAVIE
BLUE NOSE
marathon

After your race, keep moving, collect your medal, grab a snack, explore and soak in the excitement:

BAG CHECK

Don't forget to collect your items after your race. Make sure to check your bag before heading to the start line, and avoid bringing any valuables with you on race day. This helps keep everything secure and makes post-race pickup quick and easy.

RUN CLUBS

Check out all the different run clubs!

NORDIC SPA SAUNAS

Relax in the cozy saunas post race for a quicker recovery!

PHOTO OPPORTUNITY

Grab a photo next to your race distance!

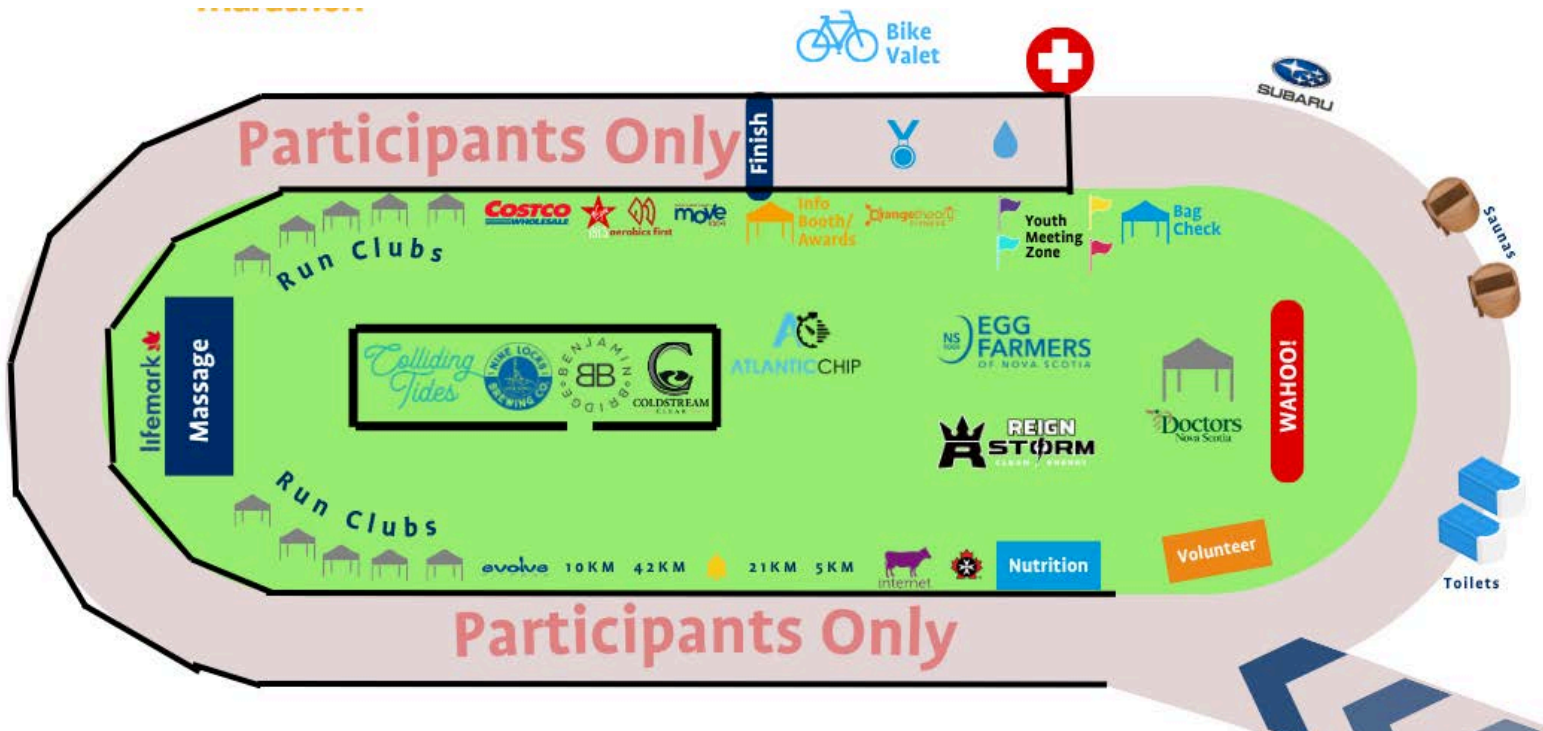
GRAB A SNACK TO REFUEL

Grab a banana, some made with local bars, or chips from the nutrition tent!



CELEBRATION ZONE

MEDAVIE
BLUE NOSE
marathon



PERSONAL BEST BELL

Ring the bell to celebrate your achievements!

PHOTO OPPORTUNITY

Grab a photo next to your distance!

DOCTORS NOVA SCOTIA

Make sure to grab your headband, and snap a pi with their brand new photo backdrop!

NOVA SCOTIA EGGS FARMERS

Grab a boiled egg and spice it up!

REIGN STORM SAMPLING

Sampling some delicious flavours!

SAMPLING AREA

Bring your ID on Sunday and the Purple Cow 5KM and grab some samples from Benjamin Bridge, Colliding Tides, Nine Locks, or Coldstream.

OASIS AND SUNRYPE TRIKES

Find a Trike and grab a delicious smoothie, fruit juice blends, or fruit snacks!

FACE PAINTING

Get your Blue Nose painted or visit the Face Painting tent on Saturday at the Doctors Nova Scotia Youth Run!

SUNDAY ONLY

SUBARU TRAILER

Get you some Subaru swag after your race on Sunday!

LIFEMARK MASSAGE CENTRE

Relax post race on Sunday with Lifemark!

Visit some of our amazing sponsors & community groups post race; Evolve Fitness, Parkland on the Common, Costco, Orangetheory Fitness, Move 100 & Virgin Radio and Atlantic Chip

MEDAVIE HYDRATION STATIONS & MEDICAL BLUE NOSE marathon

SATURDAY, MAY 16



HYDRATION STATIONS

DISTANCE

Purple Cow 5Km

DRINK STATION

Water

STREET

Brunswick Street

MEDICAL

There will be medical staff on the course, at the finish line and the celebration zone. If you need medical attention while on course, please see the nearest race operations official (Halifax Regional Police, course marshal or hydration station) for assistance.



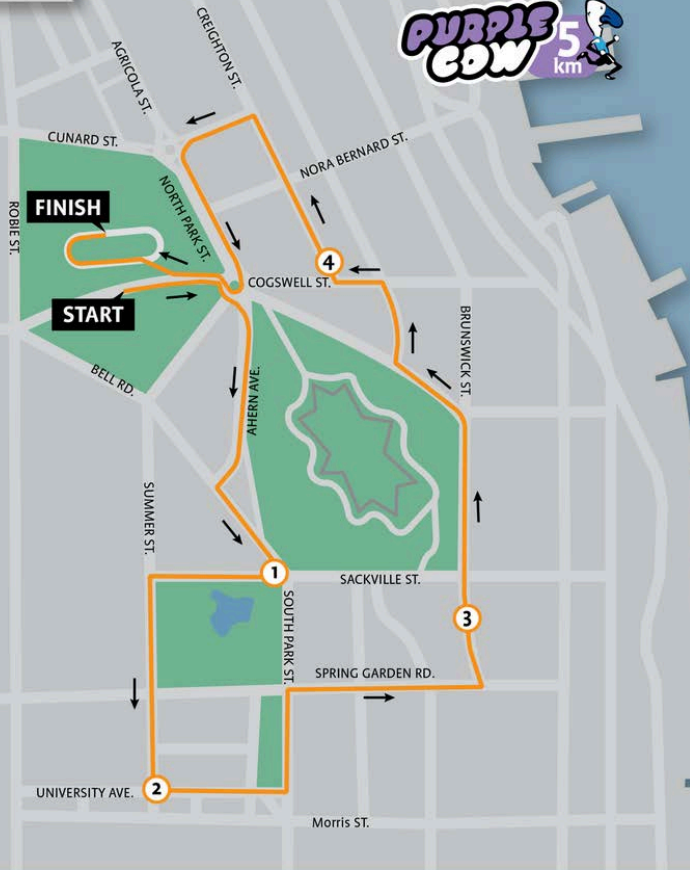
PURPLE COW 5KM



SATURDAY, MAY 16

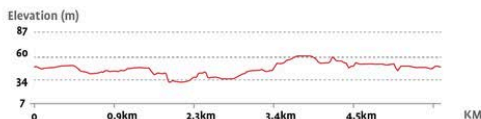
MEDAVIE
BLUE NOSE
marathon

Purple Cow 5Km



34m

5KM Route
Elevation Gain



RACE START: 8:00AM

OFFICIAL RACE CLOSURE: 9:30AM

WAVE STARTS

Line up according to your estimated finish times. There will be three waves starts. The first at 8:00AM for those < 25 minutes. 8:02AM for those between 25 and 40 minutes, 8:04AM for those > 40 minutes.

AEROBICS FIRST PACERS

Find your Aerobics First Pacer.

Paces: 0:25, 0:30, 0:35, 0:40

SOAK IN THE QUEENS MARQUE SEA OF CHEER

And vote for your favourite cheer station from race weekend from May 20 - 27 on our socials!

SATURDAY CHEER STATIONS:

Cogswell & Gottingen

Gottingen & Brunswick

Brunswick & Sackville

Spring Garden & South Park

Ahern & Bell

University & South Park

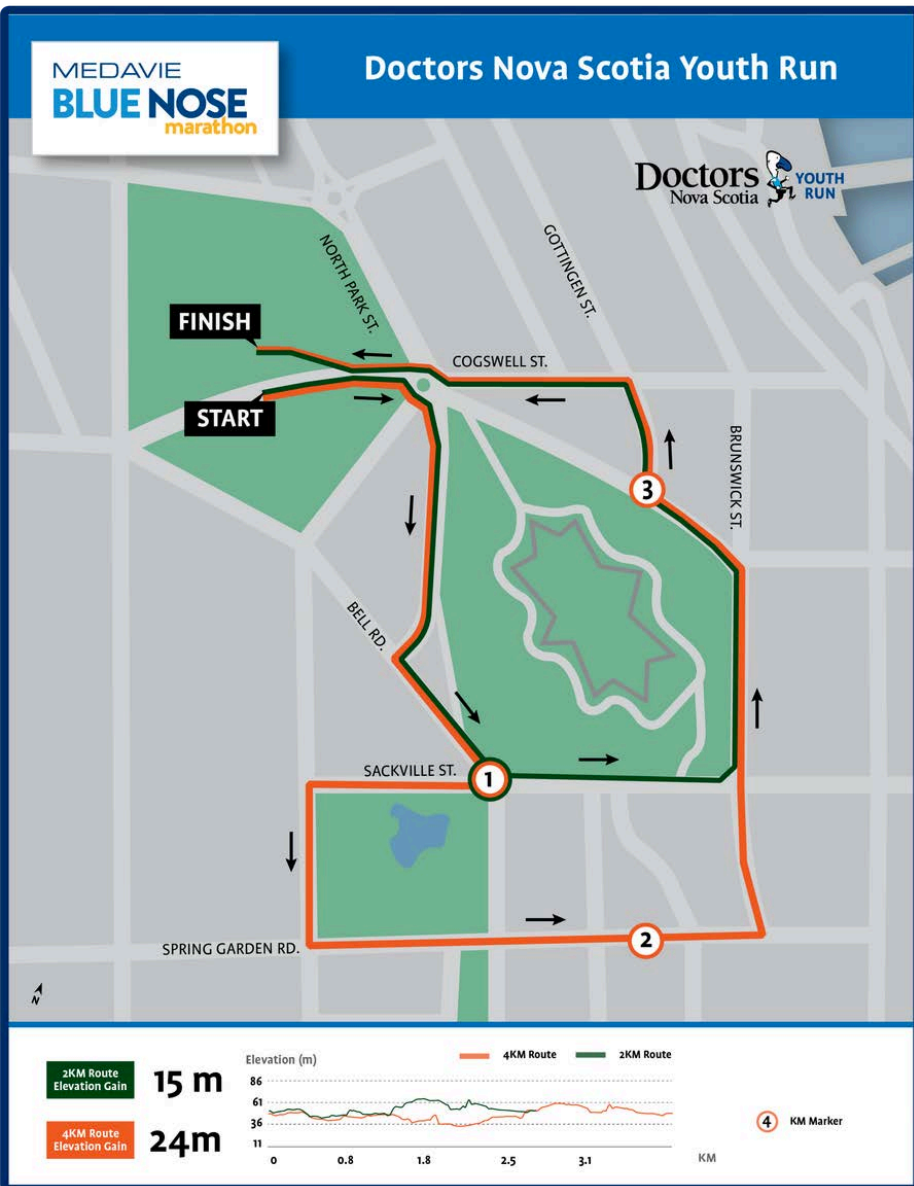
Summer & University

Sackville & Bell

Gottingen & Rainnie

DOCTORS NOVA SCOTIA YOUTH RUN

SATURDAY, MAY 16



RACE START:

4KM: 10:15AM

2KM: 10:30AM

OFFICIAL RACE CLOSURE: 12PM

WAVE STARTS

Line up according to your child's bib colour (Aqua, Pink, Purple, and Yellow). Yellow bibs and strollers must line up at the back of the 2KM race.

LOST CHILD POLICY

Look for the large flag that matches your child's bib colour at the designated lost kids area if you and your child get separated

SOAK IN THE QUEENS MARQUE SEA OF CHEER

And vote for your favourite cheer station from race weekend from May 20 - 27 on our socials!

SATURDAY CHEER STATIONS:

Cogswell & Gottingen

Gottingen & Brunswick

Brunswick & Sackville

Spring Garden & South Park

Ahern & Bell

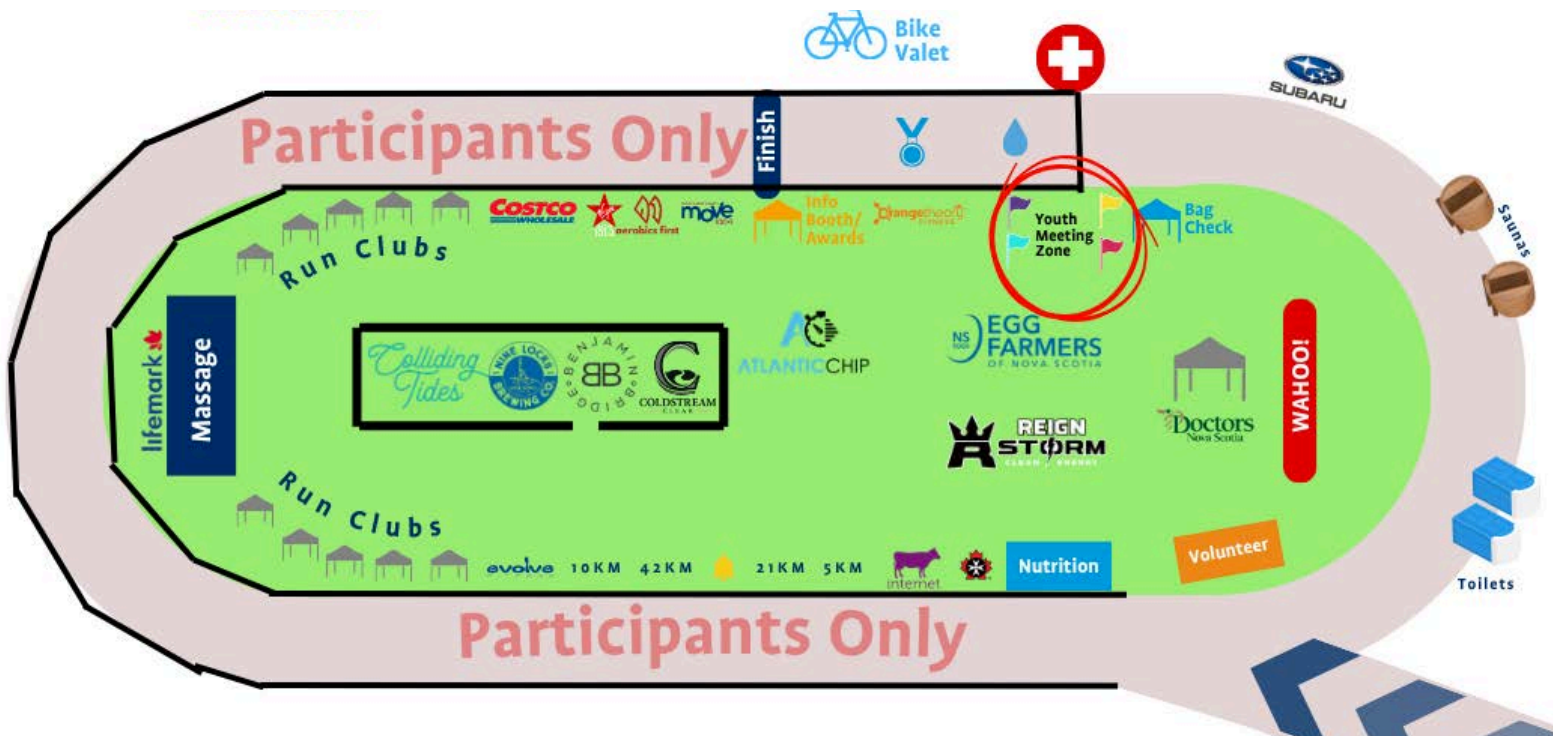
University & South Park

Summer & University

Sackville & Bell

Gottingen & Rainnie

LOST CHILD POLICY



Your child's safety is our top priority. With thousands of children participating in the Doctors Nova Scotia Youth Run, we have a designated Lost Kids Area staffed by trained volunteers to help ensure quick and safe reunions if families become separated.

Look for the large flag that matches your child's bib colour:

Pink |  Yellow |  Purple | Aqua

If your child becomes separated from you, volunteers will guide them to the matching Lost Kids Area and assist in locating parents or guardians. PA announcements will direct parents to the appropriate flag area, but children's names will never be announced for privacy. If you cannot locate your child, head directly to the Lost Kids Area and our team will assist you.



HYDRATION STATIONS & MEDICAL

SUNDAY, MAY 17



HYDRATION STATIONS

DISTANCE

Evolve Fitness 10KM
 Atlantic Chip Half Marathon
 Atlantic Chip Half Marathon
 Atlantic Chip Half Marathon
 Atlantic Chip Half Marathon
 Atlantic Chip Half Marathon
 Medavie Marathon + Strum Consulting Team Relay
 Medavie Marathon + Strum Consulting Team Relay
 Medavie Marathon + Strum Consulting Team Relay
 Medavie Marathon + Strum Consulting Team Relay
 Medavie Marathon + Strum Consulting Team Relay
 Medavie Marathon + Strum Consulting Team Relay
 Medavie Marathon + Strum Consulting Team Relay

DRINK STATION

Water
 Water + Nuun + Naak gels
 Water + Nuun + Naak gels
 Water + Nuun + Naak gels
 Water + Nuun + Naak gels
 Water + Nuun + Naak gels
 Water
 Water + Nuun + Naak gels
 Water + Nuun + Naak gels
 Water + Nuun + Naak gels
 Water + Nuun + Naak gels
 Water + Nuun + Naak gels
 Water + Nuun + Naak gels
 Water + Nuun + Naak gels

STREET

Nantucket Avenue
 Kenny Street
 Rosemead Avenue
 Barrington Street
 Point Pleasant Park
 Young Avenue
 Nantucket Avenue
 Brookdale Crescent
 Kenny Street
 Rosemead Avenue
 Barrington Street
 Point Pleasant Park
 Young Avenue

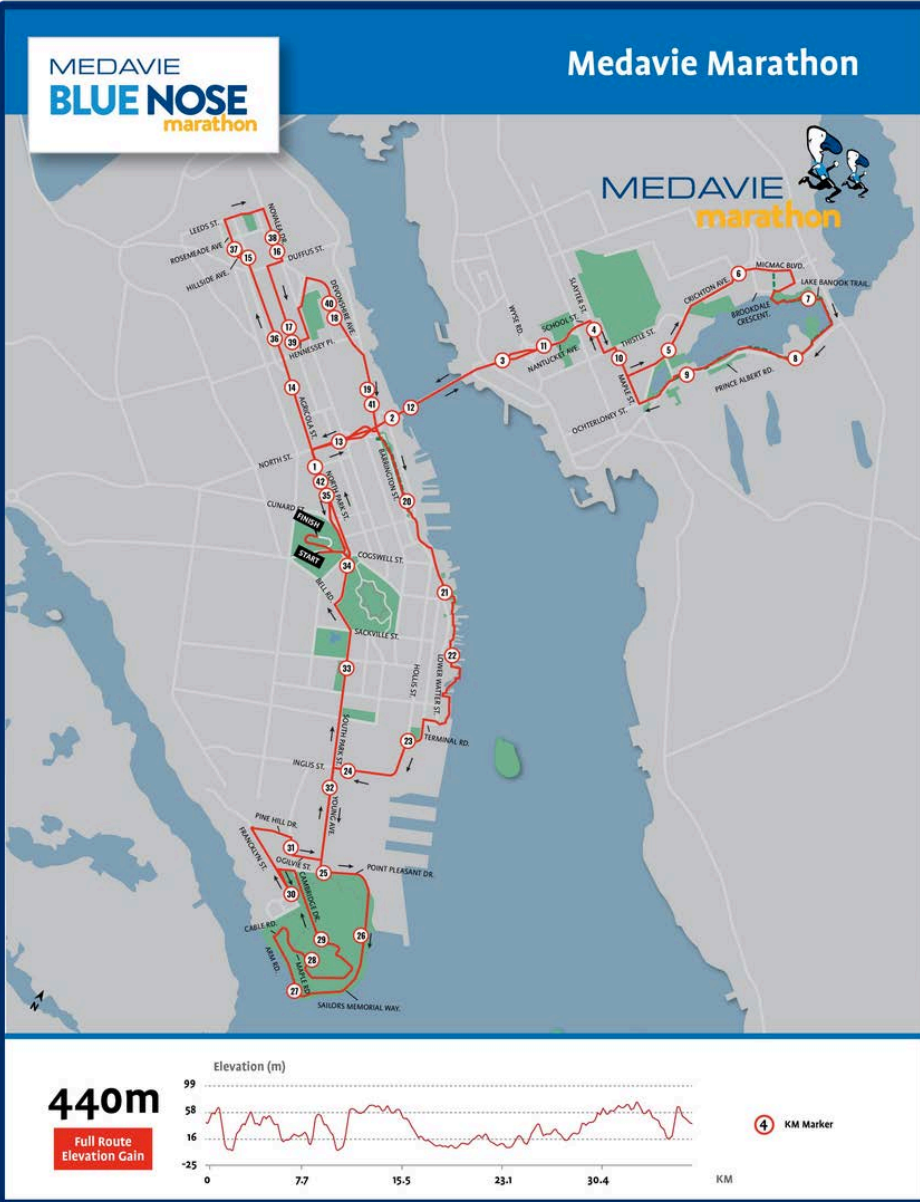
MEDICAL

There will be medical staff on the course, at the finish line and the celebration zone. If you need medical attention while on course, please see the nearest race operations official (Halifax Regional Police, course marshal or hydration station) for assistance.

MEDAVIE MARATHON



SUNDAY, MAY 17



RACE START: 8:00AM

OFFICIAL RACE CLOSURE: 2PM

AEROBICS FIRST PACERS

Find you Aeorbics First Pacer.

Paces: 4:00 & 4:15

**SOAK IN THE QUEENS MARQUE
SEA OF CHEER**

And vote for your favourite cheer station from race weekend from May 20 - 27 on our socials!

SUNDAY CHEER STATIONS:

Nantucket

Prince Albert & Hawthorne

North St.

Novalea & Kenny

Valour way & Barrington

Nathan Green Square

Board walk by NSPI

Young Ave.

Point Pleasant Park Parking

Lots

Bell & Ahern

Spring Garden & South Park

Agricola & Demone

Agricola St.

Brookdale Cres.

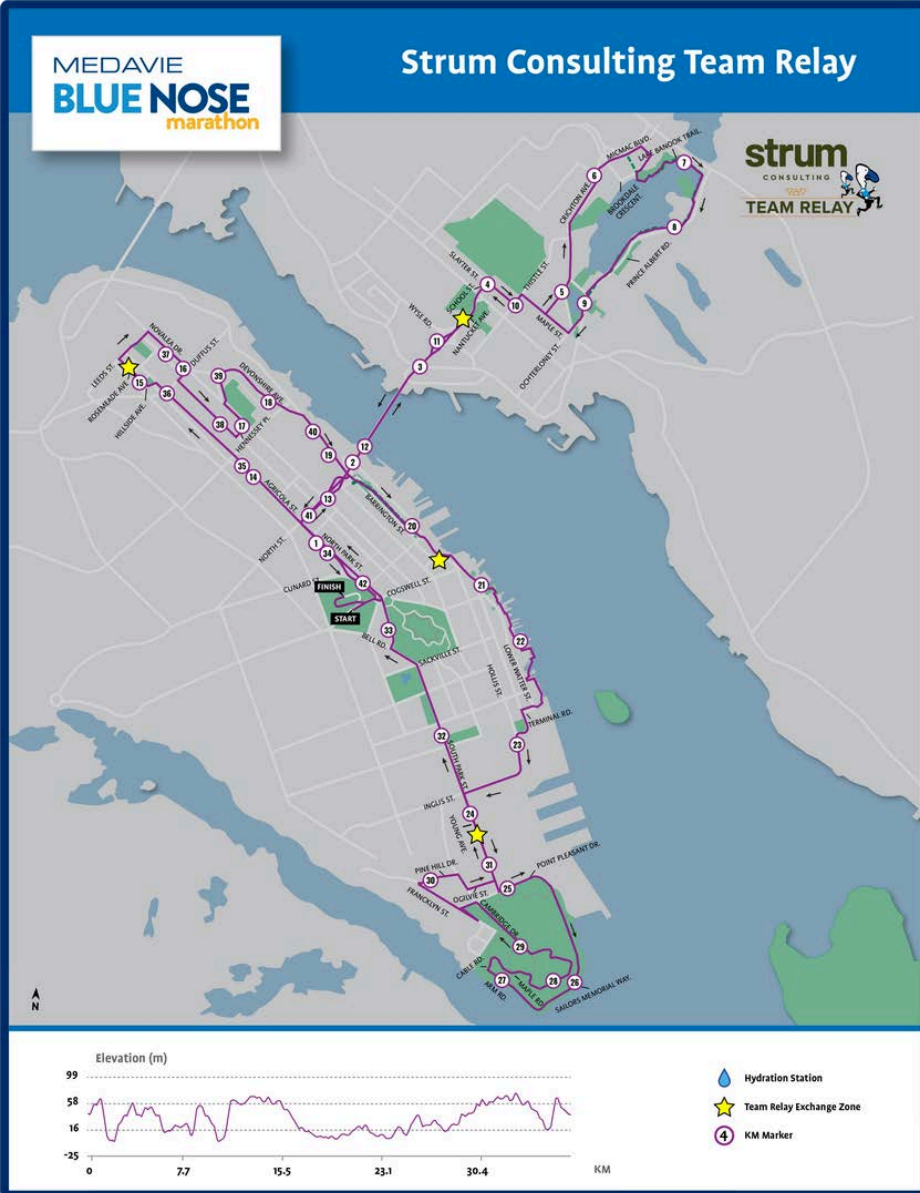
Queens Marque- Waterfront

Upper Water & Barrington

STRUM CONSULTING TEAM RELAY



SUNDAY, MAY 17



RACE START: 8:00AM

OFFICIAL RACE CLOSURE: 2PM

EXCHANGE LOCATIONS

- Leg #2 Nantucket Avenue
- Leg #3 Nantucket Avenue
- Leg #4 Rosemeade Avenue
- Leg #5 Barrington Street
- Leg #6 Young Avenue
- Leg #7 Rosemeade Avenue

All relay exchanges are noted by a large purple flag

SOAK IN THE QUEENS MARQUE SEA OF CHEER

And vote for your favourite cheer station from race weekend from May 20 - 27 on our socials!

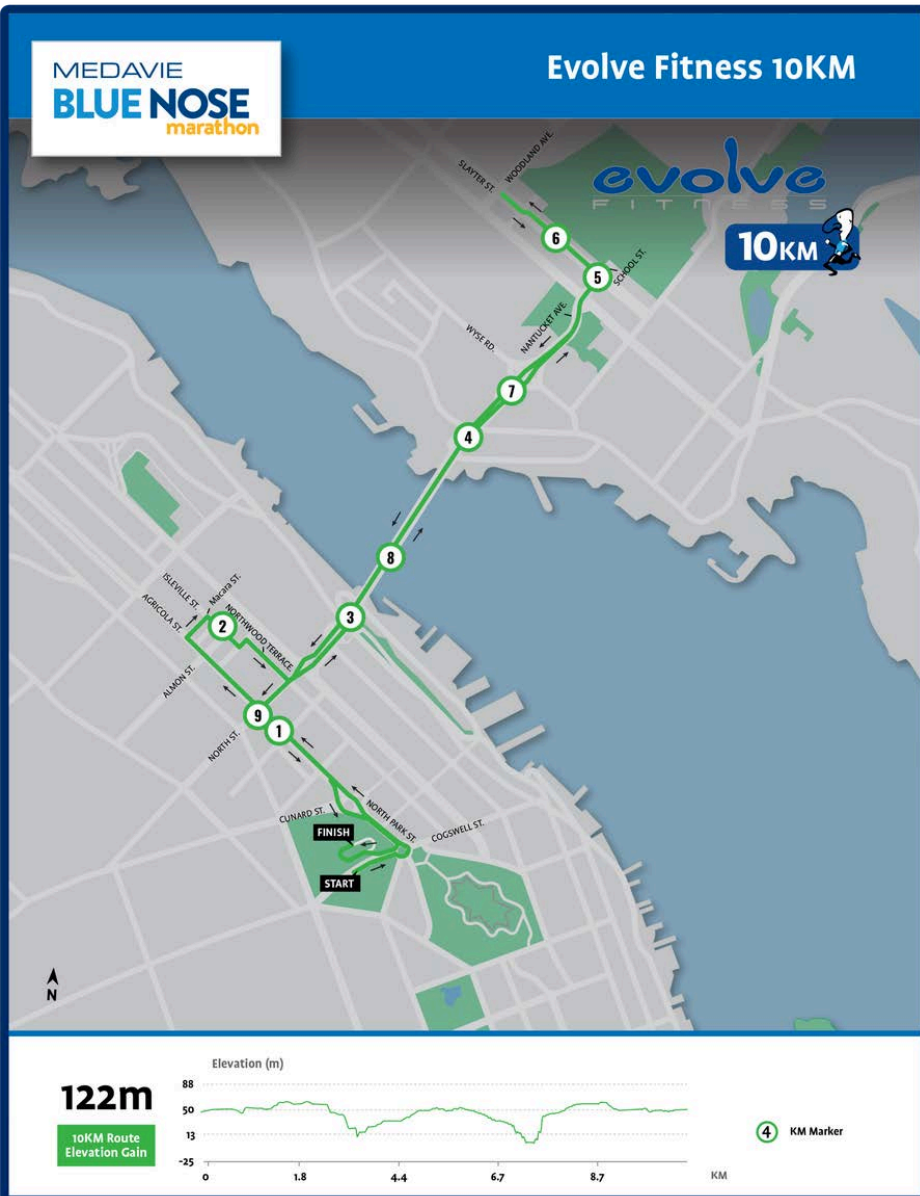
SUNDAY CHEER STATIONS:

- | | | |
|---------------------------|-----------------------------|---------------------------|
| Nantucket | Board walk by NSPI | Agricola & Demone |
| Prince Albert & Hawthorne | Young Ave. | Agricola St. |
| North St. | Point Pleasant Park Parking | Brookdale Cres. |
| Novalea & Kenny | Lots | Queens Marque- Waterfront |
| Valour way & Barrington | Bell & Ahern | Upper Water & Barrington |
| Nathan Green Square | Spring Garden & South Park | |

EVOLVE FITNESS 10KM



SUNDAY, MAY 17



RACE START: 8:10AM

OFFICIAL RACE CLOSURE: 2PM

WAVE STARTS

Line up according to your estimated finish times. There will be three waves starts. The first at 8:10AM for those < 60 minutes.

8:12AM for those between 60 and 80 minutes,

8:14AM for those > 80 minutes

AEROBICS FIRST PACERS

Find you Aeorbics First Pacer.

Paces: 0:45, 0:50, 1:00, 1:05

SOAK IN THE QUEENS MARQUE SEA OF CHEER

And vote for your favourite cheer station from race weekend from May 20 - 27 on our socials!

SUNDAY CHEER STATIONS:

Nantucket

Prince Albert & Hawthorne

North St.

Novalea & Kenny

Valour way & Barrington

Nathan Green Square

Board walk by NSPI

Young Ave.

Point Pleasant Park Parking

Lots

Bell & Ahern

Spring Garden & South Park

Agricola & Demone

Agricola St.

Brookdale Cres.

Queens Marque- Waterfront

Upper Water & Barrington

ATLANTIC CHIP HALF MARATHON

SUNDAY, MAY 17



MEDAVIE
BLUE NOSE
marathon

Atlantic Chip Half Marathon



RACE START: 8:25AM

OFFICIAL RACE CLOSURE: 2PM

WAVE STARTS

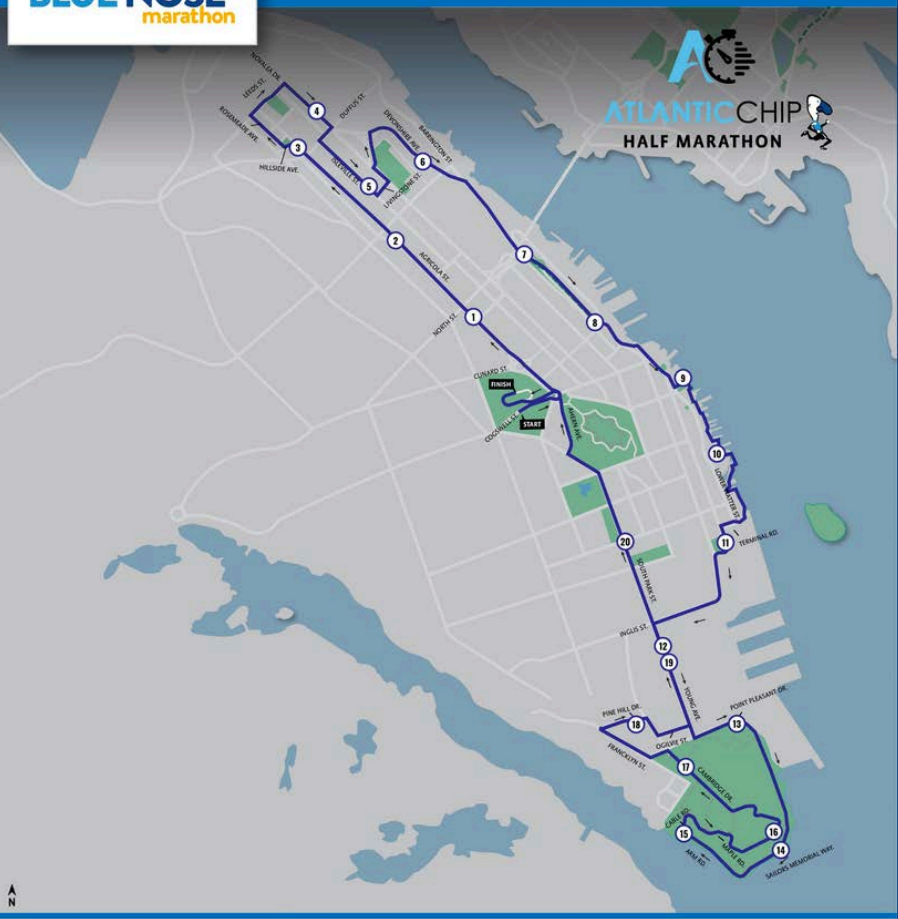
Line up according to your estimated finish times. There will be three waves starts. The first at 8:25AM for those < 1:55, 8:27AM for those between 1:55 and 2:15, 8:29AM for those > 2:15.

AEROBICS FIRST PACERS

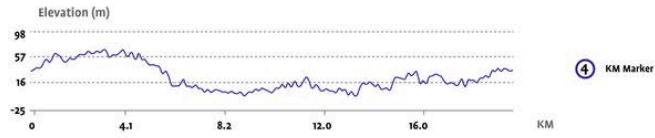
Find you Aeorbics First Pacer.
Paces: 1:40, 1:50, 1:55, 2:00, 2:05, 2:10, 2:15, 2:20, 2:30

SOAK IN THE QUEENS MARQUE SEA OF CHEER

And vote for your favourite cheer station from race weekend from May 20 - 27 on our socials!



185m
Half Route
Elevation Gain



SUNDAY CHEER STATIONS:

Nantucket

Prince Albert & Hawthorne

North St.

Novalea & Kenny

Valour way & Barrington

Nathan Green Square

Board walk by NSPI

Young Ave.

Point Pleasant Park Parking

Lots

Bell & Ahern

Spring Garden & South Park

Agricola & Demone

Agricola St.

Brookdale Cres.

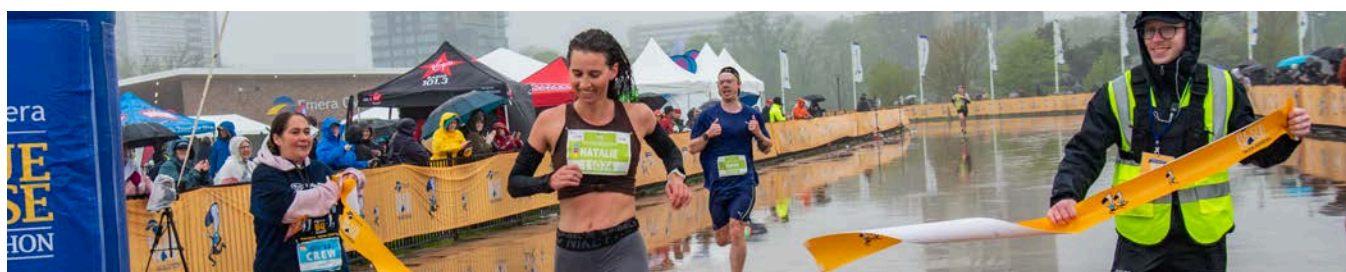
Queens Marque- Waterfront

Upper Water & Barrington

AWARDS & RESULTS



Awards will be presented at the Awards Tent to the TOP THREE Finishers for each race in the Female, Male and Nonbinary categories brought to you from Benjamin Bridge. Age category award winners will be contacted a few weeks post race weekend.



SATURDAY, MAY 16

PURPLE COW 5KM: 8:45AM - 9AM

SUNDAY, MAY 17

EVOLVE FITNESS 10KM: 9:15AM - 9:30AM

ATLANTIC CHIP HALF MARATHON: 10:30AM - 10:45AM

STRUM CONSULTING TEAM RELAY: 11:45AM - 12PM

MEDAVIE MARATHON: 11:45AM - 12PM

CHECK YOUR RESULTS!

MEDAVIE
BLUE NOSE
marathon

Download
the Blue Nose Marathon app

Follow your friends, family and favourite athletes live during the 2026 Medavie Blue Nose Marathon!

Want to see your results? see if you qualify for an award? or achieved a new Personal Best??

Check your results after your race on atlanticchip.ca or through the Blue Nose Marathon app presented by Global Relay that uses live predictive tracking.

CHARITY PARTNERS



ADSUM FOR WOMEN & CHILDREN
ALZHEIMER SOCIETY OF NOVA SCOTIA
ANINGA PROJECT
ARTHRITIS SOCIETY CANADA
AUTISM NOVA SCOTIA
BIDE AWHILE ANIMAL SHELTER
BONNY LEA FARM
BRAIN INJURY ASSOCIATION OF NOVA SCOTIA
BRIGADOON VILLAGE
BRUNSWICK STREET MISSION

CYSTIC FIBROSIS CANADA
DASC
DRESS FOR SUCCESS HALIFAX
EATING DISORDERS NS
ELDERDOG CANADA
EPILEPSY ASSOCIATION OF THE MARITIMES
EPILEPSY CANADA
EVERY ONE EVERY DAY
FAMILY SOS ASSOCIATION
FIGHTING BLINDNESS CANADA

CANADIAN CANCER SOCIETY
CANADIAN MENTAL HEALTH ASSOCIATION
CANCER CARE FOUNDATION
CANCER RESEARCH SOCIETY
CASSIE + FRIENDS
CATHY'S PLACE CANCER RESOURCE ROOM
CHILDHOOD CANCER CANADA
CHILDREN'S AID FOUNDATION
CMV CANADA
CRAFT NOVA SCOTIA

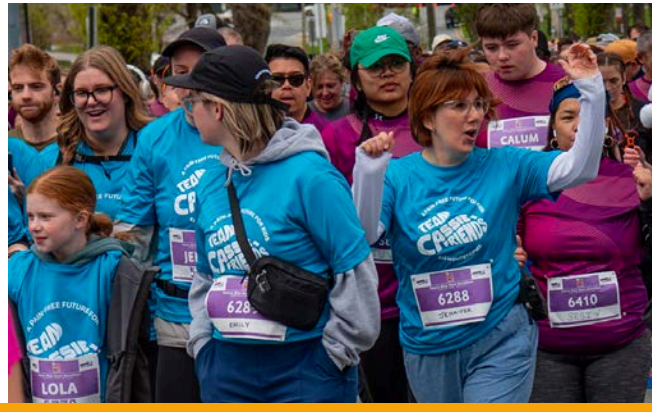
HALIFAX & REGION MILITARY FAMILY RESOURCE CENTRE
HALIFAX DANCE
HALIFAX NS DOWN SYNDROME SOCIETY
HEALTHY TOMORROW FOUNDATION
HEART AND STROKE FOUNDATION OF CANADA
HOMEBRIDGE YOUTH SOCIETY
HOSPICE HALIFAX
HUMAN APPEAL CANADA
ISANS
IWK FOUNDATION



The Giv'er Charity Challenge is a unique program that allows participants to make their run, walk, or wheel more meaningful by fundraising for their charity of choice.

This year, with the support of Medavie, we're also offering complimentary race entries to help charities recruit fundraisers and grow their impact.

CHARITY PARTNERS



JACK.ORG
KIDNEY CANCER CANADA
LEARNINGO
MACPHEE CENTRE FOR CREATIVE LEARNING SOCIETY
MENTAL HEALTH FOUNDATION OF NOVA SCOTIA
METRO COMMUNITY HOUSING ASSOCIATION
MS CANADA
MY GRANDFATHER'S CAT
NORTH MOUNTAIN ANIMAL SANCTUARY
NOURISH NOVA SCOTIA

NOVA SCOTIA SPCA
NOVA SCOTIA TALENT TRUST
NOVA SCOTIA YOUTH ORCHESTRA
NSCC - KINGSTEC
OVARIAN CANCER CANADA
PANCREATIC CANCER NORTH AMERICA
PARKER STREET
PARKINSON CANADA
PRESCOTT GROUP
QEII FOUNDATION

RAINBOW REFUGEE ASSOCIATION OF NOVA SCOTIA
RONALD MCDONALD HOUSE MARITIMES
SCLERODERMA ATLANTIC
SECOND HARVEST
SHELTER MOVERS NOVA SCOTIA
SHINE FOUNDATION
SPECIAL OLYMPICS NOVA SCOTIA
SURFRIDER ATLANTIC CANADA
THE LEUKEMIA & LYMPHOMA SOCIETY OF CANADA
THE NORTH GROVE

THE SMILING BLUE SKIES CANCER FUND
THREADS OF LIFE
THROMBOSIS CANADA
TIM HORTONS FOUNDATION CAMPS
TRUE PATRIOT LOVE FOUNDATION
UNITED WAY MARITIMES
WONDER' NEATH ART SOCIETY
WRITER'S FEDERATION OF NOVA SCOTIA: THE RUN-ON SENTENCES



THANK YOU TO ALL OUR SPONSORS

MEDAVIE
BLUE NOSE
marathon

Race Sponsors



Premier Sponsors



Signature Sponsors

Community Sponsors

