

Halloween Half

EVENT GUIDE

Red Deer, Alberta
5k / 10k / 21K
Saturday, October 27, 2018

Booo!

We're stoked that you're joining us for the Halloween Half, 5k & 10k! This info pack contains all the details you need to make sure you have a fun, enjoyable stress-free day. We are expecting nearly 500 people, so please read this packet in its entirety to help things run more efficiently. It'll answer your questions and give you all the important information that you won't get otherwise.

AT A GLANCE:

1. PACKAGE PICK-UP, RACE MORNING ONLY

- WHERE: Bower Ponds Outdoor Stage – 4707 Fountain Drive (near Cronquist House)
- WHEN: Race morning – 8:00am-9:30am

2. VENUE & PARKING

- START/FINISH: Bower Ponds Outdoor Stage
- PARKING: City parking lots at Bower Ponds
- WHEN: SATURDAY, October 27th, 2018

3. RACE DAY & SCHEDULE

- RACE START – Half Marathon: 10am
- RACE START – 10K: 10:10am
- RACE START – 5K: 10:20am

4. GENERAL INFORMATION

- SAFETY
- WEATHER

5. CHARITY PARTNER



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VENUE

The start/finish line will be located near the Outdoor Stage at Bower Ponds just down the hill from the Cronquist House.



>> WHERE:

Bower Ponds
4707 Fountain Drive
Red Deer

>> WHEN:

SATURDAY Oct 27
RACE STARTS AT 10AM!

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PARKING



RACE DAY INFORMATION

START TIMES

The race start will be in waves with the Half Marathon'ers starting first at 10:00 AM, then 10k'ers will start 10min later, followed by the 5k'ers 10min after that.

COURSE [\(VIEW ONLINE\)](#)

Although there are numerous signs and volunteers on course cheering and directing you in the right direction, it is your responsibility to familiarize yourself with the course to ensure you have a successful run. Please review course maps online.

Washrooms & Water *(approx. every 3-4km)*

- * 5K: 49th Ave & Bower Ponds
- * 10k: 49th Ave, 67th Street & Bower Ponds
- * Half Marathon: 49th Ave, 67th Street (5k mark); Mckenzie Trails; 45th Ave near Gateway School, Heritage Ranch, Boat Launch, & Bower Ponds

RACE DAY SCHEDULE:

8:00AM	PACKAGE PICK-UP OPENS Pick up your race bib and drink ticket. On-site check-in begins at 8.00 AM. Come early, there will be lines!
9:00AM	Coffee, hot chocolate and cookies for \$1. All proceeds support the Mustard Seed
10:00AM	THE RACE BEGINS! 10:00AM Half Marathon 10:10AM 10K 10:20 AM 5K
11:30AM	ANNOUNCE TOP FINISHERS Top finishers in each event will be announced and awarded a delicious cookie medal!
11:30AM	AFTER-PARTY @ BO'S Head to Bo's Bar & Grill to enjoy your FREE beer immediately after the race or later.
2:00PM	RACE COURSE CLOSSES If you're not at Bo's yet, we're all heading there now, proud of all the work we've done and ready to enjoy that well deserved cold beer.

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T-SHIRT STORE

Didn't order a race shirt? We will have some extra shirts available for purchase for \$20 on race day. Limited sizes available.



AFTER PARTY @ BO'S BAR & GRILL

2310 50 AVE RED DEER, AB

Enjoy your first drink FREE when you bring your coupon* to Bo's Bar & Grill after the race!

**Coupon must be used race day.*

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GENERAL INFORMATION

SAFETY

Our goal is to explore the city parks and pathways that we too often just drive by. Please remember that we are guests in these parks and the pathways are still open to the public during the race. Your respect and accommodation to other pathway users is appreciated.

1. DRINK PLENTY OF WATER: Be sure to drink plenty of fluids before, during and after the race. There will be water stations on course and at the finish line, but we strongly suggest that you bring your water bottle to stay hydrated before and during the event as well.

2. REPORT SUSPICIOUS BEHAVIOR OR PEOPLE WHO LOOK LIKE THEY MIGHT NEED ASSISTANCE: If you see someone acting suspicious or endangering others, please report it to a volunteer or staff member. If you happen to run past someone who seems to be struggling or appear to need medical assistance, let a volunteer or staff member know so that we can get them the help they might need. Your safety is our priority.

3. MUSIC PLAYERS: Yes, you can run with music. We suggest running with only one earbud to help you be aware of your surroundings.

4. STROLLERS: Yes, you can run with a stroller. Please start near the back to prevent injuring other runners with the stroller.

5. DOGS: No, sorry we do not allow you to run with dogs. We ask that spectators with dogs always keep them on a leash.

WEATHER

We will hold the race as scheduled even if it is raining. However, our first priority is your safety and there may be occasions - such as high wind or lightning - that we will postpone the run. If the weather looks threatening as we lead up the event, keep your eyes on our Facebook page and your email for updates.



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CHARITY PARTNER

We are happy to announce that the Healthy Smiles Halloween Half will be supporting the Mustard Seed. The Mustard Seed Red Deer is a ministry that is seeking to build hope and well-being for the community. Working directly with locals to ensure the Mustard Seed's approach fits with the real needs people are experiencing.

A portion of registration fees and online donations will go towards the local Mustard Seed School Lunch Program which feeds almost 400 students each day.

How can you help? Donate money on race day. Or sign up and volunteer with the Mustard Seed to help deliver lunches. volunteerreddeer@theseed.ca



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