

RED DEER ROUNDUP RUN 5K / 10K / 15K EVENT GUIDE

Howdy!!

We're stoked that you're joining us for Race #2 of the Healthy Smiles Run Series! This info pack contains all the details you need to make sure you have a fun, enjoyable stress-free day. We are expecting nearly 350 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 at Start/Finish, from 7.30am – 8.30am

2. VENUE & PARKING

- START/FINISH: Railway Bridge Greenspace (south riverbank) 5304 55 street
- PARKING: All city lots and street parking are free on weekends
- WHEN: Saturday June 30th

3. RACE DAY & SCHEDULE

- RACE START – 15K: 9:00am
- RACE START – 10K: 9:10am
- RACE START – 5k: 9:20am

4. GENERAL INFORMATION

- SAFETY
- WEATHER

5. CHARITY PARTNER



The Red Deer Roundup Run
Saturday June 30th, 2018



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PACKAGE PICK-UP

Before you can run you need to check in for the race and pick up your race bib!
Here are a few reminders about package pick-up:

- Come early to give yourself enough time to check in
- Make sure all the information on your bib is correct. If not please see the timing team at the start line
- If you are under the age of 18, you **MUST** have a parent or guardian sign your waiver before you pick up your Bib.

RACE DAY REGISTRATION

Have a friend who wants to join in last minute? Race day registration is available, \$40 CASH ONLY.

EVENT SWITCHES

Need to switch your event distance? No problem, but please **LET US KNOW BEFORE** the race so we can swap your bib color and update the race timing crew for accurate race results.

T-SHIRT STORE

Shirts can be purchased for \$20 on race day. Look for the sign near the athlete check in that says, “*T-shirts for Sale*”.

Note: CASH ONLY, sizes based on availability.



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VENUE

The start/finish line will be located on the Greenspace just under the Railway Bridge (south riverbank). ~ [5304 55th street](#).



>> WHERE:

Railway Bridge
~5304 55TH Street
RED DEER, AB

>> WHEN:

SATURDAY June 30th
RACE STARTS AT 9AM!




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PARKING



-  Parking Options – south
1. [DynaLifedX](#)
 2. [Laserforce/Fabricland](#)
 3. Red Deer Bingo Center
 4. Red Deer City Lot P2

- Parking Options – north
5. Street parking 52nd Ave
 6. Street parking 58St/53rd Ave



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RACE DAY INFORMATION

START TIMES

The race start will be in three waves with the 15k'ers starting first at 9AM, then 10k'ers will start 10min later followed by the 5k'ers at 9:20am.

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.

* Water Stations/Washrooms @ Start/Finish & Approximately every 3 - 4km

RACE DAY SCHEDULE:

7:30AM	PACKAGE PICK-UP OPENS You will need to check-in before you can run. On-site check-in begins at 7:30 AM. Come early, there will be lines!
8:45AM	RACE ANNOUNCEMENTS & WARM UP Make your way to the start for a course overview and important race announcements.
9:00AM	THE RACE BEGINS! 9:00AM 15k 9:10AM 10K 9:20AM 5k
10:00AM	ANNOUNCE TOP FINISHERS Top finishers in each event will be announced and awarded free entry into another Run Red Deer race!
10:00AM	POST RACE SNACKS Jugo Juice will be on site offering free samples. Coffee & Cookies for \$1 donations to the Mustard Seed
1:00PM	RACE COURSE CLOSSES Be proud of all the work you've done, and we hope to see you at the Halloween Half on Oct 27!



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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.

WEATHER

We will hold the race as scheduled even if it is raining. However, our 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.

1. DRINK PLENTY OF WATER: Be sure to drink plenty of fluids before, during and after the race. There will be water stations 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, this course is all on paved trails. There is one big hill on the 15k course but all means giver!!

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



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CHARITY PARTNER

The Healthy Smiles Roundup Run is proud to be supporting the Canadian Ski Patrol Red Deer Division.

Thank you to those who donated when registering online.

We will also be donating a portion of your registration fee, and if you have not already donated, they will be onsite collecting donation on race day. \$1, \$5, or \$100, it all makes a difference.



CANADIAN SKI PATROL™

Red Deer Zone

ABOUT CANADIAN SKI PATROL

The Canadian Ski Patrol is a non-profit volunteer organization with over 60 members servicing the Red Deer area. CSP promotes safety and injury prevention and provide the highest possible standards of education, certification and delivery in first aid and rescue services to the local mountains in the winter months and to the pathways of Red Deer during the summer.

The Red Deer Ski Patrol has supported all our events this year as course marshals, photographers, and first aiders, so it is time we give back. If you have ever taken a toboggan ride concierge service down the ski hill or had them package up a sprain or fracture at the ski hill or event, PLEASE SHOW YOUR SUPPORT with a donation! Thank you!!

LEARN MORE

>> Website: <http://zone.skipatrol.ca/reddeer/>

>> Facebook: <https://www.facebook.com/CSPRedDeerZone/>



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