

RED DEER  
**Spring Fever Run**  
5K / 10K

# EVENT GUIDE

## SPRING IS IN THE AIR!

We're stoked that you're joining us for the first of three Run Red Deer Events, The Healthy Smiles Spring Fever Run! This info pack contains all the details you need to make sure you have a fun, enjoyable stress-free day. We want everyone to have a great race and fun day 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

- Package pick up will happen on RACE MORNING ONLY at the start line from 8:30am-9:45am.

### 2. VENUE & PARKING

- START/FINISH: 1927 50<sup>th</sup> Ave, back parking lot of JJ's Kitchen & Bar (previously the Tap House Pub Grill)
- PARKING: JJ's Kitchen & Bar
- WHEN: Saturday April 21, 2018

### 3. RACE DAY & SCHEDULE

- 10k RACE START: 10:00am
- 5k RACE START: 10:10am

### 4. GENERAL INFORMATION

- SAFETY
- WEATHER

### 5. CHARITY PARTNER

- MS Society – Central Alberta Chapter



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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.**

## VENUE

**Athlete check in will be in the parking lot behind JJ's Kitchen & Bar (The Tap House Pub & Grill). The course will begin on the trail just south of the restaurant.**

### >> WHERE:

**1927 50<sup>th</sup> Ave (Parking Lot of JJ's Kitchen & Bar previously the Tap House Grill)**

### >> WHEN:

**Saturday April 21  
RACE STARTS AT 10AM!**



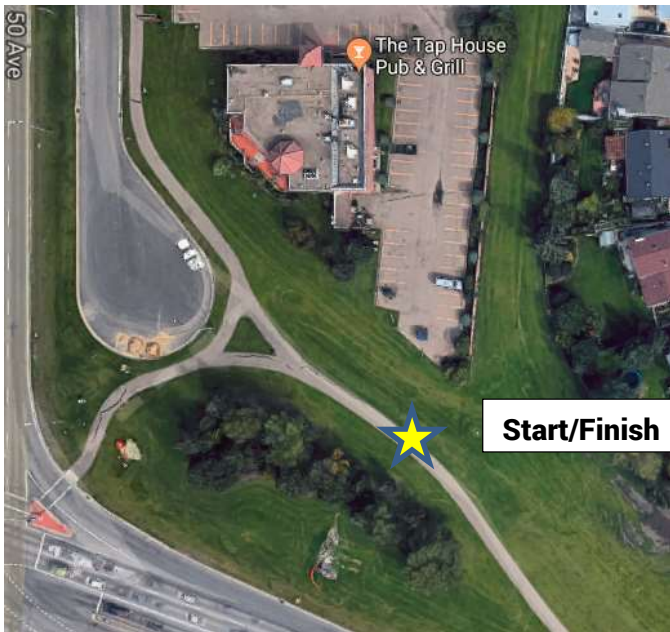
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**PARKING**

Parking is available in the JJ's Kitchen & Bar (formerly The Tap House Pub & Grill) parking lot and surrounding restaurants. Please obey all traffic and parking signs. Carpooling is highly recommended.



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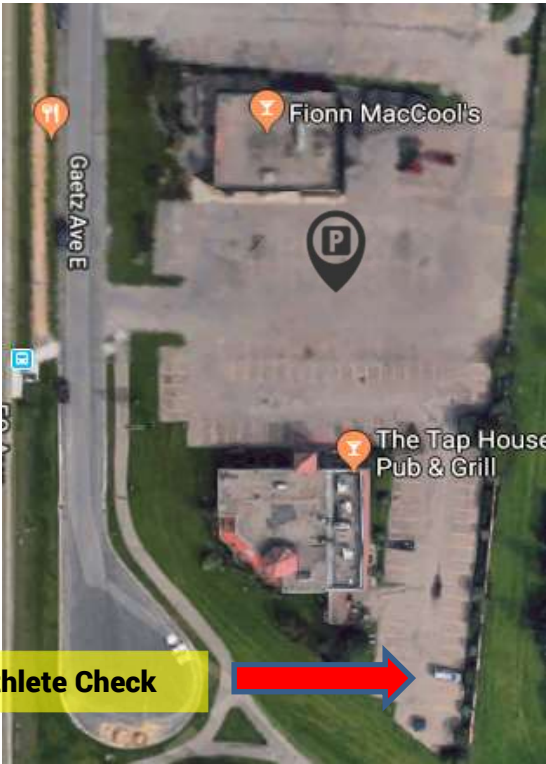


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Athlete Check



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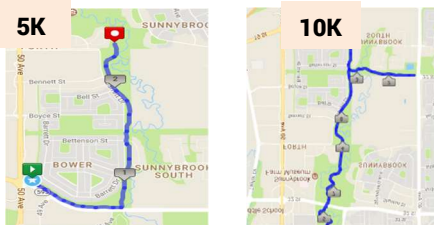
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### RACE DAY INFORMATION

#### START TIMES

The race will begin in two waves. The 10k'ers will start at 10:00am followed by all 5k participants at 10:10am.

#### COURSE: [5K COURSE](#) & [10K COURSE](#)



#### Water Stations/Washrooms:

- \* 5k: Start/Finish, water @ 2.3k (no washrooms on course)
- \* 10k: Start/Finish, water @ ~ 2.3k & 7.5k, washrooms @ ~5.5k

#### EVENT SWITCHES

Need to switch events? No problem, but you **MUST** let us know before the race so we can switch your bib and event distance.

#### T-SHIRT STORE

Race series shirts can be purchased for \$20 on race day. Look for the sign near the athlete check in that says, ***"T-shirts for Sale"***. Please note: **CASH ONLY** and sizes based on availability.

#### POST RACE

Mustard Seed will be onsite selling Starbucks coffee, hot chocolate and cookies for \$1/each after the race. 100% of proceeds support the Mustard Seed.

### RACE DAY SCHEDULE:

8:30AM	<b>PACKAGE PICK-UP OPENS</b> Pick up your bib on-site beginning at 8:30 AM. Come early, there will be lines! Know someone who did not register? Race Day Registrations available until 9:30am.
9:45AM	<b>RACE ANNOUNCEMENTS &amp; WARM UP</b> Make your way to the start for important race announcements & start your warm up
10:00AM	<b>THE RACE BEGINS!</b> 10:00AM 10K 10:10AM 5K
11:00AM	<b>ANNOUNCE TOP FINISHERS</b> Top finishers in each event will be announced and awarded free entry into another Run Red Deer Race!
11:00AM	<b>POST RACE</b> Enjoy coffee, hot chocolate and cookies for \$1/each.



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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 *however there are **many areas of the pathway still covered in snow/slush** which will be extra challenging 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 keep them on a leash at all times.

### 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

The Healthy Smiles Spring Fever Run is proud to be supporting the MS Society Central Alberta Chapter. 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.



## ABOUT THE MS SOCIETY OF CANADA

The MS Society provides information and resources to help manage both the daily and longer-term challenges that MS may present. Multiple Sclerosis is a complex disease, and in communities across Canada, the staff and volunteers help people living with MS and their loved ones. No one needs to face MS alone. The MS society provides support and services to people who are:

- Living with a diagnosis of MS or an MS allied disease
- Waiting for a diagnosis
- Close to a person with MS, such as family and friends
- Caregivers to a person with MS
- Healthcare professional, employers, institutions and students

## MS SOCIETY ONLINE

>> Website: <http://www.mssociety.ca>

>> Facebook: <http://www.facebook.com/MSSocietyCanada/>



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