

Barrhaven Run

for Roger Neilson House



Saturday, June 10 2017

BarrhavenRun.ca

Participant Information

The following information is to assist organizers stage a safe, successful event for all.
The event will proceed rain or shine. Please dress accordingly.

Deadlines

- Registration deadline is June 8 at 5pm.
- Deadline to change your race distance is June 1st at noon.
Please email barrhavenrun@gmail.com with your full name and race change request if you wish to do so.

We will not be accepting any registrations for the 5k or 10k on race day.

Race Kit

- Race kits will include a race bib and t-shirt.
- For the 2.5K Walk, Run & Roll one family member may pick up the entire family's race kits

Advance Pickup

Friday, June 9th from 4:00 pm - 8:00 pm at Barrhaven Source for Sports
(1581 Greenbank Rd.)

Race Day

12:00 pm - 4:00pm at Mother Teresa High School

Parking

- There is **no** parking available at Mother Teresa High School, with the exception of Handicap parking ONLY (with a valid tag).
- There is no parking along the race routes.
- Limited parking will be available on a first-come, first-serve basis (other local area schools, parks, or side streets).
 - Pierre Elliott Trudeau Elementary School on Longfields Drive
 - Longfields-Davidson Heights High School on the corner of Berrigan and Longfields

Participant Bib Number

Each participant will be issued a race bib that is pinned to the front of your shirt, not the back please. This will be included in your race kit. It is important to note that if you have more than one person in your family who is in the 5k or 10K events, each wears the one assigned to them. It is matched to the timing chip issued to you.

Timing

The 5K and 10K events are timed, the 2.5K is not. Time chips are attached to the back of your bib which you will receive at when you collect your race kit.

Water Stations

There will be 3 water stations on the 10K route and 1 water station on the 5K route. Please note that water will be served only on one side of the road. Water will also be provided in the Recovery Tent on site.

Rest Stations

Porta Potties will be available on site as well as one Porta Potty on the 10K route located at the gas station at the corner of Woodroffe & Fallowfield.

Running Strollers

The use of running strollers is restricted to the Walk, Run & Roll 2.5km. Strollers are prohibited in the 10km and 5km timed events. Rollerblades are also permitted in the 2.5k Walk, Run & Roll only.

Safe Running

Runners are encouraged to run no more than 2 abreast and everyone is to stay to the left hand side as much as possible. The course is not closed to traffic and running with an IPOD is not recommended. Please run inside all coned lanes set up on the course all times.

Participants are to follow the instructions of course marshals including police officers during their event.

Spectators & Animals

There will be no tables or seating provided at the race site or on the race routes. Individuals wishing to bring their own lawn chair are permitted to do so. Please note that BarrhavenRun.ca will not be responsible for any lost or stolen items.

- Food & drink can be purchased at vendor stands on site.
- Family Fun Zone activities will be available from 1:30pm to 4:30 pm
- Animals are permitted on site but not on any race routes.

Schedule of Events (subject to change)

Please be aware of when your event starts and report to the start line at least 10 minutes prior. Announcements related to each event will be made to provide last minute information.

12:00pm-4:00pm	Race Kit Pickup at Race Site ONLY
2:30pm	Tot Trot
2:40pm	Announcements & Presentation to Roger's House
3:00pm	2.5K Walk, Run & Roll
4:15pm	5K Run
5:15pm	10K Run
7:00pm	Closing Address & Awards Presentations

*Times may vary depending on finish of prior event