

ARRIVAL TIMES:

• KIDSZONE + PICZONE:

7:30am

Rotary Park (177 Lake Driveway West, Ajax, L1S 7J1)

• FANZONE 1:

8:30am

Veteran's Point (cnr Harwood & Lake Driveway West)

• FANZONE 2:

TBA.

First report to FANZONE 1 at 8:30am, and the team leader will assign a team for this location there. (Access at cnr Audley Rd South & Keywood Str)

RACE START TIMES:

- 8:20am 1km
- 8:50am 5km
- 10:00am 15km

WHAT TO BRING:

- Loads Of Energy: It's going to be a busy morning so make sure you have eaten and had some coffee. Try bring a snack for later in the day.
- Water: Stay hydrated, as cheering on the runners will definitely generate a thirst!
- Fold-up Chair. For those moments in between cheering where no runners are in sight.
- Warm Layers. The morning will likely be cold, so dress accordingly. Race happens <u>rain or shine</u>, so maybe have an umbrella / raincoat just in case...
- Sun Screen: When the sun decides to show up, make sure you're protected.
- **Bug Repellent:** Just in case.





