



Red Deer PCN Fun Run

May 13, 2023

www.reddeerfunrun.com

Thank you for registering for the 2023 Red Deer PCN Fun Run! We are so excited to share this amazing event with you! There will be loads of community spirit and so much to see and do. Make sure you leave lots of time to wander the event and take it all in!

Package Pickup

Date: **Friday, May 12th**

Location: **Weber Physiotherapy Clinic, 5420 45 Street**

Time: In order to keep package pickup as quick and smooth as possible, we ask that you come at the following times if possible:

- 11am - 12pm: Last names beginning with A, B
- 12pm - 1pm : Last names beginning with C, D, E, F
- 1pm - 2pm: Last names beginning with G, H, I
- 2pm - 3pm: Last names beginning with J, K, L
- 3pm - 4pm: Last names beginning with M, N
- 4pm - 5pm: Last names beginning with O, P, Q, R
- 5pm - 6pm: Last names beginning with S, T
- 6pm - 7pm: Last names beginning with U, V, W, X, Y, Z

YES, you can have someone else pick up your package for you. No need to notify us. If you are picking up for more than one last name, feel free to choose the time that works best.

YES, if you are coming from out of town, you may pick up your package at the event on race day. Please find the PACKAGE PICKUP tent near the start line, and arrive a minimum of half an hour before your event.

NO, you do not need to print off your Zone 4 payment receipt. Just come on down, give us your name and we'll get you set up!

YES, Friends and Family can still register in person on Friday May 12th during package pick-up and Saturday May 13th.

Late Registration

Late registration is available in person at Package Pickup on Friday, May 12 or at the race on Saturday, May 13. If registering Saturday morning, please allow at least 30-45 minutes before your start time to process paperwork and receive your race bib.

Distance Changes

If you intend to change the DISTANCE you registered for, you MUST inform the registration volunteers on either Friday or Saturday. Your race chip is pre-programmed for your distance, and will affect result times if you change without notifying us.

Parking

We have lots of parking in the Capstone area! Please view our [parking map HERE](#). Parking areas will be well marked. Of course, car pooling, cycling or taking an e-scooter are always great ideas! We will also have secure bike racks available for cyclists.

Site Map

Wondering where to visit your favorite booth, jump in the bouncy castles, or maybe find something to eat? Check out our [site map HERE!](#)

Event Schedule

8:45am - Warm-up for 10km

9:00am - 10km START - Presented by Co-operators and Swift Insurance & Financial

9:15am - Warm-up for 5km

9:30am - 5km START - Presented by Co-operators and Swift Insurance & Financial

10:15am - Presentation of the Rising Sport Stars Awards by Mayor Ken Johnston, taking place in the Xplore Sport Day area

11:00am - 100m Boogie Babies - Presented by Park City Dental

11:15am - 500m Little Surfers - Presented by Park City Dental

11:30am - 1km START - Presented by Co-operators and Swift Insurance & Financial

11:45am - Warm-up for 3km

12:00pm - 3km START - Presented by Co-operators and Swift Insurance & Financial

12:15pm - Dogs allowed at race site

1:00pm - 3km Dog Jog START - Presented by The Bone & Biscuit

Course Maps

All of our race courses are family-friendly with no road crossings and stay completely on the city paths & sidewalks. Maps can be found at the following links on our website... scroll to the bottom of each page:

- 10km - <https://www.reddeerfunrun.com/10km>
- 5km - <https://www.reddeerfunrun.com/5km>
- 3km - <https://www.reddeerfunrun.com/3km>
- 1km- <https://www.reddeerfunrun.com/1km>
- 3km Dog Jog - <https://www.reddeerfunrun.com/dogjog>
- 500m Little Surfers - <https://www.reddeerfunrun.com/littlesurfers>
- 100m Boogie Babies - <https://www.reddeerfunrun.com/boogiebabies>

Secure Bag Drop

We encourage you to use our free secure bag drop area to leave your things while you race, supported by members of the Red Deer Kinettes Club. Look for it in a trailer near the start line. This is also where you will find the secure bike racks if you cycle to the event.

Activities

There will be so much going on at the race, we can't list it all here! Highlights include:

- Capstone Kidz Zone! Bouncy castles and obstacle course (weather dependent), glitter tattoos & interactive games - giant chess, jenga and more
- Instant photos at our fun tropical photo booth, compliments of Oldring Armstrong Wealth Management and Juiced Events
- Balloons and games from Red Deer Primary Care Network
- Red Deer Food Bank BBQ Food Truck will be present on site with a full-day menu
- Refreshments, snacks and Spin To Win at the Little Grass Snack Shack, supported by Complete Financial Solutions. Kids helping kids! Bring a few extra dollars to purchase & support.
- Games, crafts & activities with the Family Resource Network
- Capstone Discovery Bus Tours & sign making area
- Secure bag drop provided by Red Deer Kinettes - leave your valuables while you race
- Yummy samples from The Chopped Leaf
- Onsite broadcasting from Big 105.5 FM and 106.7 Rewind Radio
- Rockin' tunes from Juiced Events
- Finishers welcomed in by the awesome Joe Whitbread
- Permanent jewellery display at Copper Lane, right beside Xplore Sport in Capstone
- Secure bike racks
- The Bone & Biscuit Doggy area
- AND MORE!!
- **ATM available on site near the food truck**

Xplore Sport Day

- Over 30 local sports & recreation groups offering demos and presentations at Xplore Sport Day. Make sure you take time to visit them all and try out a fun new activity! [View a full list of participating groups HERE.](#)
- City of Red Deer Rising Sport Stars Awards presented by Mayor Ken Johnston, 10:15am.

Draw Prizes

Huge thanks to our prize donors for supplying some AMAZING prizes for our participants & volunteers! Winners will be pre-drawn and will find prizes in their race packages.

Results

Timing services are provided by Zone4. You will find the Results tent near the start line. Results will be available on our website, and you will also find a QR code at the tent for quick access.

Thanks to Kipp Scott GMC Buick, awards for the TOP 3 FINISHERS in the 10km, 5km and 3km will be given out for:

- Male & Female age 15 & Under
- Male & Female age 16-39
- Male & Female age 40+

If you qualify for one of these prizes, please inquire at the Kipp Scott Results tent.

Tropical Beach Theme

Time to get your beach on! The weather looks like it will be GORGEOUS, perfect for a warm TROPICAL vibe on race day. You may have to use a little imagination to feel the sand between your toes as you run/walk your 10km, 5km, 3km, or 1km route, so put on your best sun gear to help set the mood... we're thinking bright colours, fun shades and beach hats! **Plus your race shirt, of course!** And don't forget some sunscreen :)

Photography

Thanks to Oldring Armstrong Wealth Management and Juiced Events, we are excited to offer a **FREE tropical-theme photo booth** with instant take-home photos! Don't forget to stop by with your loved ones to take a photo to commemorate the day!

We also have several volunteer photographers roaming on the site, including The SnapHappy Photographer, Quiet Mime Photography, Moonlight Productions, and the Capstone Team! We will post all photos on our website gallery after the race, and you may download them from there. As you can imagine, we end up with a few thousand photos, so it takes a week or two until they are ready. We'll announce on social media when they are ready for viewing!

HUGE THANKS TO ALL OF OUR COMMUNITY PARTNERS!

