



Red Deer PCN Fun Run

May 7, 2022

www.reddeerfunrun.com



Central Alberta
Child Advocacy Centre

Thank you for registering for the 2022 Red Deer PCN Fun Run! We are so excited to share this new and exciting 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 6th

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

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 and arrive a minimum of half an hour before your event.

NO you do not need to print off your Eventbrite ticket confirmation. Just come on down, give us your name and we'll get you set up!

Walk-Up Registration

Walk-up registration is available at Package Pickup on Friday, May 6 or at the race on Saturday, May 7. If registering Saturday morning, please allow an extra 30-45 minutes before the scheduled start time to process paperwork and receive your race bib.

Parking

We've been working hard to secure lots of parking in the Capstone area! Please view our [parking map HERE](#). Parking areas will be 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.

Event Schedule

8:45am - Warm-up for 10km

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

9:15am - Warm-up for 5km
9:30am - 5km - Presented by Co-operators and Swift Insurance & Financial
10:00am - Central Alberta Child Advocacy Center BBQ opens
11:00am - 100m Boogie Babies - Presented by Park City Dental
11:15am - 500m Little Surfers - Presented by Park City Dental
11:15am - Presentation of the Rising Sport Stars Awards by Mayor Ken Johnston, taking place at the Child Advocacy Ball Hockey Tournament area
11:25am - Warm-up for 3km
11:30am - 3km - Presented by Co-operators and Swift Insurance & Financial
12:00pm - Ball drop to start the Courage Cup Ball Hockey Tournament, by CACAC
12:15pm - Dogs allowed at race site
12:45pm - 3km Dog Jog - Presented by The Bone & Biscuit

Wave Starts

All distance events will be started in WAVES. This means that not everyone who registered for the 5km, for example, will start at the same time. You should get to the start line 5-10 minutes before the WAVE START TIME that you signed up for. Our volunteers will then help everyone split into even smaller groups of 30-40 people, and these groups will be started every few minutes. This way, everyone is safely spaced and not feeling crowded on the course. Thanks to our computer chip timing, your race time starts when YOU cross the start line! If you'd rather not start with a group, feel free to hang back and head out when you're comfortable.

Please note: Your race chip is LIVE when you receive it, which means it will start timing the moment you cross the start line. **DO NOT CROSS THE START LINE UNTIL YOU ARE STARTING YOUR RACE**, the race chip cannot be easily reset if it is triggered prematurely.

Distance Changes

If you intend to change the DISTANCE you registered for, you MUST go to 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.

Remote Participation

If you signed up to participate in the event remotely, we encourage you to still come to package pickup to receive your race bag and T-shirt (or other gift if you registered past the T-shirt deadline). And we would LOVE to see a photo of you out doing your race in your t-shirt and tropical vibe! Send us a selfie on social media or email to info@reddeerfunrun.com!

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 the page:

- 10km - <https://www.reddeerfunrun.com/10km>
- 5km - <https://www.reddeerfunrun.com/5km>

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

Activities

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

- Central Alberta Child Advocacy Centre (CACAC) BBQ & Beer Gardens, open to the public 10am-4pm
- The City of Red Deer's Xplore Sport Day with over 30 local sports groups and clubs offering information, demonstrations and try-its.
- Face Painters
- Super fun family activities & games by the Red Deer Family Resource Network
- Yummy samples from The Chopped Leaf
- Chilled Turbo Tonik Towel Station by Skoah Red Deer
- Professional Photo Wall - Get your race and/or family picture on this awesome custom photo wall AND support the CACAC. \$5/photo taken by Ash Maclean Photography
- Juiced Audio & Lighting providing DJ services!
- Seriously awesome Doggie Bag packages for sale at the Bone & Biscuit, all proceeds going to the CACAC
- Cuddles with Quinn - The wonderful CACAC facility dog, Quinn, will be onsite all day for all the pets and snuggles!
- Photography from The SnapHappy Photographer, Quiet Mime Photography, Moonlight Productions, Paws Portraits, and the Capstone Team.
- BIG 105.5FM and 106.7 Rewind Radio with on site broadcasts
- Courage Cup Ball Hockey Tournament & After-Party: Ball drops at 12pm – 16 teams competing for the inaugural Courage Cup. Families can come down, grab a burger, and watch the games! (see below for more info on the after-party!)
- ATM available on site, near the CACAC BBQ

Draw Prizes

Huge thanks to our prize donors for supplying some AMAZING prizes for our participants, volunteers and the 10km, 5km & 3km top finishers! All draw prize winners have been notified by email already, and can pick up their prizes at Package Pickup.

Results

Timing services are provided by Startline Timing. You will find the Results tent right by the announcer's stage. Live results will be available on our website, and you will also find a QR code at the tent for quick access.

Awards for 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+

After the race, every participant will have access to print their own FINISHERS CERTIFICATE at home through the Startline website. Further instructions will be found on our website when they are available.

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 across the road from the start line!

Tropical Beach Theme

Time to get your beach on! Come rain or shine (YES we did place an order for SUNSHINE!!), we will be bringing 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, or 3km 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!**

Photography

We have several volunteer photographers on site, including The SnapHappy Photographer, Quiet Mime Photography, Moonlight Productions, Paws Portraits, 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!

