

2009 ESSO REBECCA RUN FOR SMA – Sat. July 11, 2009



IMPORTANT INFORMATION – READ THOROUGHLY

Pre-Race Kit pickup and Late Registration - avoid the race day rush!

- **Thursday July 9 AND Friday July 10, 2009**
From 3:00 pm - 7:00 pm

Location:

Newmarket Running Room
Dominion Plus Centre
17725 Yonge Street North
Newmarket, ON

Race Day Schedule

The ESSO Rebecca Run will go rain or shine! This event will not be cancelled or postponed.

7:30am	Registration and Info tent opens
7:30am	Baggage Check Opens
7:30am	Chip Pick-up opens
8:45am	Kids Fun Run STARTS
9:00am	3k Run/Walk/Roll STARTS
10:00am	5k Run/Walk STARTS
11:00am	Silent Auction Closes
11:00am	Awards Ceremony Begins
12:00pm	Wrap Up

ChampionChip Pickup at the Running Room tent:

- **DON'T FORGET to pick up your chip at the Running Room tent close to the start line ON RACE MORNING.**
- **Chip Pick up starts at 7:30am. Both the 5K run and walk are chip-timed.**
- Remember... you MUST have a ChampionChip to get an official result.
- **NO CHIP = NO TIME!**
- The timing chip will be on a Velcro band which you must wear on your ANKLE. If you wear it on your wrist you will not get a recorded time. Take note that all timing chips must be returned following the event; there is a \$50 charge if your timing chip is not returned.

SMA Pledge Drop Off

Volunteers will be in the ESSO / Fundraising tent for pledge collection and incentive prize pick up. You can drop off any funds you have there.

Changes to the Route for 2009

- We have reversed the direction of the route in order to spread all runners and walkers out as much as possible along the route before heading into the narrow sections of the route.
- Everyone in the 5k completes two loops, one large loop and a smaller loop, please be considerate as you pass people and pass on the left hand side of the path
- If you are in the 5k run or walk, as you are about to complete your first loop, you will follow the route along the grass for 100 metres - this means you will be running parallel to the finish line- before heading back along the path. As you are completing your second loop, you will cross the finish line. There will be route marshals directing you.
- All 3k participants complete only one loop and cross the finish line accordingly.

The Park

- **The park is not closed to the public and we must all share the path.** Please keep to the appropriate side of the path when there is two way "traffic".
- When there are others on the route, please run in SINGLE FILE along the right hand side of the trail.
- Faster and overtaking runners must pass on the left. A quick, "ON YOUR LEFT" lets others know of your presence.

- Wearing headphones is discouraged for safety reasons and as a courtesy to other runners who assume you can hear them approaching or marshals who need to yell instructions.
- If you must stop please step off the paved path onto the grass so you do not impede those behind you.
- Please do not litter the park. We are charged for any garbage left behind. The park is lovely- we want to leave as small a footprint as possible.

Other Info

- Please line up at the start line according to your projected finishing time. The faster you are - the closer to the start line you should be. If you are going to run/walk, please line up behind the volunteer holding the sign for 30:00 minutes.
- **To ensure a safe start with proper seeding we ask that you listen to our volunteers and line up in the appropriate area.**
- Make sure you check out the silent auction – there are some great items and all the money raised goes to SMA.

Bib Numbers

Your bib number must be visible on the front of your shirt along the entire route. Only runners wearing and showing a bib number will be allowed to cross the finish line and receive a medal and post race refreshments.

Baggage Check

Baggage opens at 7:30am. You are strongly encouraged to deposit your bag as early as possible.

Washrooms

They're near the start/finish area, in the low building along the path! Give yourself plenty of time to use the bathroom. 700 people can't all use the toilets 15 minutes before the race!

Awards

Top Three Finishers – men and women overall and top 3 per age group (5 year age groups) for the run and top three finishers – men and women overall and top 3 per age group (10 year age groups) for the walk

Final Instructions

Have fun, support your fellow runners and remember you are helping make a difference in our race to find a cure for SMA.

For More Information

Visit: www.rebeccarun.com