

Runners Instructions – 600m Fun Run brought to you by **Anytime Fitness!**

Race start time: 9:00am (please arrive a minimum of 30min prior to race time) at race HQ on Frank Tompa Drive (Columbia Ice Fields)

Location & Parking: **Columbia Ice Fields, Frank Tompa Drive, Waterloo**

Parking: [Parking is free, enter off Columbia St W on to Hagey Blvd , our volunteers will direct you into Parking Lot X at the University of Waterloo.](#) Please be aware of traffic instructions from our volunteers!

Race kit pick up: [Runner's Choice Waterloo](#) Saturday May 6th<sup>th</sup>, 10:00am – 2:00pm or at Columbia Ice Fields on race day starting at 8:00am. **\*\*School teams**, your race kits will be delivered to your school.

*If you are running with a school team please look for your school team sign by the main event tent!*

Coffee: Starbucks Coffee! Please make a donation if you can.

Water Stations: Available at the finish line, provided by 5starwater!

Route: Just an easy fun run down to the Columbia Lake trail and back, have a great time!

Awards and post race announcements: While there is no 600m awards ceremony, announcements will take place at approximately 10:25am this year. Please stay after the race and see our race winners, and hear about our amazing charities and volunteers.

Post race refreshments: Our volunteers will be serving food after the race. You will need your race bib in order to be admitted into the food tent area. With the donated chicken from The Poultry Place and the expertise of Borealis the food is going to be healthy & great!

There is still room to fit a friend in under our 1500 race cap! Forward this email and have your friend register here!

Most important of all, follow these simple rules: Have fun and try your best! Good luck!

Any questions? Email us: [info@mudpuppychase.com](mailto:info@mudpuppychase.com)