

Runners Instructions – 5km run brought to you by **Cowan Insurance**

Race start time: 10:20am (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 6thth, 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.

Timing Chips: Affixed to your race bib. The timing chips are disposable. Only wear your chip for the race you are entered for!

Race numbers/bibs: Attach to the front of your shirt with the provided pins. Note: you must have a valid bib to receive a finish prize and food

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 3kms, and finish line, provided by 5starwater!

Route: Please visit our website ([click here](#)) and familiarize yourself with the 5km route. No all roads are closed (Columbia and Bearinger are open!), please pay attention to our volunteer marshals, Police and REACT Emergency Services as vehicle traffic is possible. Kilometer signs are well marked.

Finish: Run right through the chute and over the mats to ensure your time is the best possible. Run right past the clock showing your time!

Awards and post race announcements: These will take place at approximately 11:00am 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!

Non-School Fundraising Prize: The Garmin watch and all new prize packs are up for grabs! Get your pledges in! All new prize format for 2017!

Results online: Results will be posted on <http://www.chiptimeresults.com/> and <http://www.mudpuppychase.com/may-race-results.php> as soon as they are available after the race

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