

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

Race start time: 10:25am (please arrive a minimum of 30min prior to race time) at the Dam Shelter

Location & Parking: [625 Westmount Rd N, Waterloo, Laurel Creek Conservation Area](#)

Parking: Our volunteers will direct you to parking within the park. As parking is limited, we are encouraging runners to ride, walk or carpool to the race. Please be aware of traffic instructions from our volunteers!

Race kit pick up: [Runner's Choice Waterloo](#) Saturday April 30, 10:00am – 2:00pm or at Laurel Creek Conservation Area on race day starting at 8:00am

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

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

Water Stations: Available at 3.8kms, and finish line, provided by 5starwater!

Route: Please visit our website ([click here](#)) and familiarize yourself with the 5km route. While the road is closed, please pay attention to our volunteer marshals, Police and REACT Emergency Services as vehicle traffic is possible. Kilometer signs are well marked **5km runners, look for our volunteers directing you to turn left off Bearinger Road back into the conservation area where the 10km runners proceed straight, don't miss this turn!** Note you start the race at the start line located at the far side of the dam! Don't start at the finish line with the 10km runners at 10:15!

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 by our stage area. You will need your race bib in order to be admitted into this area. With the donated chicken from The Poultry Place and the expertise of Borealis the food is going to be healthy & great!

Fundraising Prize: The Garmin Forerunner 235 is still up for grabs! Get your pledges in!

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.

Any questions? Email us: info@mudpuppychase.com

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