

Runners Instructions – 600m Fun Run brought to you by **the Co-Operators!**

Race start time: 9:00am (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

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

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

Route: Just an easy fun run out and back on the dam, 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 under the Dam Shelter. You will need your race shirt on 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!

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

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

Any questions? Email us: info@mudpuppychase.com