

THRIFTY FOODS KIDS RUN 2023

INFORMATION PACKAGE

IMPORTANT INFORMATION:

Age of Runners: 0 - 12 years. A parent/guardian will need to accompany younger children. A child should be accompanied if you are concerned or uncertain about the child's ability or confidence to run safely without direct supervision.

Race Package Pickup: Please see our website for details on race package pickup - [HERE](#)

Start Time: 10:15 am – Please come early for fun, music, prizes and warmup.

Warmup: Willows Beach Park lawn (2740 Dalhousie St.) Following warmup, participants will proceed to start line.

Start Line at Willows Beach Park: Age group signs will be in place to help organize the crowd at the start line. Please note these and have your child(ren) positioned within the correct age grouping.

Route: 1 km. Starts on Esplanade immediately next to Playground area at Willows Beach Park. The route is an out and back route along the Esplanade which will be free of cars for the event. (Please see map below).

Finish Line: Finish chute will direct children to receive their medals and reunite with their parent/guardian.



PLEASE NOTE:

- In an effort to prevent bottlenecking at the finish line, please ensure / remind your child to keep moving through the Finish Chute into the park after they've reached the Finish Line. Medals will be handed to children as they enter the finish area.
- St. John First Aid tent will be set up beside the start/finish line.
- Viewing area is on the sidewalk, water side of Esplanade, behind the fencing/flagging. Adult spectators, please ensure you remain in the viewing area / out of the finish chute area. We want all kids to have opportunity to run through the finish line rather having to stop early due to congestion.

ADDITIONAL REMINDERS:

- **Aim to arrive at least 30 minutes prior to race start time.** Expect a lot of congestion in the immediate area around Willows Beach. There will be a 5K run starting and finishing in the same location, running from 9:00-10:00 am. Beach Drive will be closed to traffic from Estevan to Lansdowne for this race.
- **The Thrifty Foods Kids Run start and finish lines are in the same area.** Parents/guardians can watch the race start and finish, and reconnect with their child(ren), all in the same place. Parents/guardians will have room to watch the race from the sidewalk on the water side of the Esplanade.
- **Race numbers:** Children must wear the race numbers provided. Race numbers include critical information for medical staff, necessary should the child get lost or experience difficulty. **(Don't forget to fill out the back of your child's race number!)**
- Marshals will be all along the course to keep children progressing on the route from the start to the finish. If a child becomes distressed, they can stay with any marshal who will phone the race director with their name. We have an official runner to lead the run, and another, identified by a KidSport yellow pinny, sweeping the course and bringing in any child who is distressed and wishes to be reunited with their parent.
- Please **identify a "meeting spot"** to reconnect with your independent runner, or to meet your younger runner at in case you get separated along the route. Children should plan to reconnect with their designated adult in the playground area, just beyond the finish chute. In case you miss each other there, Parent / Child Reunion area is the bright yellow KidSport Tent, located on the grass beside the stage. Announcements/parent-child reunions will occur from the stage on the grass.

Thank you for taking part in the 2023 Thrifty Foods Kids Run. Partial proceeds benefit KidSport Greater Victoria, a local organization dedicated to helping to ensure that all kids can access the benefits of organized sport and physical activity.

To date over 15,000 local children and youth have made it off the sidelines and onto the playing field through their support! For more information about KidSport, please visit kidsportvictoria.ca