

Thrifty Foods Kids Run 2018



- Age of Runners:** 0 - 12 years. *Parents will need to accompany younger children.*
- Cost:** \$20.00 includes t-shirt, medal, race number and goodie bag; note that price increases to \$25 after Wednesday, October 3.
- Start Time:** 10:15 am sharp – Please come early for fun, prizes (including bikes donated by Oak Bay Bikes!), and warm up.
- Start Line:** Menzies Street, between Kingston and Superior Streets; **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:** 1.25 km. Starts on Menzies St, just off Kingston, on the west side of the Legislative Buildings. The route proceeds down Menzies, then right on Superior, right on Montreal, right on Kingston (*watch out for the curb!*), and right into the parking lot at the driveway on Kingston (before Menzies). Participants will continue through the finish line into a corral in the parking lot off Kingston and Menzies.
- Finish Line:** Finish chute will direct children into the parking lot to receive their medal. After the run, stick around for music, snacks and special guests, in the parking lot off Kingston and Menzies.

(please see over)

Important Notes

- In an effort to prevent bottlenecking at the finish line, please ensure / remind your child to keep moving through the Finish Chute into the festival area after they've reached the Finish Line. Medals will be handed to children as they enter the festival area.
- Metal fencing will be in place this year, both for added security at the Finish Line/Finish Chute area, and to keep the flow of finishers moving forward from the Finish Line.
- A designated First Aid tent will be in place, located near the stage along Menzies.

A few additional reminders:

1. **Aim to arrive at least 30 minutes prior to race start time. Expect a lot of congestion downtown on Sunday! Access and parking both take extra time on race day.**
2. **Parents should accompany their child if they are concerned or uncertain about the child's ability or confidence to run safely without direct supervision.**
3. **The Kids Run starts and ends at the same area:** both at the Kids Run parking lot at Menzies and Kingston.
4. **Race numbers:** Kids 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!)**
5. **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 at the start line.
6. 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 identified by a KidSport yellow pinny sweeping the course and bringing in any child who is distressed and wish to be reunited with their parent.
7. Because the course is a marshaled loop, a roped-off area has replaced the "secure" finish chute used in years past.
8. In case you get separated from your child or miss her/him at the finish line, please **identify a "meeting spot"** within the festival area with them ahead of time. Suggestions: the yellow KidSport tent, the Thrifty Foods tent, the first aid tent, or near the stage. The designated Parent / Child Reunion area will be the yellow KidSport Tent – please let your child know to head there if they can't find you post-race. **Parent / Child Reunion area is the bright yellow KidSport Tent, located in the Kids Run parking lot (start / finish area). Announcements/parent-child reunions will occur from the stage along Menzies.**

Thank you to our printing sponsor "Island Blue".