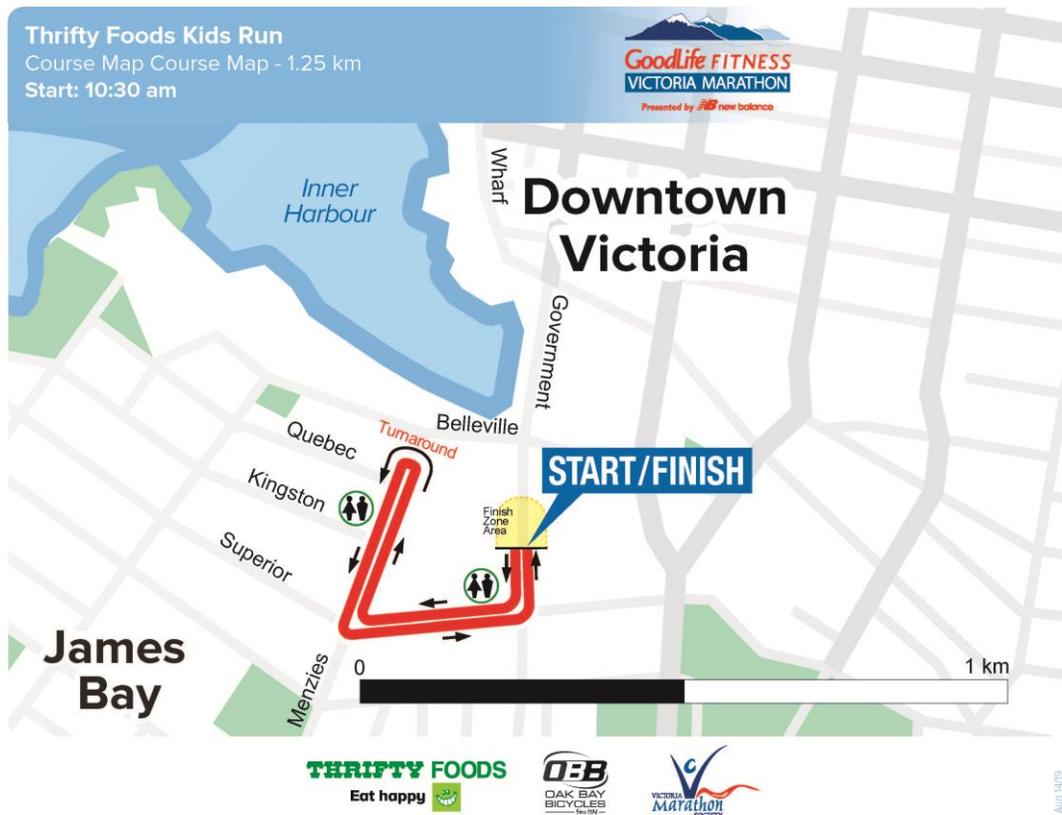


Thrifty Foods Kids Run 2019



- Age of Runners:** 0 - 12 years. *Parents should accompany younger children.*
- Cost:** \$20.00 includes t-shirt, medal, race number and goodie bag; note that price increases to \$25 at noon on Friday, October 11.
- Start Time:** 10:30 am sharp – please come early for fun, prizes, and warm up!
- Start Line:** Government Street, just north of Superior; **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.
- NEW ROUTE for 2019:** 1.25 km. Starts on Government Street, (between Superior and Belleville). The route goes right on Superior, right on Menzies, turns around near Belleville, and returns back the same way to the start / finish line. *Kids and parents are reminded to keep right as they move through the out and back course!* Participants will continue through the finish line into the finish zone, on Government St, towards Belleville.
- Finish Line (*new for 2019*):** Finish line will be in the same place as the start line. After they finish, kids will be directed to move north on Government, towards medals and food closer to Belleville. **Parents / Guardians: note that finish zone will not be fenced in. Make arrangements to run with your child(ren) or make plans to meet them in a specific location within the Finish Zone right after they race!**

(please see over)

Important Notes

- Note that finish zone will not be fenced in. Make arrangements to run with your kids or meet them within the Finish Zone right after they race!
- The yellow KidSport tent will be located near the stage, along Government Street, near the start/finish line. This will be our designated First Aid tent & our lost parent/child reunion point.

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 on Government, between Belleville and Superior.
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, and reminding them to keep right along the out and back route. 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 to reunite with their parent / guardian.
7. In case you get separated from your child or miss her/him at the finish line, please **identify with them a "meeting spot"** within the Finish Zone ahead of time. Suggestions: the yellow KidSport tent, the Thrifty Foods tent, near the stage, near one of the water tables. 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. **Announcements/parent-child reunions will occur from the stage along Government.**

Thank you to our printing sponsor!

