

PRE-RACE NOTES:

Bibs and Chip Pick-up 7:00-8:00am

All participants are asked to pick up their bib and chip at the Fire Station/Town Hall at 824 Main Street. This is the same location as the race start.

Parking Area located behind the Town Hall

Washrooms Located in the Fire Station and Town Hall

RACE NOTES:

Race Start 8:30am

Race Route for 5K Run/Walk Start at the Fire Station on Main St; proceed up Main to the Grafton Bridge; turn right onto the bridge; turn right off of the bridge; travel down Route 105 to the turn-around markers for the 5K; proceed back to the finish line at the old Irving parking lot, which will be a marked area.

Race Route for 10K Run Start at the Fire Station on Main St; proceed up Main to the Grafton Bridge; turn right onto the bridge; turn right off of the bridge; travel down Route 105 to the turn-around markers for the 10K; proceed back to the finish line at the old Irving parking lot, which will be a marked area.

5K Walk A reminder that all participants that have registered in the 5K Walk Division are not permitted to Run.

POST-RACE NOTES:

Refreshments Tim Hortons coffee, snacks and fruit are available.

Awards Presentation of awards will take place at the finish line following the race.

Shuttle Available to take participants back to the Fire Station/Town Hall

Showers Available at the AYR Motor Centre at 105 Connell Park Road.

Keep up to date on our Facebook events page: AYR Motor Centre