



Participant guide

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EVENT SITE

The official event site is the Laurentian University located at 935 Ramsey Road Lake, Sudbury. You will find the following services and activities:

- Registration office for race kit pick up and registration on site
- Start and finish area for all distances
- Food and beverage kiosk
- Event exhibits
- Entertainment, inflatable games for kids.
- Medals ceremony

SCHEDULE OF THE EVENT

8:00 – 9 :15	Registration office opens: race kits pick up
8:00	Event exhibition opens, Silent Auction and entertainment
9:45	Fitspirit flashmob and Participant warm up presented by Zumba Vibe
10:00	Start: 2.5 km
10:05	Start: 10km and 5km
10:45 -12:30	Participants snack
11:30	Silent auction closed
11 :45	Awards Ceremonies
12 :15	Cool down and return to calm presented by Pilates Pro
1:00	End of event

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COURSE MAP

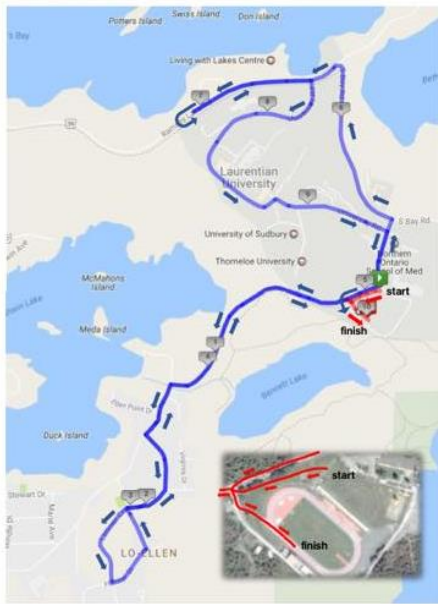
GIRLSrun Sudbury



2.5km course map

GIRLSrun Sudbury

GIRLSrun Sudbury



10km course map



5km course map

WATER STATIONS

Water stations serves water as well as energy drink.

Courses	# of water stations
2.5 km	1
5km	2
10km	3

PACE BUNNIES

To cheer-up our runners more, the pace bunnies will be on the course of 5 km and 10 km. The experienced rider will help you keep your pace to achieve your goals and be a source of motivation and encouragement throughout your run. You can meet our pace bunnies at the event site the morning of the race. The time available for 5km are 25min, 30min, 35min, 40min and for the 10km 50min, 55min, 60min, 65min.

NINA GROSSI FOUNDATION

Girls Run Sudbury and Anmar are proud to provide student bursaries for young athletes in sports, in remembrance of their mother Nina-Grossi. This bursary was named after Nina and offered to students in all schools who embedded the same quality as Nina. The goal with these bursaries are; Retention and development of sporting talent in Sudbury, Recognition and further development of individuals who have contributed towards the promotion of sport in our community. Youth empowerment through formal capacity building programs.

EXHIBITORS

This is the list of our exhibitors:

Frubar

Ivivva – Clothing

Girls Run Sudbury Booth with T-Shirt and other products to try

Many other to come by and visit

AWARD CEREMONY

- Participation medals for all participants (distributed at the finish line).
- Medals for the winners by age category, available for pick up at the awards ceremonies tent, located beside the main stage.



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- Medals for the overall winners in each distance presented during medals ceremony's on the event stage as results become available.
- Medals for the winners in the Mother-Daughter category in each distance presented on the event stage as results become available.

PARKING

All participant should use the medical building parking as soon as you enter on the Laurentian ground.

RESULTS AND OFFICIAL PICTURES

The results and official photos will be available on the event website after the event Girls run Sudbury at www.girlsrun.ca

FOOD AND BEVERAGE

Participants

- All participants registered in the 2.5km, 5km and 10km are invited to the participant free lunch between 10:45 and 12:30hrs at the event site.

Food and beverage kiosks will also be available at the event site (\$).

SPECTATORS ON SITE

Many places are accessible on the course for public. Please check the pedestrian map of Laurentian University

LOST AND FOUND

Lost and found items will be brought to the organization office. Items will be kept until Sunday June 11 2017 at info@ellescourent.ca



GIRLSrun A Toi Lola Mont-Tremblant