



15th Annual

October 5, 2008

RULES & RECOMMENDATIONS FOR DAY OF EVENT!

(Women's Only Event includes 1/2 Marathon, 5 & 10 Km Walk and Run)

1. If at all possible, we recommend carpooling for the morning of the event, as parking can get congested at the Dragon Lake Boat Launch area. Try to be there at least by **8:30 a.m.**, make sure **number is visible on FRONT of shirt**, relax and maybe do the porta-potti thing!!!
2. The run/walk will get underway at **9:00 a.m. SHARP**. Seed yourselves according to your event. Runners will start on the road and walkers beside them in the boat launch area (just behind the start/finish banner).
3. **Course Restrictions:** For safety and liability reasons, the course is limited to registered runners and walkers only. Strollers, infant or toddler backpacks, bicycles, inline skates, and dogs (except certified Seeing Eye Dogs) are prohibited and pacing is not allowed. Failure to comply may lead to disqualification.
4. To start, stay on right hand side of road, turning down Dragon Lake Road until approximately 1.5 km (watch for arrow on road). Follow arrow to left side of road and stay on the left side for the duration facing traffic at all times. Also use caution when reaching approximately 3 km as corner takes a sharp bend and shoulder is narrow.
5. You will be running/walking in a rural farming community. We have asked area residents to keep their animals tied up or in a fenced area.
6. There are 7 water stations available along the route as well as portable toilets at the Start/Finish area, 5 km station and 11 km mark. Kilometer signs are also on route.
7. The course is undulating so pace yourself accordingly.
8. **WALKERS MUST WALK ONLY.** If you wish to walk and run you must be entered in the running category.
9. **DO NOT SWITCH CATEGORIES (OR AGE!)** after starting event. If for some reason you cannot finish your event, please tell one of the timers or volunteers and make sure they have your number.
10. **VOLUNTEERS** make this event possible! Please take a few moments to thank them!
11. Having FUN is what it's all about! Work up that appetite for the "**best lunch going, by GRANVILLE'S COFFEE!**" Lunch begins at **12:30** and is being held at **UNBC Quesnel Campus, 100 Campus Way, located just behind McDonald's** (from North Star Road, turn right at McDonald's). **Doors will open at 12 noon.** Your race number is required for entry into the luncheon.

Great draw prizes will be given out. You must be present to win!