

Eddie's Big Run Rules

Race bib must be VISIBLE on front of your body, or no time will be recorded.

It is the responsibility of the runner to study the course map and to follow the course markers.

Racers must complete the entire course as marked. Altering the course by not following the markers is against the rules and will result in a racer being disqualified from the standings.

Please review the course map. Copies of update routes will be available soon.

Course closes at 12:00 pm.

In the interest of racer safety the following items are not permitted on course:

- Strollers* or baby joggers*, nordic walking poles or dogs
- Bikes accompanying runners
- **Strollers and baby joggers will be permitted in the 3K race and Kids Fun Run only*

Participants must be aware of and respect other trail users and traffic at all times.

Headphones are okay but be aware and courteous of other runners.

Keep to the RIGHT and pass on the LEFT.

No littering, use the designated garbage cans.

While running on the streets, run facing the traffic.



We will take no complaints once 60 minutes have lapsed after the race.

Race Bib must be kept in order to claim your free pancake breakfast.

Pancake Breakfast will be available for non – runners with a donation to the upgrading of the trail system.

Package Pick-Up (Leisure Centre Hospitality Room 1021- 49st) is Friday Sept 8th 3:30-6:30 pm and Saturday Sept 9th 7:30-8:30 AM (in the Lobby at the Leisure Centre)

T-Shirts may be available for runners who did not receive one or if you would like to change sizes, after 8:30 am on Saturday Morning. Kids shirts will be after 11 am.

On Race Day please try to avoid parking on 12th Avenue. Extra parking is available at Holy Redeemer and Parkland School.

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