

Hustle for Hunger

Sunday, May 16, 2010

Shubie Park, Dartmouth, NS

9:30 a.m. start

10k, 5k Run/Walk

3k Family Run/Walk

Important Information for Race Day

The Fun Run/Walk will start at 9:30 a.m. Please allow plenty of time for parking, stretching etc. before the run. Registration will open at 8:30 – please check in when you arrive.

Directions

The Run starts near the ball field at the Shubie Campground Entrance (Jaybe St.)

From the MacKay Bridge, stay on the Circumferential Highway. Take Braemar Dr. Exit 6A toward Waverley.

Follow Waverley Road and turn left onto Jaybe Drive (about 1 km past the Tim Horton's on your right). Turn Left onto John Brenton Drive and follow along to the park entrance. The Shubie Campground sign is at the road as well as a Hustle for Hunger sign.

There will be signs to assist with parking as you arrive at Shubie Park.

Race Day Schedule

8:30-9:15 Registration and Race Kit Pick-up

9:15 Group Stretch

9:30 Race Begins!

The Fun Run

Race kits can be picked up at the Running Room (5514 Spring Garden Road) May 14th from 6pm-8pm, Saturday May 15th from 10am-2pm, or on race day registration table.



The route is out and back for all distances. There will be signs indicating your turn-around point. The trail will also be marked with arrows/signs to keep you on course.

The trail is gravel and passable for strollers. We will attempt to discourage use of the trail by individuals not participating in the run however, you may encounter other bikers/walkers along your way. Dogs are allowed in the park on a leash.

The trail is in relatively good condition however, there are a couple of areas with some damage from water run off. We will make every effort to mark these areas but do be cautious on the route.

There will be a water station at the 5k mark.

We will have individuals on bikes to lead the runners and also to provide assistance if required. St. John ambulance will also be on site in case of any injuries.

There are two washrooms a short distance from the start/finish area but none along the course route.

There will be snacks/coffee/water/Gatorade available before and after the race.

We will have food boxes to collect donations so bring along a non-perishable item.

Individuals can register on race day so feel free to bring additional runners along!

Any questions, please contact Angela Gale at 902-220-0672 or Jen Degrasse at 902-222-5517.

Looking forward to seeing you there!

Race Route – 10k (5k out and back), 5k (2.5k out and back),
3k (1.5k out and back)

