



In Support of
Suicide Prevention



1/2 MARATHON, 10k RUN & 5k RUN/WALK Race Rules

The Rotary Run for Life is a foot race. For service and liability reasons all events are limited to registered runners only! Baby joggers, bicycles, skateboards, rollerblades, skates, pacing and running with dogs are strictly prohibited on the course. Non-compliance with these safety rules will result in disqualification.

1. Start Times: ½ Marathon 8:00am, 10K Series Run 8:10am, 5K Run/Walk 8:20am
2. Timing Chips must be picked-up by 7:30am.
3. Race Day Package pick-up is available from 6:00am – 7:00am.
Please Note: Collected pledges must be submitted at Race Package pick-up in order for registration refunds to apply.
4. Trail system is open to the public, be aware of bikes, dogs and children on the course. The early start time should eliminate public traffic on the trail system and intersections. RCMP and Volunteers will control traffic, but please be cautious and look before you cross. Safety First!
5. Runners keep left. Walkers single file, please yield to the runners and allow them to pass freely.
6. ½ Marathon runners - use only one lane on Golf Course Road, the East lane. Use only one lane on Fairway Drive into the Golf Course Community, the south lane (*closest to farmer's field*). Please be advised traffic will flow both ways in the other lane. Marshall's will be at the turn around point in the Golf Course Community. 1/2 marathon runner will not loop back to the Gazebo before heading back to the Stony Plain Exhibition Grounds.
7. There will be four water stations along the route. These stations will have water and Gatorade. All water station captains will have cell phones if you require assistance.
8. Washrooms will be located at approximately 2k/16k, 6k/14.5k, 11k marks.
9. Medical aid will ride the course on bikes as well as having a post at the finish line.
10. Don't forget to check the draw prize table . . . you could be a winner.
11. Last but certainly most important . . . please be kind to our volunteers. We want them back next year.

On-site parking is available at Stony Plain Exhibition Park.

The organizers of the Rotary Run for Life would like to thank you for choosing our event. We look forward to hearing your comments and hosting you again next year.

