



LET'S BOOK IT!

2K, 5K, & 10K RACE GUIDE

Event: Saturday, May 25th, 2024

RACE KIT PICK UP

There are two race kit pick up times:

1. Friday, May 24th - 6:00PM-7:00PM
DAS Exhibit Building by the Carman Arena
44 Kings Park Rd, Carman Manitoba
2. Saturday, May 25th - 8:00AM - 8:30AM
DAS Exhibit Building by the Carman Arena
44 Kings Park Rd, Carman Manitoba

RACE DAY SCHEDULE

- ▶ 8:00 AM - Race packet pickup
- ▶ 8:30 AM - Rack packet pickup closes
- ▶ **9:00 AM - Pancake Breakfast in the Arena by donation**
- ▶ 9:00 AM - *2K starts in front of Carman Dufferin Arena*
- ▶ 9:20 AM - *10K starts in front of Carman Dufferin Arena*
- ▶ 9:30 AM - *5K starts in front of Carman Dufferin Arena*
- ▶ 10:45 AM - Awards at the Grandstands
- ▶ 12:00 PM - 2k, 5k & 10k courses close

***Please note that Kings Park road access will be closed 7am-1pm. Parking is encouraged on the grass boulevard along Centre Avenue and on the west side of 8th St NW on the grass (between Centre Ave and 1st Ave NW) ***



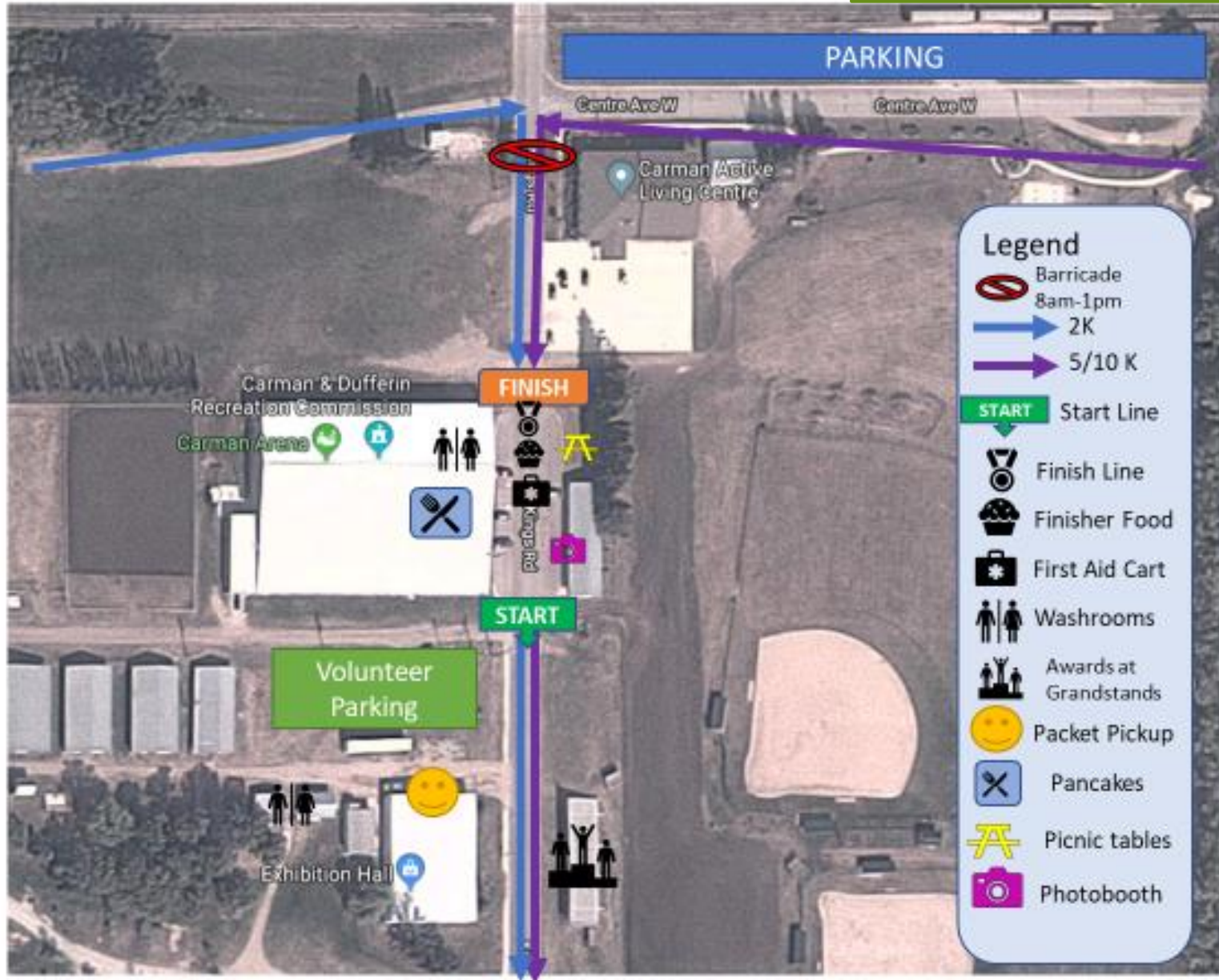
BIB PLACEMENT

Please place your bib number on front where it can be visible at all times.

Please do not cover with clothing

RACE SITE MAP

Carman Dufferin Arena
44 Kings Park Rd.
Carman Manitoba



Pancake Breakfast

Starting at 9:00 am

Served at the Arena Canteen

- ▶ Pancake breakfast by donation
- ▶ All donations will go directly to the Carman Wellness Connection
- ▶ Grab your food and head outside to the picnic tables to watch the finish line

Awards

Results will be posted as they start to come. We will print these on site and post near the finish line.

Award ceremony will start at 10:45 AM. Top 3 Place Male and Female Awards will be handed out in the following categories:

2KM

- a) Age 7 and under
- b) Age 8-9
- c) Age 10-12

5KM

- a) Age 8 and under
- b) Age 9-10
- c) Age 11-12
- d) Age 13-14
- e) Age 15-16
- f) Age 17-39
- g) Age 40 and older
- h) Top 3 Male
- i) Top 3 Female

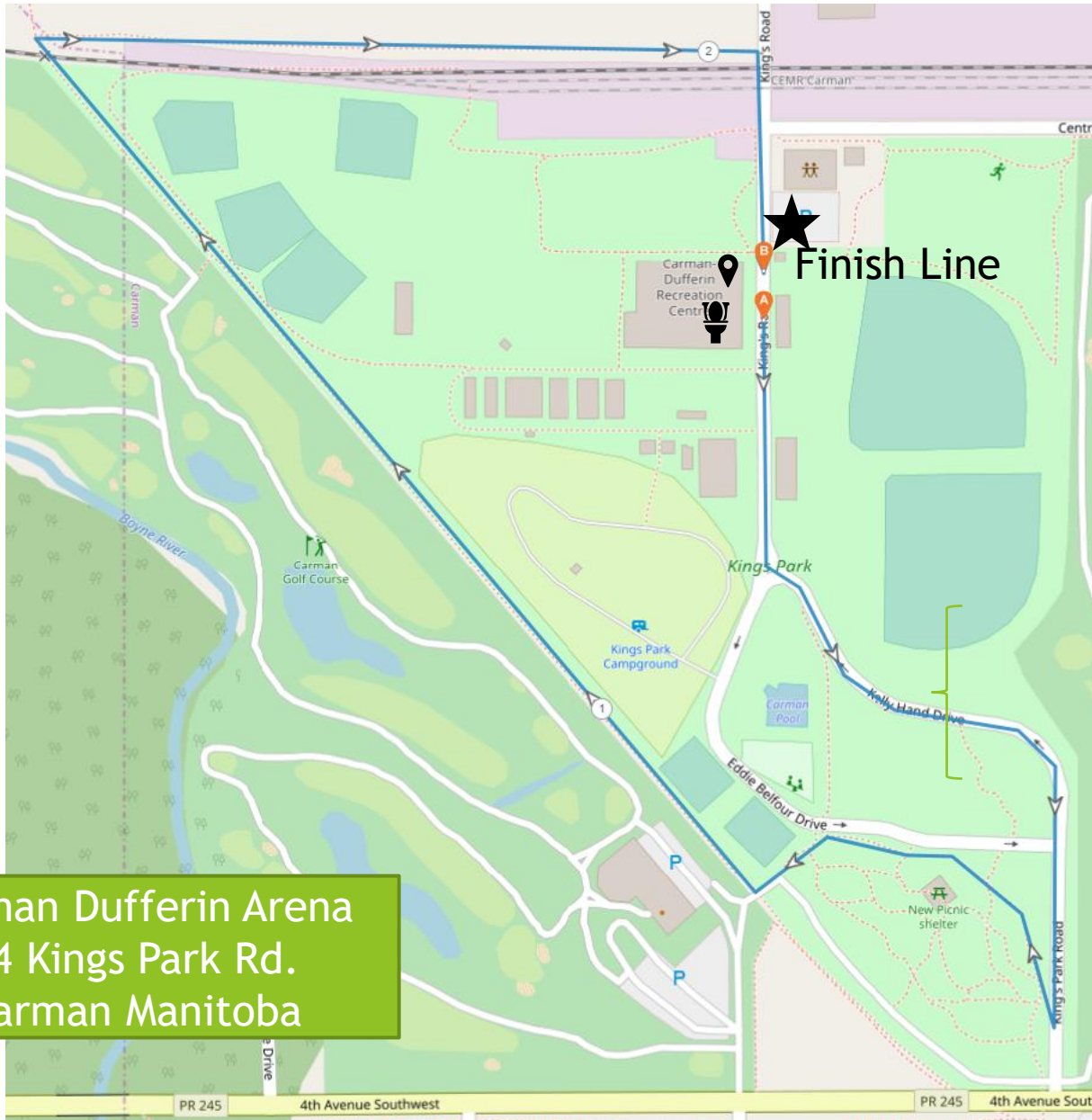
10KM

- a) Top 3 Males
- b) Top 3 Females

Race Kit Content

- Race Bib (please do not fold) to be worn on your front
- Safety Pins

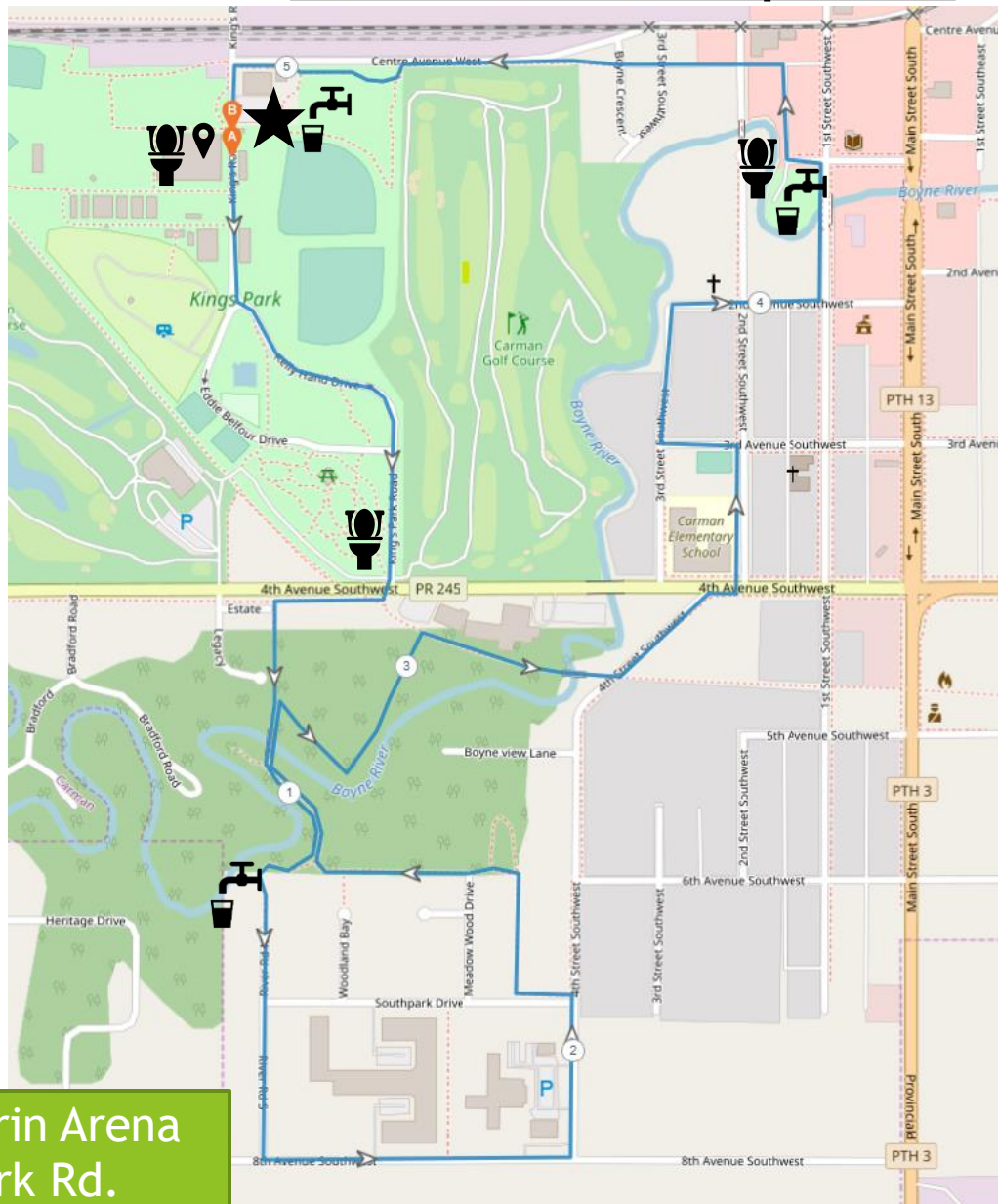
Race Route 2k - Interactive Map



 Carman Dufferin Arena
44 Kings Park Rd.
Carman Manitoba

 Washrooms

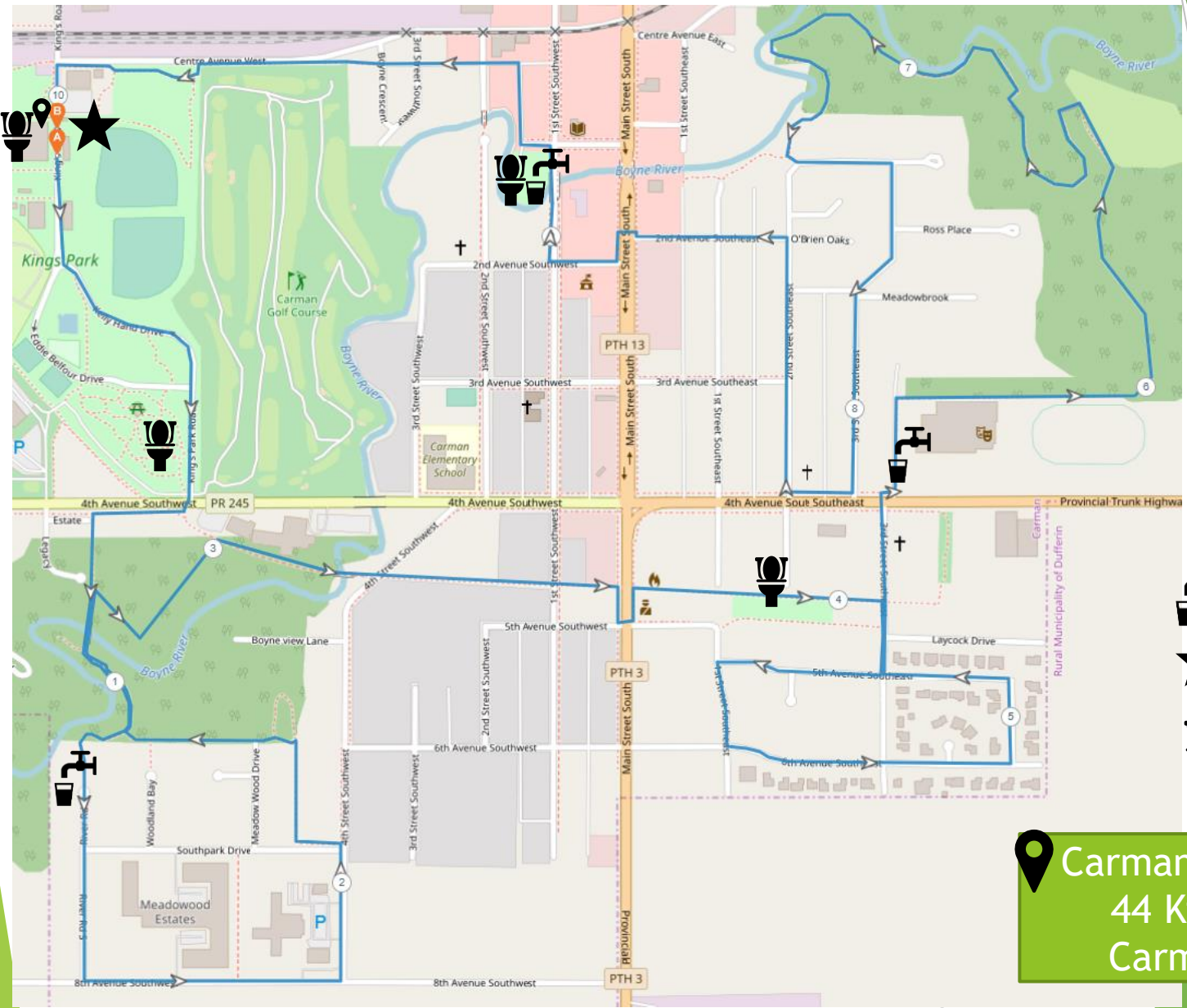
Race Route 5k - Interactive Map Link



-  Water Station
-  Finish Line
-  Washrooms

 Carman Dufferin Arena
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Race Route 10k - Interactive Map



-  Water Station
-  Finish Line
-  Washrooms

 Carman Dufferin Arena
 44 Kings Park Rd.
 Carman Manitoba

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WELLNESS CENTRE

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Homestead



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Thank you to others that made this possible

- Nathan Strange - Master of Ceremonies
- Red Cork Photography
- Carman Kinettes
- Carman Golf & Curling Club
- Dufferin Agricultural Society
- Lisa Goertzen & the Carman Cool Cats Running Club
- Carman Fire Department
- Snowflies Snowmobile Club
- Carman RCMP
- Town of Carman
- Carman Chamber of Commerce