

Adrenaline Trail Participant Event Day Information

Prior to Event

We recommend that you avoid delays checking in at Adrenaline Trail by bringing your fundraised money to the Run/Walk/Skate/Bike registration event at Lambton Mall:

In front of Sport Chek

Friday June 19, 5pm – 9pm and

Saturday June 20, 10am – 5pm.

On Event Day

- Arrive at Mike Weir Park well in advance of your start time. Allow at least 30 minutes for parking and checking in. You may wish to park on Passingham Lane.
- Check in is at the pavilion (northwest section of park near the Passingham Lane gate).
- Please return your lawn signs when checking in.
- Your personal items (not valuables) may be left in the Ask Guy Graphics tent at the start/finish mat while you complete the Adrenaline Trail.

At Check In

- You will complete an on-site waiver.
- You will receive a wristband which identifies you as an Adrenaline Trail participant; it is also your breakfast ticket.
- When all team members have completed the check in you will receive one timing chip, one registration bib number and four t-shirts for your team.
- Have a 'before' picture of your team taken at the A G Graphics tent.

On the Adrenaline Trail

- Your start time has been assigned, but you must wait for the starter to give you the go ahead before beginning.
- One team member must be wearing the timing chip and bib number before beginning.
- Team must be together crossing the start/finish mat.
- Team members should help and encourage each other through the obstacles, and work together to figure out the best way to complete each station activity.
- Follow the orange spray painted lines between stations.
- Follow instructions of the Station Marshals.
- Throughout the course faster teams may catch up to and overtake other teams. Some stations will facilitate this by allowing two teams to participate at the same time. At other stations the Station Marshal has discretion about which team goes first.
- Watch for opportunities to earn team spirit points!

After Finishing:

- Have an 'after' picture of your team taken.
- Enjoy free Coco5 electrolyte beverages, water and massages in the Purdy Ideal You section of the pavilion beside the start/finish mat.
- Prize winners will be announced from the stage after the final team has completed the course. Teams not on site to receive their prize will be notified by email after the event.
- Enjoy complimentary breakfast between 8:30 a.m. 10:30 a.m. (approximately).