



Welcome Ladies to the 8th Annual Wellington Women's Half and ½ a Half Event! We hope your training has gone well and you are ready to have a great time this Saturday!

Your safety matters to us - Thanks to the **Wellington Fire Fighters** and **Wellington Rotarian's** you are in excellent hands!

Race Kit Pick-Up - You can have someone pick up your race kit - they must have your name and know which event you registered for

Shirts - You must take the shirt you chose when you registered. You can see what is available Saturday once everyone has their race kits.

Water Stations - There are 6 water stations along the route equipped with water, Gatorade, a sugary treat and a restroom. Do not rely on these stations alone for hydration. Dehydration is serious – carry water

Parking - not available in the CML School parking lot this year. You can park at the old arena across the school yard. Additional parking is also available at the Wellington & District Community Centre, 111 Belleville Street a short 5 minute walk along Niles Street. Please do not park on Main Street or in the United Church Parking Lot or CML School parking lot– this is for the market.

Baggage Check - use your baggage check tag on your race bib to check your bag by the start line.

Timer - Sportstats will be timing the race. Your chip is in your bib.

Washrooms - Available in the lower level of the school through the door adjacent to the start line - all indoor washrooms are designated female for the event, Portable washrooms are available outside by the start line

Warm Up and Cool Down - Your wellbeing matters to us! Please be sure to participate in Tracy Reid's dance warm up prior to the race and the personal trainers of Fitness Powers will be providing cool down stretching at interval times in the centre field from 10am onward.

Friday, June 1	5pm to 8pm	Race Kit Pick-Up Sandbanks Estate Winery 17598 Loyalist Parkway, Wellington
Saturday, June 2	6:30am to 7:30am ONLY	Race Kit Pick-Up for Out of towners only please Baggage Check CML Snider School 240 Main Street, Wellington
	7:40am	Fire Fighter send off at track
	7:40am to 7:50am	Dance Warm up by Tracy Reid of Fitness Powers
	Race Starts	
	8:00am	Half Marathon Runners
	8:05am	Half-A-Half Marathon Runners
	8:10am	All Walkers
	10:00am onward	Cool Down Stretching, centre field with Fitness Powers

It's a girl thing! For fun, for friendship and accomplishment. Saturday will be a day of celebration and of women supporting each other to the finish line, no matter how you get there!