



Welcome Ladies to the 9th 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 **OPP, 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 the event you signed up for.

Shirts - You must take the shirt you chose when you registered. After the race you can see if there switching your shirt size is an option.

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 - Is available at CML School, 240 Main Street, Wellington. Additionally, you can park at the old arena across the school yard and 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– this is for the market. You may want to wonder over after the race. The market is full of wonderful food and artisan treasures.

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 post race.

Friday, May31 5pm to 8pm

Race Kit Pick-Up
Sandbanks Estate Winery
17598 Loyalist Parkway,
Wellington

Saturday, June 1 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
Early Start for Half Marathon Walkers
Fire Fighter/OPP send off at track
Dance Warm up by Tracy Reid of Fitness

Race Starts

8:00am

8:05am

8:10am

10:00am onward

Half Marathon Runners

Half-A-Half Marathon Runners

All Walkers

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!