



# SUNRISE RUN

# EVENT GUIDE

5KM Run / Walk

May 9-10, 2025

Lloydminster

*Proceeds to mental-health programs through Lloydminster*

*Region Health Foundation*





## SUNRISE RUN

# EVENT SCHEDULE

### FRIDAY MAY 9

#### PACKAGE PICK-UP

- TIME: 5 P.M. – 8 P.M.
  - LOCATION: HOLY ROSARY HIGH SCHOOL
  - ADDRESS: 6611A 39 STREET
- \*PICK-UP YOUR T-SHIRT AND BIB

### SATURDAY, MAY 10

#### PACKAGE PICK-UP

- TIME: 8:30 A.M. TO 9:30 A.M.
- LOCATION: PARKING LOT OF SYNERGY VAULT (BEHIND HOLY ROSARY HIGH SCHOOL)

#### RUN/WALK

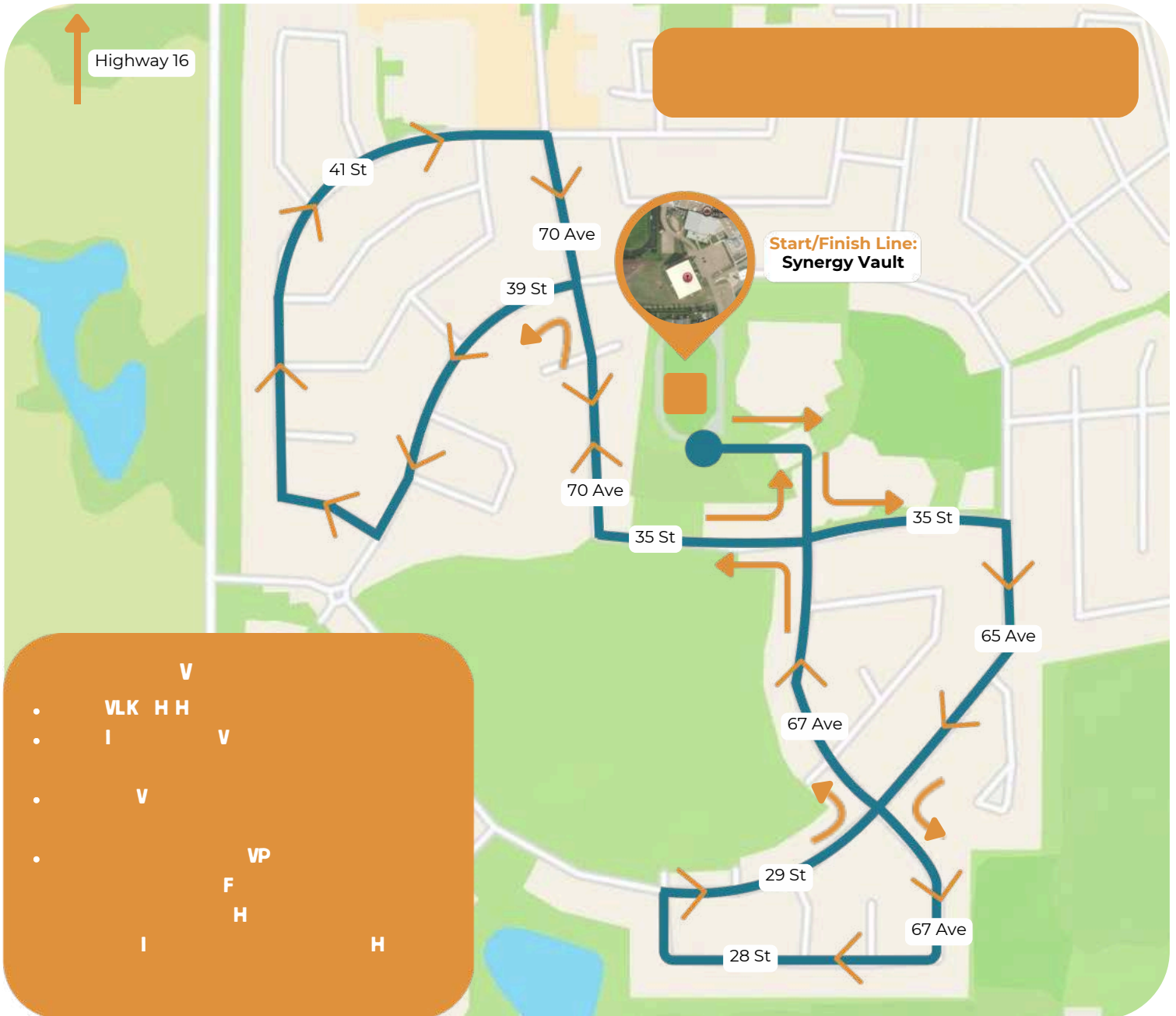
- START TIME: 10 A.M.
- LOCATION: START/FINISH LINE IN THE PARKING LOT OF SYNERGY VAULT (BEHIND HOLY ROSARY HIGH SCHOOL)
- ADDRESS: 6810 35 STREET

### PARKING

FOR BOTH EVENTS – PACKAGE PICK-UP AND THE RUN/WALK, PARKING IS AVAILABLE IN THE FRONT PARKING LOT OF HOLY ROSARY HIGH SCHOOL. ON SUNDAY (RUN/WALK MORNING), USE 66 AVENUE OR 36 STREET TO ENTER THE AREA AROUND HOLY ROSARY SCHOOL – DUE TO TRAFFIC RESTRICTIONS SURROUNDING THE COURSE.

# SUNRISE RUN

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## SUNRISE RUN

# EVENT DETAILS

### SAFETY PROTOCOLS!

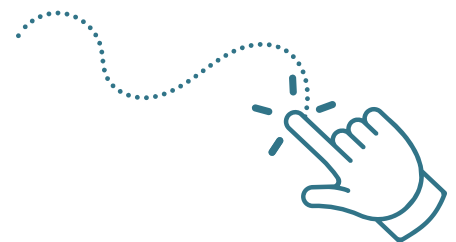
YOU MUST WEAR YOUR RACE BIB TO ACCESS THE START LINE.

ALL CHILDREN MUST BE ACCOMPANIED BY A PARENT OR GUARDIAN ON THE COURSE.

IF YOU HAVE A LOST PERSON REPORT OR ANY OTHER EMERGENCY, PLEASE VISIT THE RACE HQ TENT BESIDE THE DJ AT THE START/FINISH LINE.

### SPREAD THE WORD

HELP PROMOTE THE IMPORTANCE OF AN ACTIVE / HEALTHY LIFESTYLE BY POSTING YOUR EXPERIENCE ON SOCIAL MEDIA. PLEASE TAG @321GORUNNING SO WE CAN SHARE!





# SUNRISE RUN

# THANK YOU TO OUR SPONSORS!



Lloydminster & District



REHAB & SPORTS PERFORMANCE



PRAIRIE PROUD



Prof Med Clinic



Teneille Properties Group



A high-angle, wide shot of a person running on a paved path that curves through a lush green park. The path is flanked by vibrant green grass and trees with bright, sunlit foliage. The runner is seen from behind, casting a long shadow on the path. The overall atmosphere is bright and energetic.

Run Freely.  
Plan Wisely.  
Live Fully.

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& District

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