



SUNRISE RUN

EVENT GUIDE

*Proceeds to mental-health programs through Lloydminster
Region Health Foundation*





SUNRISE RUN

EVENT SCHEDULE

FRIDAY, MAY 8

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 9

PACKAGE PICK-UP

- TIME: 9:00 A.M. TO 9:45 A.M.
- LOCATION: PARKING LOT OF SYNERGY VAULT (BEHIND HOLY ROSARY HIGH SCHOOL)

KIDS MINI-MILE

- TIME: 10:00 A.M.
- LOCATION: INSIDE THE SYNERGY VAULT

RUN/WALK: 5KM/7KM

- START TIME: 10:30 A.M.
- LOCATION: START/FINISH LINE IN THE PARKING LOT OF SYNERGY VAULT (BEHIND HOLY ROSARY HIGH SCHOOL)
- ADDRESS: 6810 35 STREET

PARKING

FOR ALL 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.

5KM Course Map

Start Time: 10:30 a.m. Saturday, May 9th



7KM Course Map

Start Time: 10:30 a.m. Saturday, May 9th





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





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runners.

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Traditional Chinese Medicine and Acupuncture:

- Fire Cupping (or Silicone)
- Diet and Lifestyle Therapy
- Gua Sha, Auricular

Chiropractic Treatments:

- Headaches and migraines
- Post-concussion syndrome
- Vertigo dizziness
- Numbness & Tingling in Hands

Massage Therapy Treatments:

- Therapeutic and Deep Tissue Massage
- Cupping Massage Therapy
- Graston tool (IASTM) Massage
- Thai Table Massage
- Hot Stone Massage



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3A562944 St.
Lloydminster, AB

Clinic Hours

Monday - Friday	9:00 AM - 8:00 PM
Saturday	9:00 AM - 2:00 PM

Schedule your appointment today!