



# Lion's Run Winnipeg Rules

Saturday, May 26<sup>th</sup>, 2018 Assiniboine Park



**Participant Registration-Big White Tent**  
9:00 -9:45am Registration/Check-In

## **Race Starts**

10:15AM Family Team  
10:25AM Kids (6-12)  
10:35AM Teens+

## **Lion's Run Award Ceremony**

11:15AM to 12:00PM Lion's Run Awards Ceremony

### **Each team/individual should have:**

Race bibs (family teams will have the same number)  
Map  
A First Step Envelope (Takes you to the Clue Sheet)  
Race Rules

### **Lions Run Winnipeg Rules:**

#### **10:15AM Family Teams of 3-4**

- ❖ Family teams will all wear their bib numbers on the front of their clothing
- ❖ They will start their race at 10:15AM at the inflatable start line
- ❖ Family teams can open their clue sheet once through the start line once the siren starts
- ❖ The family teams must complete all four checkpoint challenges (in any order) together from start to finish.
- ❖ Adults on the family team can give toddlers or small children a piggyback ride!
- ❖ Families may want to bring a stroller for toddlers.
- ❖ The adult will be reminded to collect one token upon completion of each checkpoint.
- ❖ All team members must complete the word unscramble together before crossing the finish line.
- ❖ Proceed to the big tent for your certificate of participation!

**Be respectful, race safe & have fun!**

#### **10:25pm Kids Individual Race (ages 6 to 12)**

- ❖ Individual children will wear their bib numbers on the front of their clothing
- ❖ They will start their race at 10:25AM at the inflatable start line when the siren starts
- ❖ Kids can open their clue sheet once through the start line
- ❖ The kids must complete all four checkpoint challenges (in any order) from start to finish.
- ❖ Each child will be reminded to collect one token upon completion of each checkpoint.
- ❖ The child must complete the four letter word unscramble using tokens collected before crossing the finish line.
- ❖ Proceed to the big tent for your certificate of participation after your race is finished!

**Be respectful, race safe & have fun!**



Boys & Girls Clubs  
of Winnipeg  
A good place to be

# Lion's Run Winnipeg Rules

## 10:35AM Teens+

- ❖ Teens will wear their bib numbers on the front of their clothing
- ❖ Teens will start their race at 10:35AM at the inflatable start line when the siren starts
- ❖ The teens can open their clue sheet once through the start line
- ❖ All teens must complete four checkpoint challenges (in any order) from start to finish.
- ❖ Each teen will be reminded to collect one token upon completion of each checkpoint.
- ❖ The teen must complete the four letter word unscramble using the tokens before crossing the finish line.
- ❖ Proceed to the big tent for your certificate of participation!

**Be respectful, race safe & have fun!**

## About the Course & Safety:

- ❖ Teams may only travel by foot(except toddlers or small children).
- ❖ At least one charged Smart Phone can be used during the race.
- ❖ All participants must obey all laws, regulations, bylaws and rules of the road. Be respectful of smaller racers. The race committee can tell the racer to stop if they are not being safe or respectful.
- ❖ **All participants are to stay in the Assiniboine Park.**
- ❖ It is very important to refer to your race map. The area in red is out of bounds.
- ❖ Participants may not ask staff or volunteers at the Checkpoints for help in completing challenges.
- ❖ Individuals/Teams may access the Internet, cell phones, or general public as information sources.
- ❖ After successfully completing each Checkpoint in any order the adult or individual will receive one token with a letter on it.
- ❖ Each individual should collect four tokens in the Lion's Run to unscramble a word before crossing the finish line. Finish line word unscramble checkers must verify the word.
- ❖ The clock will stop when all team members or individuals cross the finish line with their complete Word Scramble.

## Race Postponement/Amendment/Disqualifications

Officials reserve the right, to end, postpone or amend the Race, to amend or change these Rules and Regulations, or disqualify any participant(s), if for any reason they believe that participants or teams may not be able to safely complete the Race, or for any other reason.

