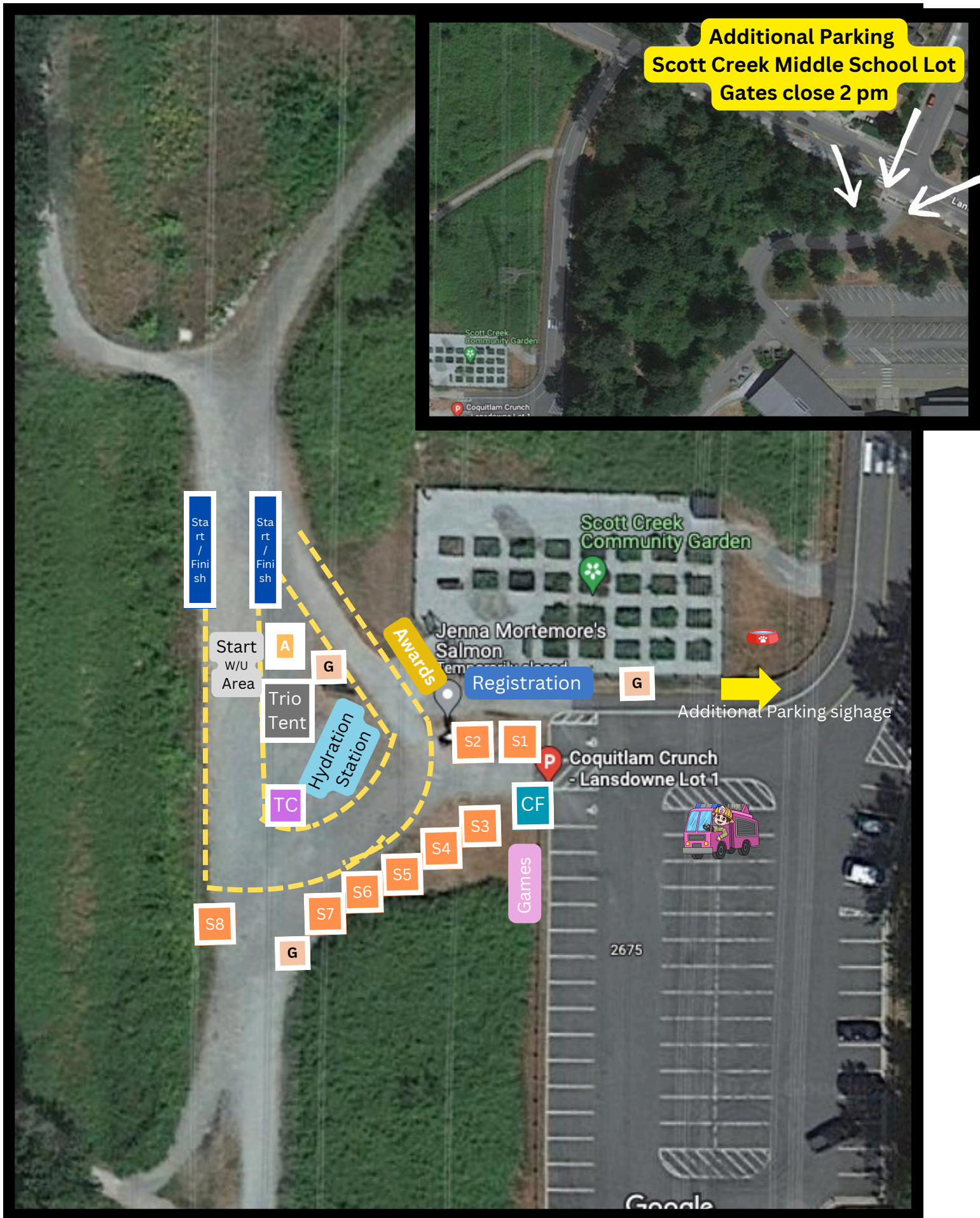


Start/Finish Area & Parking Map



Legend



Start/Finish Area

Registration

Registration/First Aid



Coquitlam Firefighters
Charity Pink Truck

Awards

Awards Area

Hydration
Station

Hydration Station

Sponsored by:

Alpha Massage Therapy and
Wellness

Games
Area

Games/Activities

A

Announcer

TC

Timing Chip Return



Dog Water Bowl

G

Garbage/Recycling

Sponsors Tents

CF

Coquiitlam Founcation

S1

Mariner Brewing

S2

Alpha Massage Therapy
and Wellness

S3

Orange Theory Port Moody

S4

Popeye's

S5

Bosley's

S6

Max Fit Movement Institute

S7

Club 16 Coquitlam

S8

Jodie Wickens MLA

EVENT INFORMATION

7:00 AM	Registration/Package pick up opens <i>Please arrive at least 30 minutes before your scheduled event to allow time for race package pick-up</i>
	*Pre Registered Race package, Timing Chip & T-Shirt pick up
	*Day of Race Registration
	Additional Parking Scott Creek Middle School lot open
8:10 AM	Opening Remarks
8:15 AM	National Anthem - Terry O'Neill / Land Acknowledgement
8:25 AM	Pre Race information - Make It or Break It
8:30 M	Make It or Break It Start
8:55 AM	Pre Race Information - 8KM Run
9:00 AM	8KM Run Start
9:55 AM	Pre Race Information - Recreational Event
10:00 AM	Recreational Event Start
10:45 AM	Awards - 8 Km *Award times are approximate and dependent on the last finisher
12:00 PM	30 Min to CUT OFF - Make It Or Break It
12:30 PM	Make Or Break it - Cut Off
12:45 PM	Awards - Make it or Break it *Award times are approximate and dependent on the last finisher
2:00 PM	Scott Creek Middle School Parking Gates Closed
	<ul style="list-style-type: none">Draw Prizes through out the event.Hint hint....brush up on your Coquitlam Crunch Trivia <i>*To win a draw prize you must be in attendance</i>