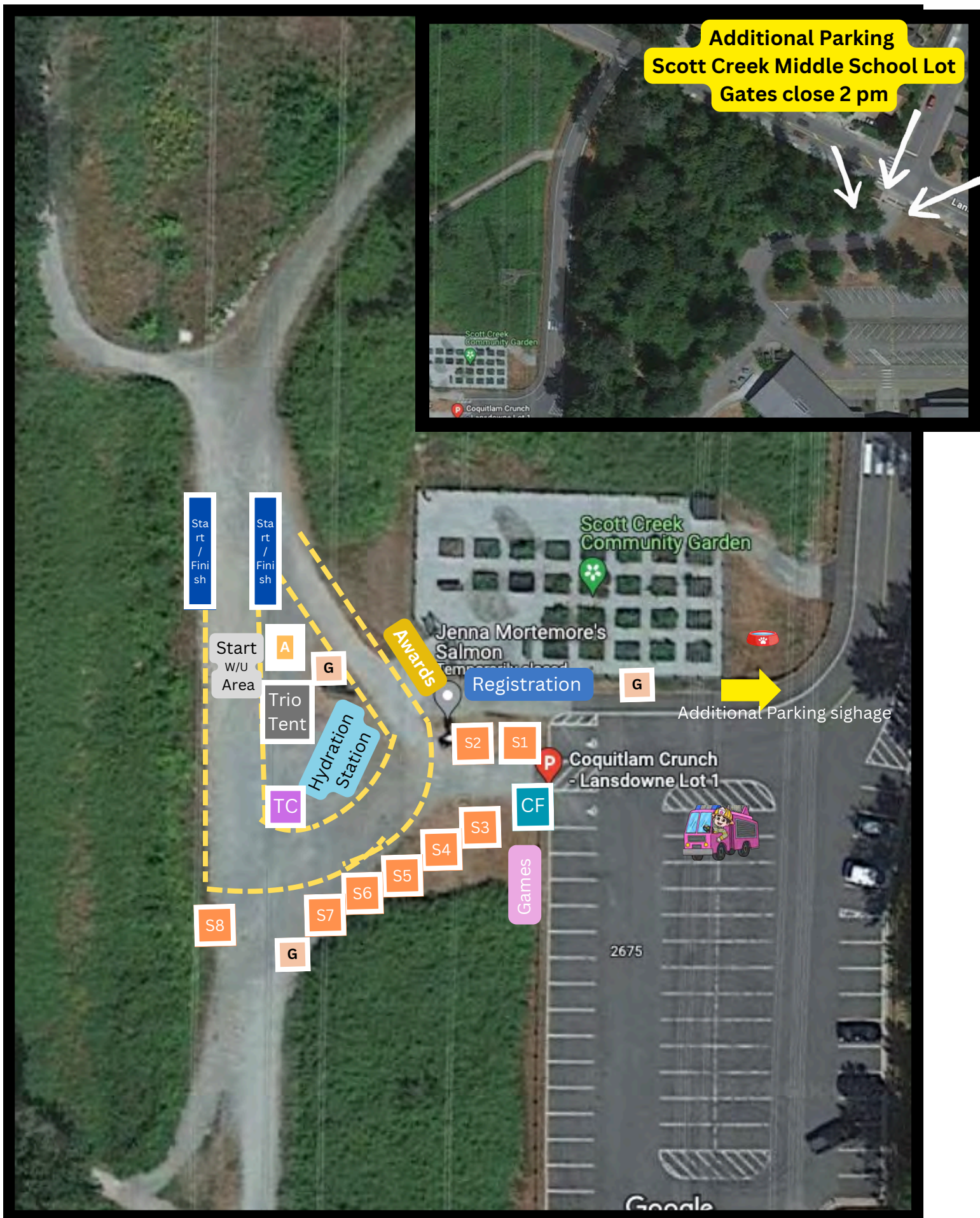
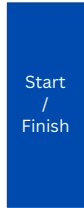


Start/Finish Area & Parking Map



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>

Event Information Highlights:

Registration/Package Pick up:

- Registration/Package Pick-Up Opens at 7:00 AM
 - Please arrive **at least 30 minutes** before your scheduled event to allow time for race package pick-up.
- Location :The starting area, package pick-up, and day-of-race registrations is located beside the Coquitlam Crunch parking lot.
- Day of event registration is available
- Pre ordered T-shirts will be in race package
 - if available T-shirts will be available to purchase on the day of the event.
Quantities and sizes are limited

Parking:

[Coquitlam Crunch – Lansdown Lot 1 - 2675 Guildford Wy, Coquitlam, BC V3E 1C2](#)

- Space is limited in the Coquitlam Crunch – Lansdown Lot 1 Parking lot.
 - [Real Time Parking Counter](#)
 - Coquitlam Fire fighters Charity will be joining us with the Pink Fire Truck do not park in Spots designated for the Fire Truck.
- **Additional parking** is available at the Scott Creek Middle School parking lot- [1240 Lansdowne Dr, Coquitlam, BC V3E 3E7](#)along [Lansdowne Dr.](#)

Note: Scott Creek Middle School lot will be closed at 2pm

Washrooms:

Washrooms are available at:

- Eagle Ridge Park – head up the trail from the start finish area
- Bramble Park – North of the Panorama Dr./ Lansdowne crosswalk,
- **Dwelling Place Church** – mid-trail, offering washroom access for participants during the event
 - See Course map

Hydrations Stations Locations:

- Start Finish Area
- Turn Around point at the top of the Crunch

**** Hydration Stations proudly sponsored by: Alpha Massage Therapy and Wellness***

Awards Presentations:

- ★ 10:45 AM: 8 Km Run
- ★ 12:45 PM: Make It or Break It

****Note: times may be adjusted at event to calculate results after the last finisher in each crosses the finish line.***

Draw Prizes:

Draw prizes from Community Sponsors will be drawn throughout the event.

- o *Hint hint....brush up on your Coquitlam Crunch Trivia*

*To win a draw prize you must be in attendance

(links)

- **Full Day of Event Details**
- **Start/Finish Area Map**
- **Course Map**