

What is the date of the Glow in the Park 3km Walk/Run?

Saturday, Sept. 28, 2019

What is the location of the Glow in the Park Walk/Run?

The event will take place at Sir Sandford Fleming Park (Dingle Park) which can be found off Purcell's Cove Rd.

What is the distance of the Glow in the Park Walk/Run?

It is a 1.5km route and participants can choose to do one or two loops to be sure and have time to spend at all the fun zones.

What time does the Glow in the Park Walk/Run start?

Please see the following schedule of events:

6 p.m.	Event starts/registration starts
7:20 p.m.	Participants gather for the Zumba warm up
7:30 p.m.	Participants gather at start line
8:30 p.m.	Walk/Run finishes
8:30 p.m.	All stations are closed
8:45 p.m.	Firework show starts
9 p.m.	Event ends

Will there be on-site parking at the event?

There will be limited on-site parking at the event. Once the parking lot is full, participants will need to park at either JW MacLeod School or the Frog Pond parking lot located on Purcell's Cove Rd. There will be no parking on the Dingle Road as this is part of the course for the event. The main entrances going to the dingle will be closed from 7:20 - 9 p.m. It is a 1km walk back to the main road.

What safety measures are in place for the event?

We will have security/police on site. Please ensure when walking or running the route that you stay off the stone seawall. We recommend walkers stay to the right-hand side and runners to the left. Please remember to respect the line ups at the fun zones.

Will this event be a rain or shine event?

In the event of light rain, the event will take place. However, if there is a heavy rain forecast, we will make an announcement by 3 p.m. on the day of if the event will be cancelled.

What are the on-course amenities at the Glow in the Park Walk/Run?**Along the Route:**

1. **Camp fire & songs zone** (with marshmallows to roast)
2. **Dance zone - blacklight & disco fun**
3. **3 x colour run & glow powder zones**

For your safety:

Course marshalls

Course markers (lighted bottles and pylons or caution tape)

What activities are taking part before, during, and after the event?

- Obstacle course
- Face painting/stickers
- Natural playground
- Glow powder station
- Blacklight photo bomb tent
- Night fever dance floor with DJ
- Fireworks show

How do I register for the Glow in the Dark Walk/Run?

There is no registration. The more the merrier can attend. The first 250 participants to arrive receive some glow swag (baton, glow necklace, and glow bracelets). Visit the **Check-in Tent** upon your arrival.

What should I bring with me to the event?

We recommend you bring water bottles and snacks should you choose to, as there will be no food served. You can also bring headlamps, flashlights, or any extra glow wear of your choice. White clothing is great for the black light tents! Dress appropriately for the weather.

Is there a limited number of runners allowed at the Glow in the Park Walk/Run?

There is no limit.

When and where do I pick up my Glow Gear for the Glow in the Park Walk/Run?

Pick up will begin at 6 p.m. on Saturday, Sept. 28 for the first 250 participants. Please find the **Check-in Tent** location will be close to the stage and start/finish line.

Are the police aware of the race?

Yes, Halifax Regional Police has been informed of the event.

Will there be any street closings on race day?

We will be closing the road down to the Dingle Park once the main parking lot is full. It will not re-open again until 9 p.m.

Will this race be timed?

No, this is not a timed race. The longer you take, the more fun you will be having! We encourage you to take part in the fun zones.

Can my family and friends attend even if they are not participating in the Walk/Run?

Friends and family are welcome to join you at the after party and enjoy the post-race entertainment and fun.