

# HONOURING OUR CHILDREN RUN

## EVENT DAY SCHEDULE

SEPTEMBER 30, 2023 AT BOULEVARD LAKE IN THUNDER BAY

### 7:30 AM - 9:00 AM

- Registration opens - Participant check-in and bib pick-up begins
- Tobacco tie to pick up

### 8:30 AM

- Warm-up and stretch (15k)

### 8:40 AM

- Opening Prayer and Drumming Song
- 15k run/race start time

### 8:45 AM

- Warm-up and stretch (10k)

### 8:55 AM

- Drumming Song
- 10k run/race start

### 9:00 AM

- Warm-up and stretch (5k)

### 9:10 AM

- Drumming Song
- 5k walk/run start

### 9:30 AM - 10:40 am

- Runners return
- Medals are handed out at the finish line

### 9:30 AM - 12:00 PM

- Refreshments and snacks available to participants
- Activities, live music, and entertainment

### 10:30AM

- Drumming Song
- Kids Fun Run begins

### 10:45 AM

- Dignitary remarks
- 10k & 15k running award for top 3 male and female runners
- Closing Ceremony with Drumming Song

### 12:00 PM

- Event concludes

