Important information for June 9th.

You need to be at the Wal Mart parking lot in Grand Falls for 7:30 am.

8:00 is the whole group warm up

8:10 is the first whole group walk/run

6:30 (approximately): The bus will leave Edmunston around this time to return to Grand Falls. Your parents can pick up at Wal Mart once we arrive.

This is what you will need to bring:

* Sunscreen
* Deodorant
* Wet ones (baby wipes) to wipe the sweat
* Running shoes (2nd pair if possible in case of rain)
* Extra socks
* **Your relay t-shirt**
* Extra shirts and shorts or pants
* Long sleeve shirt
* Wind/rain jacket
* Running hat
* Sunglasses
* A blanket
* Your SMILE ☺
* Food (in a small cooler, if possible)
* **LOTS of water: you can refill your bottle in You should have at least 4 litres.**
* Cold lunch (sandwich, salad, etc)
* Healthy snacks (crackers, fruits, granola bars, cheese strings, yogurt, etc)
* Juice or poweraid/gatoraid
* **Make sure you have enough food to fuel your body. You should have enough snacks to last you ALL day (7:30 am to 6:30 pm)**
* **Don’t forget to put ice packs**

\*\*It’s important to hydrate the whole week before the event.

Go to bed early Friday night.