

# STEP UP FOR MENTAL HEALTH



Cameco

Saturday September 28, 2019  
8:00 a.m.

***EVENT GUIDE***



Cameco

# STEP 1: PACKET PICK-UP

The **Race Expo** is the first stop on your Step Up journey. This event features vendors and information focused on mental health and physical activity.

You must pick up your race packet (including your race bib and dry bag) during the Race Expo scheduled for Thursday September 26 and Friday September 27, at Memorial Park in Port Hope inside the tent located near the bandshell. If you are 16 or older, you must have your ID to pick up your race packet.

In addition to your packet, you'll receive the rest of your Step Up swag -- well, everything but the medal. We're holding that at the finish line!

If you are unable to pick up your own race packet, you may authorize another person to pick it up. The authorized individual MUST have their own photo ID, a signed and printed authorization form (see bottom of this page), and a copy of the participant's photo ID. The signed authorization form MUST be printed. We will not accept any authorization via phone, text message or any other electronic device. The copy of the photo ID may be via text, email or photo copy. If the authorized individual is missing any of these items, we will not release the race packet. NO EXCEPTIONS.



## WHEN

**Thursday, Sept. 26**  
4:00 p.m. - 8:00 p.m.

**Friday, Sept. 27**  
Noon - 3:30 p.m.  
5:30 p.m. - 8:00 p.m.

## WHERE

Memorial Park near the bandshell inside the large tent.

## RACE PACKET PICK-UP AUTHORIZATION

\_\_\_\_\_  
*Participant's full name*

I authorize the following individual to pick up my race packet/bib number:

\_\_\_\_\_  
*Print name of authorized individual*

The authorized individual is aware that he or she must present his or her own photo ID, this printed authorization form and a copy of my photo ID (by text, email or photocopy) in order to receive my race packet/bib number.

\_\_\_\_\_  
*Signature of participant*

\_\_\_\_\_  
*Signature of authorized individual*



# STEP 2: RACE DAY

The Step Up run/walk begins and ends at the Memorial Park near the bandshell in Port Hope. When you arrive on site, please proceed near the bandshell for pre-race announcements and warm up.

We have an exciting course planned for you. Whether you're running or walking, expect to get goosebumps from the electric atmosphere brimming with a DJ, band, cheer teams and the beautiful scenic Ganaraska river.

## WHERE SHOULD I PARK?

No parking has been designated for the event. Participants and spectators are advised to allow plenty of time to locate parking within the downtown core and walk to the start/finish line at Memorial park near the bandshell.

There will be police guided traffic along with some minimal road closures along the route.

## PREPARING YOUR DRY BAG

If you would like to store personal items during the race, please use the clear dry bag you received during packet pick-up and leave it with volunteers at the Dry Bag table in the tent at Memorial park. For security reasons, no other bags will be accepted for storage. We recommend packing dry comfortable clothes to put on after your race. Please do not store any valuables in your dry bag. Cameco is not responsible for any lost or stolen items.

Dry bags will be held until 11:00 a.m. Any dry bags not picked up by the cut-off time will be transported to Cameco at 205 Peter Street, for pick-up by Friday October 4.

After that time, all contents will be donated to charity.



## WHEN

**Saturday, September 28**

**Start line opens: 7:00 a.m.**

**Warm up: 7:45 a.m.**

**5K start: 8:00 a.m. sharp**

## WHERE

Memorial park in  
Port Hope near the  
bandshell



**You must have a race bib to  
access the course.**

**If you are walking, please  
stay to the right of the road  
to allow faster participants to  
pass you on the left.**





# ADDITIONAL FAQ

## Can I transfer my bib to another participant?

*Unfortunately, we are no longer accepting transfers between participants.*

## Are strollers allowed?

*Yes, we welcome participants with strollers. However, if you're part of a slower moving traffic, please stick to the far right and avoid blocking the path of others.*

## **My child is 7-and-under. Do I have to register them even though their participation is free?**

*No. Your 7-and-under children are welcome to join you on the course and there's no need to register them.*

## Are pets allowed on the course?

*No. Certified service animals are permitted, though, provided they are on a leash.*

## Where does the money go?

*All money raised through Step Up for Mental Health will be disbursed to organizations in Northumberland County undertaking projects that promote or support mental health. Applications for funding will be adjudicated by a panel that includes mental health professionals, as well as representatives from Northumberland County and Cameco.*



## Still have questions?

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f @cameco.Ontario  
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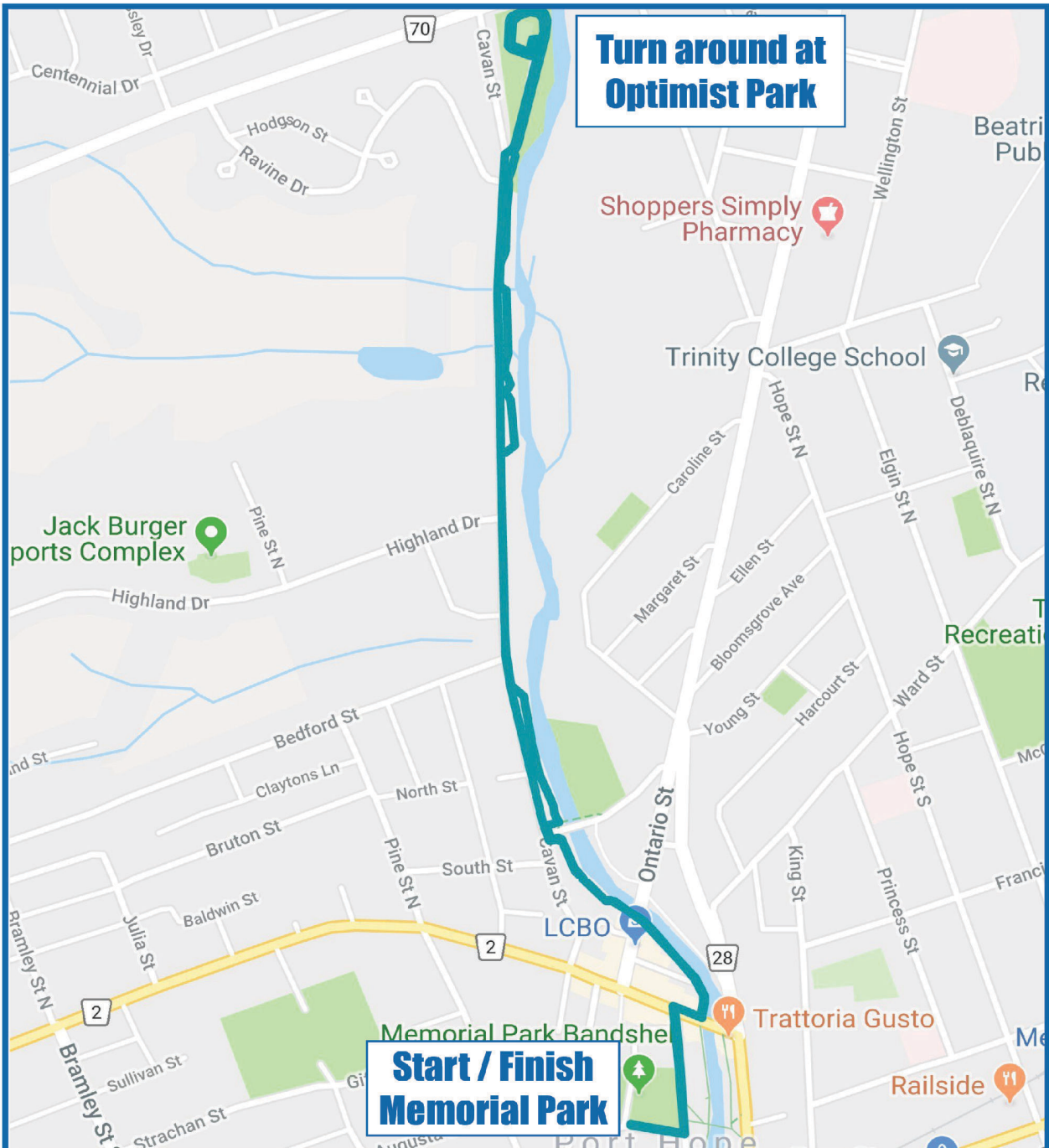


**Snacks and water will be available at the end of the finish line.**



# 5K Run Route

September 28, 2019 • Run begins at 8 a.m.



## WATER STATIONS / FIRST-AID

The course features water stations at Memorial Park along Cavan Street and at Optimist Park. First-aid services are available at Memorial Park and St. John's ambulance will be along the route.

## BATHROOMS

Portable toilets are available in Memorial Park and Optimist Park. In addition, permanent washrooms are available near memorial park at the back of the Port Hope Town Hall.