



## ONE-WEEK REMINDERS

### Refer a friend and earn money!

Promote the **Wing Fest 5K Fun Run** and earn \$5 for every runner who registers through your promotor link! Just log into the **Race Roster** link below > click on **Promote Event** (on the left side of page) > click on **Let's Begin** > copy your unique promoter link > send the link to your friends and family!

<https://raceroster.com/events/2019/22822/2019-wingfest-5km-run>

### Pre-registration Day:

Want to avoid lines and chow down on some really delicious wing? Grab your sweet swag bag and register a day early on **Saturday July 27<sup>th</sup>** from 2pm-4pm at WingFest, **Rennie Park** in Port Dalhousie (please note the pre-registration location has changed from Lakeside Park to Rennie Park). Directions to Wing Fest Niagara:

<http://wingfest.ca/attend/>

### Registration (Day of Run):

**Sunday July 28<sup>th</sup>** at **Malcolmson Eco Park** (25 Lakeshore Rd, St. Catharines) at **7:30am** with registration closing promptly at 8:30am.

**\*\*Please have your confirmation number/email with you! If you're picking up for a group bring the confirmation number and name of each runner that you are picking up for!**

### Vollies Needed:

Why not have your family and friends volunteer while they cheer you on. Did you know you register them right on our site under the volunteer button?

<https://raceroster.com/events/2019/22822/2019-wingfest-5km-run>

### Fun Run Parking:

Will be available at the following locations:

- Grantham Lions 732 Niagara Street/Lakeshore Road  
Directly across from Malcolmson Eco Park
- Welland Canal Parking Lot  
Turn left onto Bunting Rd to gain access to the Welland Canal Parking lot.

### The Run:

Hands Up Baby! Water gun stations will be posted along the route, if you want a spray, please raise your hands to let the volunteers know you need a cool down. The course will close at 10:15am, any racers still on the course will be asked to move to the sidewalk.



Random prizes will be given to participants showing their chicken wing spirit! Costumes, wigs, fun wear, show us what you've got!

Don't forget to visit our *photo booth* before and after the race to show your support to our mascot Beach Chicken and his mystery friends. Remember our race day hash tags: **#LetsGetSaucy** and **#WF5KM**

Family and Friends can also try their hand at *rubber chicken chucking* for a chance to win valuable prizes from the new **F45 Fitness Studio** in St. Catharines including:

- VIP membership pass for one year (retail value > \$1500)!!
- 10 pass membership with heart rate monitor (retail value \$350)
- 10 pass membership (retail value \$250)

### **Awards:**

Will be presented after the racers have had a chance to review and query results. You must be present to win. Awards will be given to the top 3 Male and Female runners in each 10 year age group, as well as to winners of the Rubber Chicken Chucking Contest.

### **Post-Race Celebration:**

After crossing the finish line, make your way to Wing Fest at Rennie Park in Port Dalhousie to chow down on some great wings and don't forget to bring your free drink ticket found in your swag bag. Remember no ticket, no drink. \* Must be 19+ for redemption of an alcoholic drink.

### **Keep us in the loop on Social Media!!**

Be sure to follow us on Facebook "WingFest 5km Fun Run", Instagram "WingFest 5km" and Twitter @WingFest5k. Remember on race day to use our hashtags **#LetsGetSaucy** and **#WF5KM**. We want to see your photos!

### **What is Wing Fest?**

A festival to unite the wing lovers of Niagara in a venue that pulls on the heart strings of the St. Catharines community, Old Port Dalhousie. We are bringing together the best wings in the city for a showdown like no other, pitting our neighborhood hot spots against one another in a chicken wing battle for the ages. Only one can reign supreme and take home the title of Chicken Wing Champion

Wing Fest is proud to raise funds to support Community Care of St. Catharines and Thorold – A key agency that meets needs of less advantaged people in our community

<http://www.communitycaresca.ca/>

\*\*\*DONATION BINS FOR THE COMMUNITY CARE FOOD BANK WILL BE ONSITE, NON-PERISHABLE FOOD DONATIONS WILL BE ACCEPTED RACE DAY AND WOULD BE SO GREATLY APPRECIATED\*\*\*