



The Impact Run 2016

Dissolving Boundaries Redefining Inclusiveness

The Impact Run 2016

ProAktiv Events has collaborated with Crissy Field parkrun in order to host the first prototype event.

Parkrun is a free weekly 5km run held every Saturday at 09:00am. The event is organized by volunteers and is open to everyone of all abilities and ages.

ProAktiv Events will integrate runners with the riders.

The Run

There will be ten teams participating in this event and each team will consist of four as follows

3 runners (1 runner will push the wheelchair whilst the other 2 support on either side)

1 VIP Rider (The Wheelchair user)



The Course

Each team will run, jog or walk along the parkrun 5km course. Each runner will take turns pushing the rider along the course.



Pre-Registration

Every VIP rider must register with parkrun by clicking [here](#).

Please ensure you print your parkrun barcode and bring it with you to the event.

Race Day Schedule

Time	Activity
08:00 – 08:15	Arrive at Crissy Field as instructed on page 4 of this guide
08:15 – 08:30	ProAktiv Events to gather teams with riders
08:30 – 08:45	Event and safety briefing
08:45 – 09:00	Arrangement of Waves and proceed towards start line
09:00 – 10:00	5k Run
10:00 – 11:00	Post Run coffee with all teams and runners

Contact Us

If you have any questions, please do not hesitate to contact us.

Email: aviz2016@student.hult.edu

Phone (415)969-0762