



📍 CHARLOTTETOWN | JUNE 20-23

Hello Rainbow Runners!

We are so excited to see you all today (Saturday, June 22) for the Island Tides Rainbow Run. Please aim to arrive between 7:15 and 7:45am to pick up your Rainbow Run/Island Tides t-shirt. The shirt pick up/registration and start of the race is at Rochford Square (Address: All Souls Ln).

Please remember that the race is not chipped, but we will have a race clock at the finish line.

While we are supplying your shirt, we encourage you to wear lots of colour and show your PRIDE! Our friends from Pride PEI will be onsite as well and will be handing out little flags if you would like to run with one.

See the route map below (it is there and back). We will have volunteers along to make sure you are going the right way and to share some encouragement.

We will have snacks and drinks ready for you at the finish line (including protein balls brought to you by Fuel You Body!)

See you soon!

