



Hello Rainbow Runners!

We can't wait to see you on Saturday, June 20 for the Island Tides Rainbow Run! Please plan to arrive a bit before the 8am start time to check in. Registration and the starting line will be at Rochford Square (All Souls Ln).

A quick reminder: this is a fun run and not chip-timed, but we'll have a race clock at the finish line to track your time if you'd like.

Please note that we are not supplying t-shirts this year and instead encourage you to wear your brightest colours and show your PRIDE! Our friends from Pride PEI will also be on site colourful accessories if you'd like to run with a little extra flair! 🌈

Check out the route map below - it's an out-and-back course. We'll have volunteers along the way to keep you on track and cheer you on.

There'll be snacks and water waiting at the finish line - you've earned it!

See you soon!

