

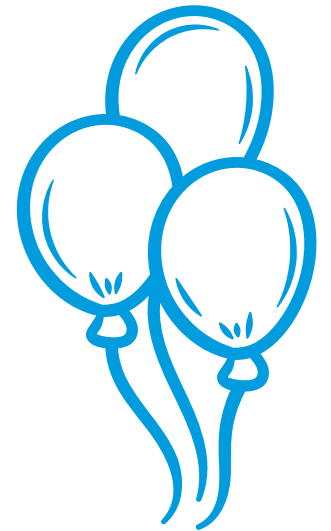
# I am running the Emera Blue Nose Marathon Youth Run

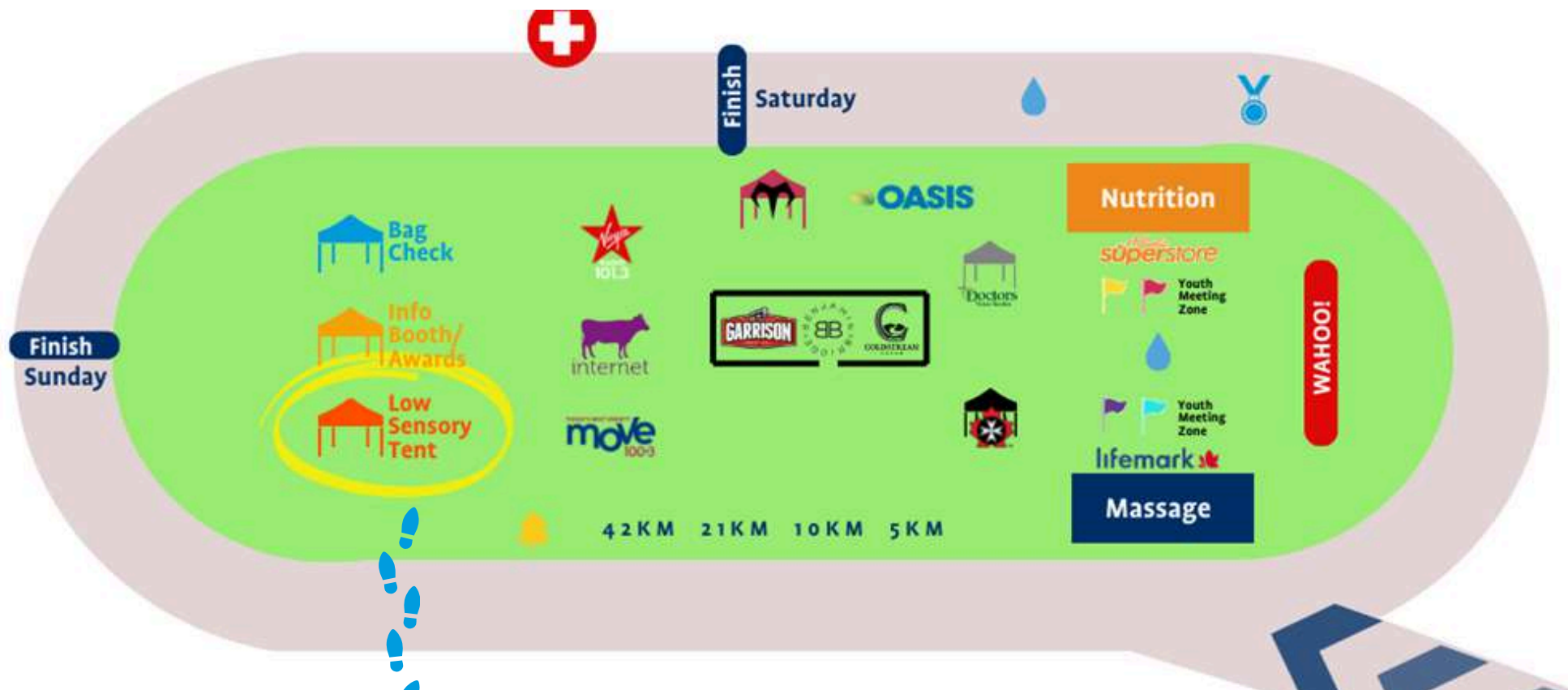


Hi! My name is **Myles**, and I am going to be running in the Emera Blue Nose Marathon Doctors Nova Scotia Youth Run. I am wearing my sneakers, shorts, and running shirt. I might even bring some noise cancelling headphones in case I find it too loud.



**I have arrived before my start time and there are A LOT of people here. I am looking for the Low Sensory Tent, so I can have quiet time before I head to the start line. It is a white tent and has blue balloons!**





I am going to look at the map of the site and find the Low Sensory tent. I am excited to have my nose painted blue when I get there!



I am leaving the tent now, so I have enough time to get to my start line. First there is a 4KM start, then a 2KM start, and they have a lot of people and loud noises. It might be time to put my **headset** on.



My start line is called **Low Sensory**, and it starts at **10:30 AM**. But it is not just for people who don't enjoy loud noises, I am also going to invite all my friends to join me! I am going to stay at the back until the other two races have started, and then I am going to be ready to race. They are quietly counting down our start time, so there won't be any loud bangs. ... 3 .... 2.... 1... and we're off!



There are nice volunteers along the route giving out water. I take some and say thank you.



**Look at me crossing the finish line! A nice volunteer wants to put a medal on my neck, but I put out my hand so they will just give it to me. You can choose what works best for you.**





Now I have to decide if I want to go home and rest or have some bananas and juice in the **Low Sensory Tent**.