



Participant Guide – July 09, 2023

➤ Race Package Pick-up

- Thursday July 6th 5-8pm --Strides Running Store 3566 Garrison Gate SW – Marda Loop
- Friday July 7th 1-8pm --Strides Running Store 3566 Garrison Gate SW – Marda Loop
- Saturday July 08th 10am-4pm - Strides Running Store 1119, 380 Canyon Meadows Drive SE
- Sunday (Race day) 6:15am Out of Town Participants only please – Glenmore Athletic Park

****Race packages will not be available before the listed times ****

➤ Race Location and Start Times

- Glenmore Athletic Park – 5300 19th Street SW (Crowchild Trail and 50th Ave SW)
- Heat 1 -Half Marathon (If your projected finish time is 2:30:00 or longer)
 - 6:30am
- Heat 2 - Half Marathon –
 - 7:20am
- Heat 1 – 10 KM
 - 8:00am
- Heat 2 – 10 KM
 - 8:15am
- Heat 1 and 2 5km
 - 9:15am
- Kids Races
 - 10:15am

➤ Race Maps

- Routes are currently been worked on. We will publish them as soon as we have approval from the City of Calgary

➤ Race Timing

- The Stampede Road Race is Chip Timed – race results will be located after the race on www.stampederoadrace.ca/results or www.racepro.ca You will also receive a text to your smart phone – No race results will be posted (paper) on site this year

➤ **Parking**

- There is NO parking at the Glenmore Athletic Park, but there is plenty of parking at Central Memorial High School (5111 21st Street SW) and in the community neighborhood surrounding the race location. Please be courteous to the residents if you plan to park on the street. Also watch for No-Parking zones, as you will be ticketed and towed.

➤ **Race Morning -**

- Please come 15-20 minutes before your race-
- There will be a bag check – this is located at the Glenmore Track by the late registration tables.
- Washrooms
 - We will have Port-a-potties near the start line, there are also permanent washrooms located at the Glenmore Track, as well as in the Stu Peppard Hockey arena – please feel free to use these as well as the port-a-potties. Hand Sanitizer will be available outside the Port a Potties
- Late Registration and package pickup for out of town participants will be in the centre of the track
 - Volunteers will be located at the Glenmore track starting at 6:15am

➤ **Aid Stations**

- The Half Marathon has two (2) aid stations located approximately 6km/15km and 9km/12km – both are out and back
- The 10km will have One (1) aid stations located 3km and 6km (out and back)
 - Aid Stations will have water and an electrolyte available. *In order to reduce waste, please plan to bring your own water bottle. You can fill up at any of our stations. We will have cups as well*
 - We will have recycle bags set up past the aid station. Please help us and toss your used bottle into one of them.
- The 5km will not have an aid station on course
- Finish Line – will have bottled water– please stay hydrated through-out the race and afterwards

➤ **Medical**

- Medical support is provided by the Canadian Ski Patrollers. There will be a contingent of them on the race course on bikes. If you require medical assistance, please either approach one of them, a course marshal, or an aid station volunteer and they will assist you in contacting a race official.



➤ **Kids Races -**

- Race Distances are as follows, and it is the parents discretion of they wish to move their child to another distance:
 - Ages 1-2 100-200m
 - Ages 3-4 400m
 - Ages 5-6 600m
 - Ages 7-8 800m
 - Ages 9-12 1200m


➤ **Post-Race Celebrations**

- Stampede Breakfast
 - Traditional pancakes, sausage and other goodies.
 - If you are gluten intolerant please note it on your registration. We will purchase gluten free pancake mix. You will have to ask for your pancakes when you are in line, please note it may take a few minutes for a hard working cooks to make them!!
- Race Awards
 - Age Group awards are handed out in 10 year intervals
 - 5km - 9:15am
 - 10km 9:30am
 - Half Marathon 9:45am
- Photo Booth
 - Come and dress up, take photos and share on Facebook and Twitter #stampederodrace #CentaurSubaru
 - Will be located in the centre of the track!




➤ **Sponsors - We could not do the race without our sponsors**

- **Centaur Subaru**  CENTAUR | SUBARU
 - Our dealership is proud to serve Subaru customers in Calgary and surrounding areas. Whether you choose to visit in person or shop online, you'll find a huge selection of new 2023 Subaru models and used Subaru Certified Pre-Owned vehicles. If you're already a Subaru owner, our Subaru Certified Technicians can provide the Genuine Subaru parts, accessories and quality service your vehicle deserves.

- **Rise + Grynd**  RISE + GRYND
— NATURALS —
 - Supplying all on course food and drinks, Honey Stinger gels and chews, Waffles, Ultima Replenisher, and Macro Bars

- **Most Physical Preparation**  MOST
PHYSICAL PREPARATION
 - To bring evidence aware treatment, conditioning and coaching options normally reserved for elite athletes to the general public; while instilling a strong sense of personal confidence and community involvement.

- **Cobs Bread** **COBS BREAD**
 - They will also be sampling some of their delicious breads on race day. Stop in to one of their many locations throughout Calgary

- **XL 103**  XL 103
FM
70s AND MORE
 - Proud Media Sponsor
 - Kinesiotape, Acupuncture, Traditional Chinese Medicine, Massage Therapy and Functional Foam Rolling



- Strides Running Store *RUNNING STORE*^{inc.}
 - Strides Running Store is a place where people interested in running, walking and fitness can find the right products, services advice to suit their individual needs. All of our staff have extensive knowledge in foot mechanics and many of us have, or are working towards, Kinesiology or related post-secondary degrees. All staff members are experienced runners and are passionate about the sport. All staff at Strides become certified [NB Dynamix](#) Elite Fit Specialists.
 - Whether you are looking to talk about training, get advice to stay injury-free or want to discover new running routes, Strides is the place for you. Enjoy a level of service you can rely on. Whatever your fitness goals may be, we are here to share our knowledge and experience.

➤ **Charities the Stampede Road Race supports**

- Can Praxis
 - Supporting Veterans with PTSD through horse therapy
 - <https://canpraxis.com/>
- Diabetes Canada
- Mito Canada
- Mother's Milk
- Kids Cancer Foundation
- Dino's Women's Field Hockey



*Thank you for your support of the
Centaur Subaru Stampede Road
Race! See you on race day!*