



Participant Guide – July 07, 2019

➤ Race Package Pick-up

- Thursday July 4th 5-8pm --Strides Running Store 3566 Garrison Gate SW – Marda Loop
- Friday July 5th 3-8pm --Strides Running Store 3566 Garrison Gate SW – Marda Loop
- Saturday July 6th 9am-4pm -- Strides Running Store 1119, 380 Canyon Meadows Drive SE
- Sunday 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)
- Half Marathon Walkers (If your projected finish time is 2:45:00 or longer)
 - **Please note that if you are faster than 2:45:00 don't start at 6:30am, the marshals, aid stations are not in place and it skews the overall results – DQ's will be applied to those running faster than 2:45:00**
 - 6:30am
- Half Marathon –
 - 7:20am
- 10km
 - 8:00am
- 5km
 - 8:15am
- Kids Races
 - 10:00am (note that these are starting on the Glenmore Track, please see below for more information)

All races start on 19th Street SW and finish on the track

➤ 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

➤ 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

neighbourhood 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**

- Allow 45 minutes to 1 hour before your race start. Be aware when arriving of the earlier race starts and allow for slower traffic
- 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
- Late Registration and package pickup for out of town participants will be in the **Centaur Subaru Blue Tent**
 - Volunteers will be located at the Glenmore track starting at 6:15am
 - Shirt sizes are not guaranteed– Please allow extra time to pick-up your package

➤ **Aid Stations**

- The Half Marathon has seven (7) aid stations located approximately 3km apart. Each station will have water and Ultima with the aid station located at 15km will have Honey Stinger Gels
- The 10km will have three (3) aid stations located 3.5km, 6.5km and 8.5km
- The 5km will have one (1) aid station located at 2.0km
- Finish Line – will have bottled water, and Ultima – 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**

- If you signed your children up for the Kids Races (200m-1200m distance) their start time is **10:00am**. If you signed your child up for the 5km or 10km race, they start with the adults (8:00am or 8:15am)
- At 9:45am, please make your way toward the middle of the field, and line your child up in their age group
- 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

- If you are a parent who ran in the adult races, **please remove your CHIP** – these are still live and effect the finish times. There will be a recycling bucket for the CHIPS, please remove them.

➤ Post-Race Celebrations

- Stampede Breakfast
 - Our breakfast will begin serving at 8:30am
 - We will be serving pancakes, sausage, Cobs Bread Scones or buns
 - On your race bib you will have a breakfast ticket attached, please bring this with you
 - Extra breakfast tickets can be purchased at race package pick-up or at late registration for \$10 each – if you have family members not running, please pre-purchase a ticket for them



- Race Awards
 - Cash awards are given to the top 5 overall male and female in the Half Marathon and 10km, and the top 3 in the 5km
 - Age group awards are given out in all races (except the kids race 200m-1200m) in 10 year intervals with the exception of the 5km/10km in which we are awarding 14 and under and 15-19
 - Awards will be given out at the following times
 - 5km 9:15am
 - 10km 9:30am
 - Half Marathon 9:45am
- Photo Booth
 - There will a selfie photo booth for you to take photos at. Bring your camera or phone and use the props! Share on Facebook and Twitter #stampederodrace #CentaurSubaru



➤ **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 2017 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.



○ **Planet Foods**

- Supplying all on course food and drinks, Honey Stinger gels and chews, Waffles, Ultima Replenisher, and Macro Bars



○ **GoodLife Fitness**

- Getting fit is easy with GoodLife- A gym Membership at GoodLife Fitness gives you access to incredible programs, services, and amenities that help you achieve your goals. With over 350 gym locations with more 24/7 and 24/4 access than any other gym, you can workout whenever, and wherever, you want. Your GoodLife membership gives you access to a number of different amenities and services, like group fitness classes and rewards from popular brands.

Founded in 1979, GoodLife Fitness has been helping to transform the health and wellness of Canadians every day. At GoodLife our purpose is to give every Canadian the opportunity to live a fit and healthy good life



○ **Mizuno**

○

- Official footwear supplier of the Stampede Road Race



○ **Alberta Milk**

- Proud recovery drink of the Stampede Road Race. We will be at the finish line serving cold Chocolate Milk!

- 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
 - Proud Media Sponsor

Cadence

CHIROPRACTIC • SPORT • HEALTH

- Cadence Chiropractic Sport
 - Our Onsite Massage and Chiropractic. Come See Dr. Angela Pucci and her team
 - Cadence Chiropractic, Sport & Health is nestled in the peaceful community of West Hillhurst, just west of Kensington, in Calgary, AB. Cadence Chiropractic is an evidence-based clinic that provides complete musculoskeletal care to help patients recover quickly and return to work, play and sport. We provide Chiropractic Care, Active Release Techniques (ART®), Graston® Technique, Kinesiotape, Acupuncture, Traditional Chinese Medicine, Massage Therapy and Functional Foam Rolling



Strides

RUNNING STORE inc.

- Strides Running Store
 - 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
- Boy Scouts of Canada



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