



Participant Guide – July 10, 2022

➤ Race Package Pick-up

- Thursday July 7th 5-8pm --Strides Running Store 3566 Garrison Gate SW – Marda Loop
- Friday July 8th 3-8pm --Strides Running Store 3566 Garrison Gate SW – Marda Loop
- Saturday July 9th 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)
- Early Start-Half Marathon (**Times of 2:45 and longer will only be permitted to the early start.** Faster run times mess up the overall results.)
 - 6:30am
- Half Marathon –Anyone over the anticipated time of 2:30 or faster- Pacers will be on site to lead you to your goal!
 - 7:20am
- 10 KM
 - 8:00am
- 5 KM
 - 8:15am
- Kids Races
 - Kids races are back after a two year absence – 10:30am start ages 1-12

➤ 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

➤ **Medals**

- Each participant will receive a medal (if you chose that on your race entry) Please approach the medals table at the finish line to get your medal

➤ **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
 - There are six permanent toilets at the track, they are located at the South End of the track
- 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

➤ **Race Routes**

- These are still being approved by the City of Calgary, we will post as soon as we have confirmation

➤ **Aid Stations**

- The Half Marathon has two (4) aid stations located approximately 3.5km apart
- The 10km will have two (2) aid stations located 3km and 6km (out and back)
- The 5km will have one (1) aid station on course
 - Aid Stations will only have bottled water available for Grab and GO – please plan for this and carry water this year.
- 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.

➤ **Post Race Massage**

- Most Physical Preparation and Kinetic Performance Centre will be onsite offering free treatments to help with those nagging injuries. Stop by and see one of the practitioners after the race

➤ **Kids Races -10:30am start**

- 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
- **Each participant will receive a t-shirt, medal, goodie bag and the Stampede Breakfast**

➤ **Post-Race Celebrations**

- Stampede Breakfast -Is back!!!
 - Pancakes, sausage, Cobs Bread
 - Race Awards -- Watch for your text message from RacePro Timing after you finish with your finish time and then another one to come with your overall placing. Race award ceremonies will take place at the finish line area. Age Group medals will be given out at approximately
 - 5km 9:30am
 - 10km 9:45am
 - Half 10:00am
- Photo Booth
 - Stop by the Selfie booth and take photos and share on Facebook, Instagram, and Twitter #stampederoadrace #CentaurSubaru



We Need You!

If you can't race we are still in need of volunteers. Come on out and support our runners. Join Elie Bouka (#1) Calgary Stampeders, he will be there volunteering as well! Each volunteer receives a T-Shirt and Stampede Breakfast


[Volunteer registration — Stampede Road Race — Race Roster — Registration, Marketing, Fundraising](#)



Plus, each volunteer will be entered to win two tickets to a Regular Season Stampeder Game of their choice!

➤ Sponsors – We could not do the race without our sponsors

- Centaur Subaru  CEN TAUR | 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.

- 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

- 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. Stop by the massage area and receive a fe

○ 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



○ 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
- Calgary Dino's Women's Field Hockey



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

Centaur Subaru Stampede Road Race 5K Route



50th Ave

Parking at
Central Memorial
High School

Start
on Road

Finish
on Track

16th St

Glenmore
Athletic
Park

Water
Treatment
Plant

19th St

4

58th Ave

1

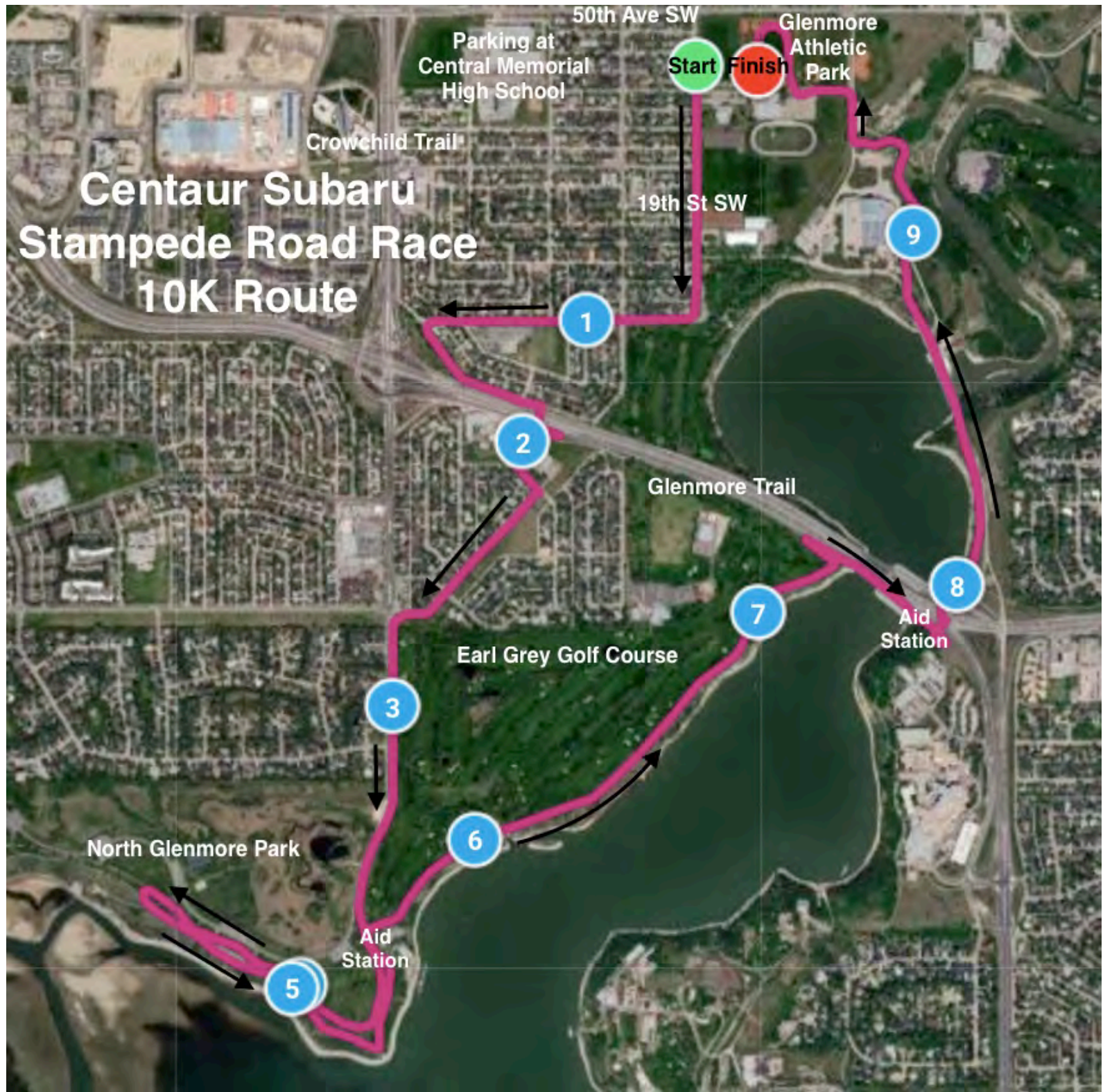
Glenmore
Dam

2

Glenmore
Trail

3

Centaur Subaru Stampede Road Race 10K Route



Centaur Subaru Stampede Road Race Half Marathon route

