



## Participant Guide – July 05, 2026

### ➤ Race Package Pick-up

- Thursday July 2nd 4:30-7:30pm --Strides Running Store 3566 Garrison Gate SW – Marda Loop
- Friday July 3rd 1-8pm --Strides Running Store 3566 Garrison Gate SW – Marda Loop
- Saturday July 4<sup>th</sup> 10am-4pm - Strides Running Store #107 12445 Lake Fraser Drive S(**note: New Location- beside Alladin's Cashbah restaurant**)
- Sunday July 5th (Race day) 6:30am 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 19<sup>th</sup> Street SW (Crowchild Trail and 50<sup>th</sup> Ave SW) – **Please note this is the new track 200m South of the Glenmore Pool - Blue track – venue map is attached at the end of this package**
- Half Marathon If your projected finish time is 2:40:00 or longer – please note starting earlier if you are faster messes with the race results.
  - 6:30am
- Half Marathon –2:40:00 or faster Half Marathon Fish projected time
  - 7:20am
- 10 KM
  - 8:00am
- 5 KM
  - 8:15am
- Kids Races
  - 10:00am

### ➤ Race Maps

- Race Maps are attached at the end of this participant package

### ➤ Race Timing

- The Stampede Road Race is Chip Timed – race results will be located after the race at [Startline Timing](#) 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 21<sup>st</sup> 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 -**

- There will be a bag check – this is located at the Glenmore Track by the late registration tables at the south end of the bleachers
- Washrooms
  - We will have Port-a-potties at track- 2026 permanent washrooms will be ready for use
- Late Registration and package pickup for out of town participants will be in the South end of the track, at the end of the bleachers, ,available for pickup starting at 6:15am

➤ **Aid Stations**

- The Half Marathon has four aid stations located approximately 3km apart
- The 10km will have Two-aid stations located 3km and 6km (out and back)
  - Aid Stations will have water and an electrolyte available. 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 have one aid station on course at 3.5km
- Finish Line – will have bottled water and electrolytes– please stay hydrated through-out the race and afterwards
  - *In order to reduce waste, each adult race participant is receiving a reusable 200ml silicon cup with their entry. We will have volunteers at the aid station ready to fill up this cup for you as you run through the aid station. Please help us with reducing the amount of waste and bring your cup with you on race morning.*



➤ **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. We will also have medical personal from Mahkin Medical at the Finish Line

➤ **Kids Races - 10:00am start**

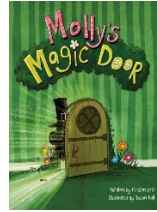
- Race Distances are as follows, and it is the parents discretion of they wish to move their child to another distance:
  - Ages 1-2            100-200m
  - Ages 3-4            400m
  - Ages 5-6            600m
  - Ages 7-8            800m
  - Ages 9-12          1200m

➤ **Post-Race Celebrations**

- Stampede Breakfast
  - Traditional pancakes, sausage and other goodies.
  - *If you are gluten intolerant and have noted it in your registration we will have GF on your race bib. Please inform the hardworking volunteers as your pancakes will be separate from the other pancakes*
  - We will have extra breakfast tickets available for sale on Race Roster or you can purchase them at race package pickup
- Massage
  - Most Physical Preparation will be on location to offer services for nagging injures. Stop by and see one of their professionals
- Race Awards
  - Age Group awards presented by ASICS are handed out in 10 year intervals - Cash Awards will be given in the Half and 10km for the top 3 overall (Male and Female) and Strides Gift Cards for the 5km - times below are subject to change
    - 5km - 9:15am
    - 10km 9:30am
    - Half Marathon 9:45am
- Strides Running Store Fun Zone Photo Booth
  - Come and dress up, take photos and share on Facebook, Instagtam and Twitter #stampederodrace #CentaurSubaru
  - You will find them as you enter the main entrance to the track



## ➤ Vendors



- **Kristen Link** - Children's Book Author
  - Kirsten will be at the race selling and autographing her book Molly's Magic Door. Kristen is a local Calgary Author, stop by and say hello. You can also purchase her book at this link [Molly's Magic Door Book By Kirsten Link, \(Large Print\) | Indigo](#)

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



**CENTAUR | SUBARU**

- **Centaur Subaru**
  - Welcome to Centaur Subaru.
  - Established in 1969, Centaur is Calgary's oldest Subaru Dealer. No one has sold more Subaru's than us! Centrally located just outside the downtown core, we offer all your warranty and service needs. With the LRT only a block away, or our shuttle service, you will always be at work on time.
  - Our knowledgeable factory trained parts & service staff are ready and able to answer any of your questions. Being one of Canada's largest Subaru retailers enables us to satisfy any of your new product questions or requirements. With a large inventory of both new and used Subaru's we are sure that we can meet all your transportation requirements.
  - Our dealership is proud to serve Subaru customers in Calgary and surrounding areas. Whether you choose to visit in person or online, you'll find a huge selection of new Subaru models and Subaru Pre-Owned vehicles. Our extensive lineup includes the Solterra, Ascent, Impreza, Forester, Outback, Legacy, WRX, Crosstrek, and the BRZ. If you're already a Subaru owner, our Subaru Certified Technicians can provide the Genuine Subaru parts, accessories and quality service your vehicle deserves. Call or visit us today!

**At Centaur Subaru, we are Family Owned and Family Run.**



- **Asics Canada**
  - Since the beginning, our purpose has been to help people achieve A Sound Mind In A Sound Body. Our founder saw that movement had the

power to lift spirits, project positivity, and propel people and whole communities forward. And 75 years on, we still believe this.



○ **XL 103**

- Buzz is the self-proclaimed “Mayor of Cougar Ridge” neighbourhood in Calgary where he rules with his patient wife (Jennifer), two sons (Zacharie and Charlie), and trusty Paskapoo Slopes walking companion, Piper.
- Buzz loves hiking the Rockies, golfing the prairies, and watching all the sports.
- Buzz is a Regional Chair for Diabetes Canada and the *Emcee for the Stampede Road Race. Listen while he calls you across the finish line!*



○ **Most Physical Preparation**

MOST Physical Preparation offers a comprehensive range of clinical services designed to address pain, movement dysfunction, and performance goals. Their multidisciplinary team employs a “Movement First” philosophy, integrating evidence-based approaches to rehabilitation. MOST Clinical services use a combination of movement-based exercise rehabilitation and therapy to enhance performance and alleviate discomfort.

Clinical services include:

- Osteopathic Manual Therapy
- Physiotherapy
- Chiropractic Care
- Massage Therapy
- Athletic Therapy
- Rehabilitation Planning

MOST’s integrated approach ensures a seamless transition from rehabilitation to

- performance training and fosters long-term wellness. Come visit our booth at the 2025 Stampede Road Race [www.mostphysicalprep.com](http://www.mostphysicalprep.com)

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○ **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



**CALGARY CO-OP**

- **Calgary Co-op**

- Supplier of the finish Line Water, and Bananas at the Stampede Breakfast. Calgary CO-OP is a member owned cooperative that offers a variety of products and services across Calgary and area.



**Strides**  
**RUNNING STORE**<sub>inc.</sub>

- **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.
- 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

- Diabetes Canada
- Mother's Milk
- Calgary Women's Immigrant Association
- Canadian Mental Health Association



# TEAM DIABETES



**NorthernStar**  
MOTHERS MILK BANK



**CIWA**  
Calgary Immigrant Women's Association



**Canadian Mental Health Association**  

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Association canadienne pour la santé mentale

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







CENTAUR | SUBARU



10K • 5K • KIDS RACE  
HALF MARATHON





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