



Canada Day Fun Run & Walk

Presented By Grizzly Mountain Events

Participant Guide

Event Location

Canada Day Fun Run and Walk start / finish area is located in Canmore's downtown Centennial Park on 5 Street behind Lawrence Grassi Middle School.

Event Date

Canada Day, Monday, July 01, 2019.

Race Package Pick Up

- Advance Package Pick Up - Recommended - Sunday, June 30 from noon until 6:00pm at Strides Running Store, 1240 Railway Ave unit 108, Canmore. (next door to Starbucks).
- Race Morning, Monday, Jul 1 from 7:30 am to 8:30 am at Centennial Park.

Schedule of Events

- 9:00am - 10 km Run / Walk Start
- 9:02am - 5 km Run / Walk Start
- 9:04am - 3 km Run / Walk Start
- 10:30am - awards and draw prizes

Prizes and Awards

- **3, 5 and 10km Participants** – Free event Tee Shirt while quantities last. No discount on registration fee when t-shirts run out.
- **3 km** – medals for top three in the following age categories
 - 5 and under girls
 - 5 and under boys
 - 6-8 girls
 - 6-8 boys
 - 9-11 girls
 - 9-11 boys
 - 12+ girls
 - 12+ boys
- **5 and 10 km**– \$100 to top male and female in 5km and 10km events, and medals for top three male and female in the following age categories
 - Under 12
 - 12 -14
 - 15-19
 - 20-29
 - 30-39
 - 40-49
 - 50+
 - 65+

Course Maps

Check out www.grizzlyevents.ca for course map.

Water / Aid Station

Water / Aid stations will be available on course at the 3km, 5km and 10km turnaround points.

Strollers

Single strollers are welcome for all distances. Sorry, double strollers cannot be accommodated due to several narrow out and back trail sections. Thank you for your cooperation.

Registration

- Online www.Zone4.ca
- Online registration closes Saturday, June 29 at 11:59pm mountain time.
- Early Bird registration ends June 20 at 11:59pm

3, 5 or 10km Early Bird - Before June 20 at 11:59 pm

19 Years And Under \$25

20 Years And Older \$45

3, 5 or 10km Regular – June 21 – 29 at 11:59 pm

19 Years And Under \$30

20 Years And Older \$55

Registration fee includes:

- Event Tee Shirt While Supplies Last
- Draw Prizing From Generous Sponsors
- Cash Prizes For First Place Male and Female Runners in 5 and 10km events
- Awards For Top Age Group And Overall Winners
- Water Stations
- Chip Timing
- Emergency Medical Team

Event Updates

Like Grizzly Mountain Events on Facebook to receive event updates in your newsfeed.

<https://www.facebook.com/GrizzlyMountainEvents>

