



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, Saturday, July 01.

Race Package Pick Up

- Friday, June 30 from noon until 6:00pm at Rusticana Grocery, 801 – 8th Street (Main St), Canmore
- Race Morning, Saturday, July 1 from 7:30 am to 8:30 am at Centennial Park

Schedule of Events

- 9:00am - 5 and 10 km Run / Walk Start
- 9:02am - 3 km Run / Walk Start
- 10:00am - Kids' Obstacle Course Opens
- 10:30am - awards and draw prizes

Prizes and Awards

- **3, 5 and 10km Participants** - Free technical T-shirt while quantities last.
No discount on registration fee when t-shirts run out
- Kids' Obstacle Course – small prize and ribbon for all participants
- **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
- **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
 - 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. Cytomax Sports Drink and water will be provided.

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 Thursday June 29 at 11:59pm mountain time.
- Early Bird registration ends June 23 at 11:59pm

Kids Obstacle Course

The kids obstacle course for 5 years and under will open at 10 a.m. Advance online registration is recommended but we will also have on-site sign up.

3, 5 or 10km Early Bird - Before June at 23 11:59 pm

19 Years And Under \$25

20 Years And Older \$45

3, 5 or 10km Regular – June 24 – 29 at 11:59 pm

19 Years And Under \$30

20 Years And Older \$50

Registration fee includes:

- Technical 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
- Finish Line Grizzly Paw Soda
- Finish Line Muscle Milk Protein Recovery Drink
- Cytomax Sports Drink
- Beet It Samples
- Top Place Age Group Awards
- Well Stocked Aid / Water Station
- 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>

