



# 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
- 10:00am – Kids Obstacle Course. 5 years and under. \$5 registration fee
- 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](http://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](http://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 at 23 11:59 pm**

19 Years And Under \$25

20 Years And Older \$45

### **3, 5 or 10km Regular – June 20 – 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>

