

ALBERTA RUN THE RIVER



5K + 10K + HALF MARATHON

Is the route on the road or the pathway? The route is entirely on pathway with the start and finish inside Re/Max stadium. All distances start and finish with a 1km out and back between the stadium and the river pathway. The 5km is a straight out and back, the 10 km does two loops on the river pathway and the ½ marathon does three loops before returning to the stadium. Please see the maps on our website.

Will there be aid stations? There is one aid station . 10km and half marathon runners will pass the station more than once. Water will be available either to take a cup or fill your own bottle. Please carry any extra hydration or nutrition that you may need with you.

T-Shirts!

Package pick up is at Fast Trax on Friday, April 26 from 4-6 pm. and on Saturday, April 27 from 10-1 pm at RE/Max Stadium. You will be asked to sign up for a package pick up window of time.

Can I bring my child? Yes! We will have a mini legend junior event for children. The event costs \$5 so please register your child in advance. A responsible adult must stay with the children.

Medals!

Are there finishers medals? Yes, we will have finishers medals for all participants.

Are there post race refreshments? Yes! A post-race BBQ with fruit and granola snacks is included. Water is available and beer for purchase.

Is the run stroller or pet friendly? YES, our 5km is now stroller and pet friendly. On leash pets only and only on the 5km route.

#albertaruntheriver
#runtheriveryeg

