



Participant Guide – July 06, 2025

➤ Race Package Pick-up

- Thursday July 3rd 5-8pm --Strides Running Store 3566 Garrison Gate SW – Marda Loop
- Friday July 4th 3-8pm --Strides Running Store 3566 Garrison Gate SW – Marda Loop
- Saturday July 5th 10am-4pm - Strides Running Store 1119, 380 Canyon Meadows Drive SE
- Sunday July 6th (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 – 5600 19th Street SW (Crowchild Trail and 50th Ave SW) – Please note this is the new track 200m South of the Glenmore Pool**
- Half Marathon If your projected finish time is 2:30:00 or longer – please note starting earlier if you are faster messes with the race results.
 - 6:30am
- Half Marathon –
 - 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 on www.stampederoadrace.ca/results or www.racepro.ca 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 21st 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.
- Washrooms
 - We will have Port-a-potties at track
- Late Registration and package pickup for out of town participants will be in the centre of the track 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 not have an aid station on course
- Finish Line – will have bottled water and electrolytes– please stay hydrated through-out the race and afterwards
 - *. In order to reduce waste, each 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 your run through the aid station. Please help us with reducing the amount of waste and bring your cup with you to the race.*

➤ **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.

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➤ **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 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
 - 5km - 9:15am
 - 10km 9:30am
 - Half Marathon 9:45am
- Photo Booth
 - Come and dress up, take photos and share on Facebook and Twitter #stampederoadrace #CentaurSubaru
 - Will be located in the centre of the track!



➤ **Sponsors – We could not do the race without our sponsors**



- **Centaur Subaru** CENTAUR|SUBARU
 - Our dealership is proud to serve Subaru customers in Calgary and surrounding areas. Whether you choose to visit in person or shop online, you'll find a huge selection of new 2024 and soon 2025 Subaru models and used Subaru Certified Pre-Owned vehicles. If you're already a Subaru owner, our Subaru Certified Technicians can provide the Genuine Subaru parts, accessories and quality service your vehicle deserves.



- **Most Physical Preparation**
 - To bring evidence aware treatment, conditioning and coaching options normally reserved for elite athletes to the general public; while instilling a strong sense of personal confidence and community involvement.

- **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.



- **XL 103**
 - Proud Media Sponsor
 - Kinesiotape, Acupuncture, Traditional Chinese Medicine, Massage Therapy and Functional Foam Rolling



Strides
RUNNING STORE_{inc.}

- **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. All staff at Strides become certified [NB Dynamix](#) Elite Fit Specialists.

- 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 Society

**TEAM
DIABETES**



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



