



SUPPORTING FIRST RESPONDERS

MAY 4, 2025

PARTICIPANT GUIDE

It is our pleasure to welcome you back to the 13th anniversary of the Edmonton First Responders Half Marathon!

On behalf of Multisportscanada, Fast Trax, and the volunteers supporting our great charity OSI-CAN, we would like to thank each and every athlete for joining us at the Edmonton First Responders Half Marathon!

Everything you need to know for race day is detailed below. Please review carefully prior to race day. In an effort to be green, this guide will ONLY be available digitally.

Inside this athlete guide you'll find:

- Expo/Packet Pick Up Information
- Schedule of Events
- Race and Parking Maps
- Spectator Tips
- And More!

From our family to yours, have a great race!

Trevor Soll
Race Director
Multisportscanada

Race Package Pick Up

Saturday May 3: Fast Trax. 7326 101 Avenue NW.
1pm - 5pm

Runners may pick up on behalf of other participants.



LOCAL INDEPENDENT
rooted in community

Your race kit includes:

- Race T-shirt and any upgrades you purchased
- Participant bib number
- ChronoTrack B-Tag® (Affixed to back of bib number)
- Safety pins for your bib number are available at the desk if you need them

There will be no shirt size exchanges at the package pickup. If you need to exchange your shirt size, you may do so on race day at the registration tent, after your race has completed. Shirt size exchanges will be based on availability.

REMEMBER -BYOB!

Race Day Schedule:

Sunday May 4

** No race-day package pickup

9:00am Laurier Park Race Site Open to all athlete

9:45am Pre-race briefing (FOR ALL ATHLETES)

10:00am Half Marathon START (Individual and Team entries)

10:15am 10Km Run START

10:20am 5Km Run/Walk START

11:45am 1Km FunRun START

~12:30pm Wrapup **no age group awards. See details below



BYOB (bring your own bag) for your race items. Help us keep waste to a minimum.

RACE DAY INFORMATION

Please arrive early to allow plenty of time for traffic, parking and final preparations at the Start Line.

START & FINISH LINE LOCATION: We are located at Laurier Park - just south of the Edmonton Valley Zoo Parking area.

PARKING

Please ensure you park in the north section of the Zoo lot. See detailed map on page 6

WEATHER, RUNNING GEAR & TRAIL CONDITIONS

Weather - It's spring so be prepared...but a forecast high of 17!!!

Running Gear - Pack and bring gear for all conditions! Long term forecasts are looking good, but it is still spring. Weather can change in an instant.

START/FINISH LINE SERVICES

Baggage Check - If you need to leave some gear, please provide it to us in a sealed bag/container. Baggage check will be available next to the Late Registration tent.

All items checked can be reclaimed with your runner bib. All unclaimed items will be transported to the finish area and made available from 12pm-2pm. Unclaimed items will then be donated to a local charity. Do not give your items to any volunteer except those at the Baggage Check. Nothing left on the course will be available to reclaim. Multisportscanada and the First Responders Half Marathon are not responsible for any lost or stolen items.

Washrooms - Washrooms will be available at the race site. Public Washrooms are also available adjacent to the start/finishline. There are no washrooms on course.

Medical - Our Medical Team will have a base medical unit available next to the start/finish line.

Merchandise Sales - Missed out on ordering your race hat, hoody or jacket? We will have a limited selection of extras available for sale. First-come, first serve.

SITE MAP



PARKING MAP



COURSE MAPS

PRE, MID, POST

**ENERGY
WAFFLES**



**ENDURANCE
BUTTERS**



ORDER YOURS TODAY

21KM

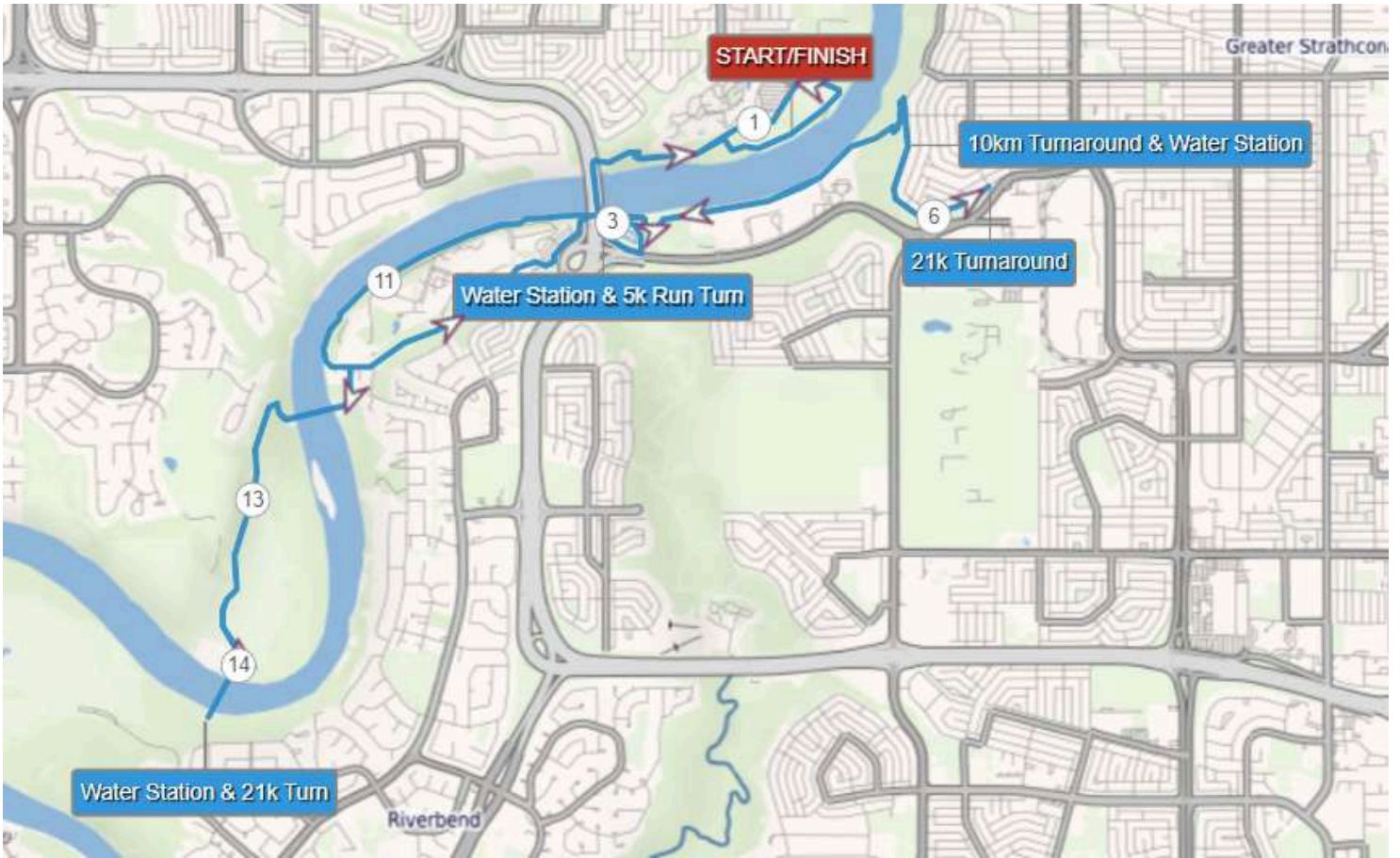
From the starting point, athletes will head North along the roadway to loop Laurier Park. Athletes will head towards, and over, Quesnel Bridge. Following the paved pathway, athletes will hop onto Fort Edmonton Park Road and cross onto the pathway adjacent to the bridge. Heading East, athletes will follow the Keelor Road pathway and enjoy the switchback out of the valley! At the top of the valley, athletes will turn right and continue along the pathway to the turnaround point along Saskatchewan Drive. Returning the same way, athletes will continue West on the gravel trail system around Fort Edmonton. Athletes will turn South and cross over the Fort Edmonton Footbridge to the turnaround point in Terwillegar Park. Returning the same way, athletes will cross onto Fort Edmonton Park Road just under Quesnel Bridge and return to the finish in Laurier Park.

10KM

From the starting point, athletes will head North along the roadway to loop Laurier Park. Athletes will head towards, and over, Quesnel Bridge. Following the paved pathway, athletes will hop onto Fort Edmonton Park Road and cross onto the pathway adjacent to the bridge. Heading East, athletes will follow the Keelor Road pathway and enjoy the switchback out of the valley! At the top of the valley, athletes will turn right and continue along the pathway to the turnaround point. Returning the same way, athletes will cross onto Fort Edmonton Park Road just under Quesnel Bridge and return to the finish in Laurier Park. When in Laurier Park, athletes will turn right towards the finish.

5KM

From the starting point, athletes will head North along the roadway to loop Laurier Park. Athletes will head towards, and over, Quesnel Bridge. Following the paved pathway, athletes will hop onto Fort Edmonton Park Road and turnaround at the access point just under the bridge. Athletes will return the same way. When in Laurier Park, athletes will turn right towards the finish.



<https://www.plotaroute.com/map/2096930>

RACE DETAILS

AID STATIONS

There will be 3 fluid aid stations along the Half Marathon race route (you'll hit them twice each lap), with both water AND sports drink (Gatorade) at each station. Stations are approximately 3-4km apart. Please plan your hydration needs accordingly.

COURSE TIME LIMIT

The course and finish line will be open for 4.5 hours (10am thru 2:30pm). All participants must maintain a pace no slower than 15 minutes per mile throughout the course in order to be recorded as an official finisher (with time and place). Early starts are not allowed. The SAG Wagon will signify the end of the field and the maximum 15-minute per mile pace. After crossing the Finish Line, participants will receive a finisher medal, water and plenty of post-race runner food.

PROHIBITED DEVICES ON COURSE

Wheeled devices are not permitted on course by anyone other than registered and authorized wheelchair and hand cycle participants. Prohibited devices include but are not limited to walking strollers, roller skates, baby joggers, skateboards, and/or bicycles. Selfie sticks, Go Pro's, camera mounts, video devices and all other mobile devices, while not prohibited, are not recommended on course. Any damage/loss suffered on course is at owner's expense.

Music devices are permitted for use on course so long as participants are alert to their surroundings at all times. We recommend that only one headphone is used in order to hear important announcements made on course.

COURSE ADVISORY

PLEASE NOTE: For the safety and security of all runners on course, be aware that some portions of the race courses will be shared with vehicular traffic. Stay in the designated lane(s) for runners. Please, always follow direction from course staff, volunteers, and public safety officials.

Please be aware of your surroundings!

FINISH LINE PROCEDURES

Upon finishing, please continue past the finish area to the finisher foods. Please notify anyone on staff if you are in need of medical attention at this point. For the convenience and safety of all participants, please continue moving; no stopping or loitering is allowed. Once you exit the Finish area, there is no re-entry.

RUNNER REFRESHMENTS

Refreshments will be available beyond the finish line, within the finishline area. Hydration including water, sport drink and a wide variety of snacks will be available.

RACE RESULTS

Race Results will be available on the Multisportscanada Trailer and will update regularly throughout the afternoon. Results will be posted on the FirstRespondersHalfMarathon.ca website within 24 hours.

AGE DIVISIONS AND AWARDS

Please note that all age group awards are based on chip time, NOT gun time.

All participants will receive a finisher's medal upon completion. Age Group awards will be provided for the Half Marathon, 10km and 5km events. Prizing is awarded three (3) deep for each of the following age groups: Under 20, 20-29, 30-39, 40-49, 50-59, 60-69, 70+.

We will not be providing medals, but will be offering the following:

1st place - Complimentary entry to the 2026 event

2nd place - 50% discount to the 2026 event

3rd place - 25% discount to the 2026 event

When registration opens for the 2026 event, please contact us to claim your prize.

Proudly
Made in
Edmonton,
AB. 🇨🇦

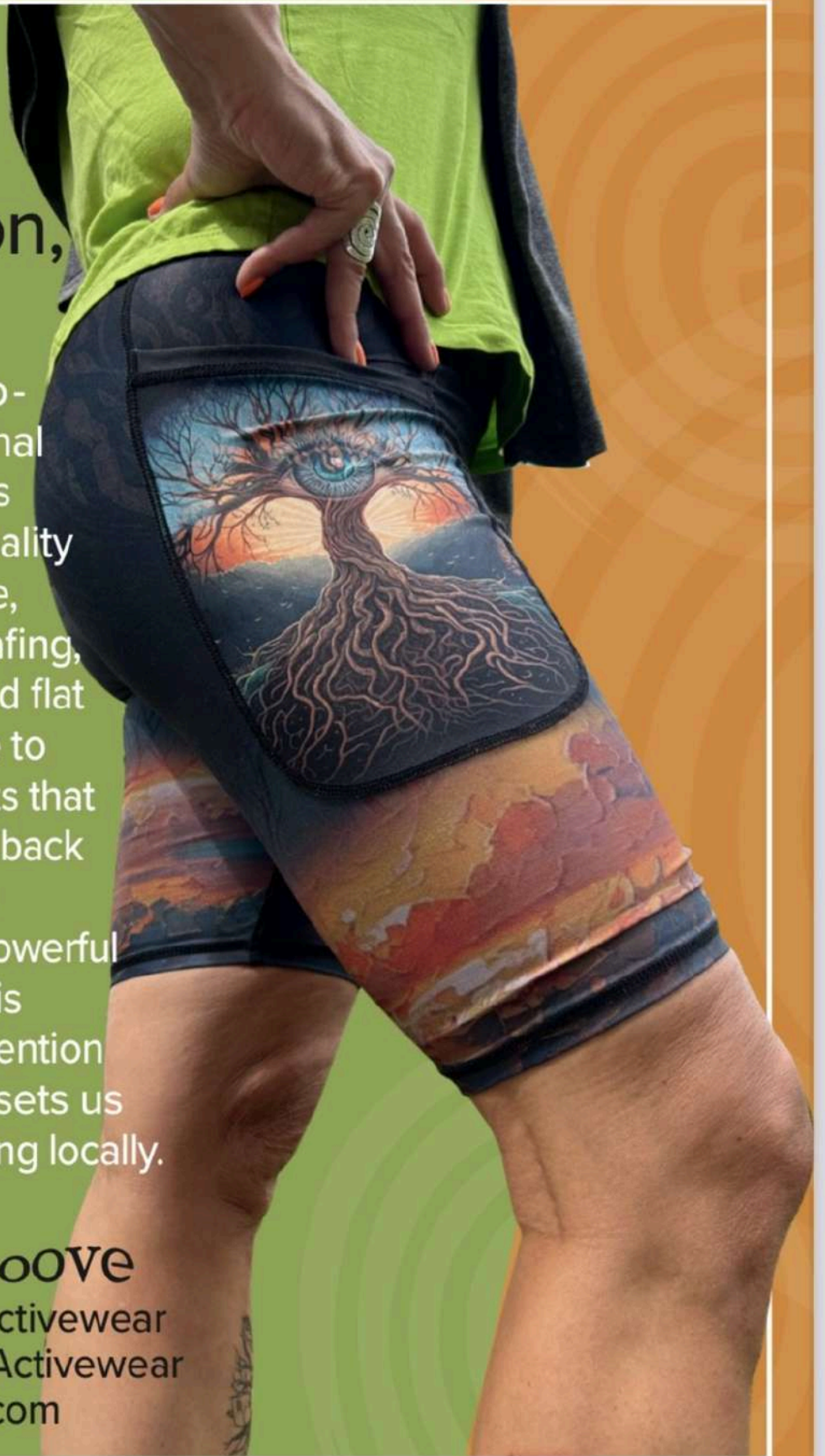


In the go-functional products that are high quality and performance, stay up, non-chafing, large pockets and flat seams. We strive to produce products that matter by giving back to mental health initiatives. Our powerful women's team is committed to attention to detail which sets us apart by producing locally.

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Earthgroove.com



OUR CHARITY



The First Responders Half Marathon is excited to partner with OSI-CAN, a program of the Canadian Mental Health Association, Alberta Division and Centre for Suicide Prevention. for our events in Edmonton (Northern Alberta) and Calgary (Southern Alberta)

In Alberta, **OSI-CAN** operates as part of the Canadian Mental Health Association, Alberta Division and Centre for Suicide Prevention (CMHA AB + CSP).

CMHA Alberta and Centre for Suicide Prevention work to advance community mental health and suicide prevention across the province. Together with CMHA Regions, we're building an Alberta where people's wellbeing is supported in their community – by a friend, a peer, a support group, their local CMHA office, or the medical system.

WHAT IS OSI?

Operational Stress Injury (OSI) is often used as a non-medical term that is synonymous with Post Traumatic Stress Disorder (PTSD), but specific to traumatic events experienced in the line of duty, or while performing work-related tasks.

The term Operational Stress Injury is becoming more widely adopted, as it removes the stigma of having “disorder” applied to an individual.

OSI-CAN provides many programs for people in need such as peer support groups, equine psychotherapy, and service dog acquisition.

These support systems are available in Regina, North Battleford, Moose Jaw, Weyburn, Estevan, Saskatoon, Tisdale and Prince Albert. Support groups in other centres will be starting soon. Please contact us if you have an immediate need in your area.

Our Mission: To inspire hope and contribute to the continuous well-being and recovery of Veterans, Community First Responders, and Public Safety Personnel.

Our Vision: To empower and encourage Veterans, Community First Responders, and Public Safety Personnel to strive for recovery through peer and professional support.

Visit [OSI-CAN HERE](#)

MNP

June 7, 2025



Presented by



YOUR CHOICE

65k
100k
126k
165k
190k

Breathe in the majesty
of Jasper National Park!
Distances for all ages
and abilities

REGISTER TODAY

EMBRACE ENDURANCE

JUNE 7, 2025

**10%
OFF**

Register and save
up to \$275

Code: JasperHalf

260KM

15 MEMBER

155KM

9 MEMBER

105KM

6 MEMBER



CELEBRATING
20 YEARS
RUNNING IN THE ROCKIES

www.banffjasperrelay.multisportscanada.com