



SUPPORTING FIRST RESPONDERS

MAY 3, 2026

PARTICIPANT GUIDE



It is our pleasure to welcome you back to the 14th anniversary of the Edmonton First Responders Half Marathon!

On behalf of Multisportscanada, Fast Trax, and the volunteers supporting our great charity OSI-CAN and Wounded Warriors Canada, 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/Package 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 2: Fast Trax. 7326 101 Avenue NW.

1pm - 5pm

- Runners may pick up on behalf of other participants.



LOCAL INDEPENDENT
rooted in community

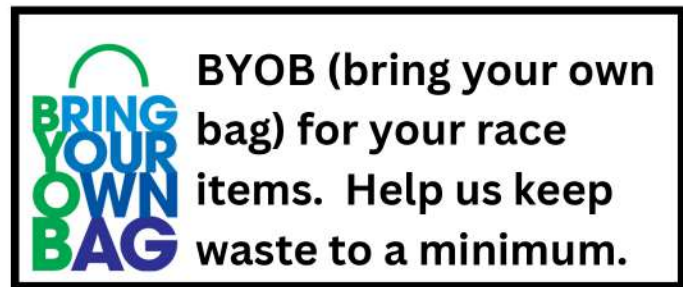
Your race kit includes:

- 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 3



** 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

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 20!!!

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



NO NEW COAL MINING IN ALBERTA'S ROCKIES

**PRESERVE OUR ROCKIES
CLEAN WATER, CLEAN AIR, WILD PLACES**

As someone who has hosted races for over 30 years in our rivers, lakes, and mountain communities, protecting clean water is something I care deeply about.

We will have canvassers for the Water Not Coal petition onsite, and if you'd like to sign, it will be available during:

- Package Pick-Up (Friday)
- Race Day (Saturday)

What to bring:

- Valid photo ID

Please note:

PO Boxes cannot be accepted. Rural residents should use their Range Road / Township Road address or Legal Land Description when signing.

FIND OUT MORE AT [HTTPS://WWW.WATERNOTCOAL.CA/](https://www.waternotcoal.ca/)

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>

AID STATIONS

There are three aid stations located along the course.

- 21K participants will pass aid stations at approximately 2.5 km, 7 km, 10 km, 14 km, and 18 km
- 10K participants will access aid stations at approximately 2.5 km, 5 km, and 7.5 km
- 5K participants will have access to an aid station at the 2.5 km mark

Stations will have water and ProH2O sport drink.

Official Hydration Partner
FUEL YOUR RACE
HYDRATE SMARTER



15% OFF

ALL PVL PRODUCTS

Use Code: **MSC2026**

SHOP NOW

*Train with it.
Race with it.
Finish strong.*

#PROH2O
#FuelYourRace

MULTISPORTSCANADA

RACE DETAILS

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 roller skates, 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

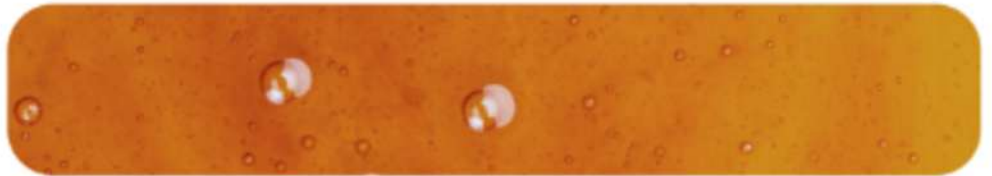
3rd place - 25% discount to the 2026 event

When registration opens for the 2027 event, please contact us to claim your prize.



POWER SOURCED by Nature

MAPLE
Smooth-burning
carbohydrates.



TAHINI
Sustainable healthy fats
& nutrients.

SALT
Essential electrolytes.



ROWANBERRY EXTRACT
Nature's Preservative.

SODIUM 210 mg

POTASSIUM 100 mg

CALCIUM 40 mg

ELECTROLYTES 350 mg+

Save 20% off all THN Labs products

OUR CHARITY



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.



WOUNDED WARRIORS CANADA IS HONOURED TO BE THE OFFICIAL CHARITY PARTNER OF THE FIRST RESPONDER HALF MARATHON SERIES, WITH EVENTS TAKING PLACE IN CITIES ACROSS WESTERN CANADA. THIS PARTNERSHIP MEANS MORE THAN JUST RUNNING, IT'S A POWERFUL REMINDER THAT OUR FIRST RESPONDERS ARE NOT ALONE. FUNDS RAISED THROUGH THE SERIES WILL GO DIRECTLY TOWARD OUR MENTAL HEALTH PROGRAMS, PROVIDING VITAL SUPPORT TO FIRST RESPONDERS AND THEIR FAMILIES WHEN THEY NEED IT MOST. THANKS TO THE GENEROSITY OF PARTICIPANTS AND SUPPORTERS, WE CAN CONTINUE TO DELIVER LIFE-CHANGING CARE AND RESOURCES TO THOSE WHO SERVE OUR COMMUNITIES EVERY DAY. TOGETHER, WE'RE BUILDING A FUTURE WHERE NO FIRST RESPONDER FACES THEIR CHALLENGES ALONE. FIND OUT MORE AT [HTTPS://WWW.WOUNDEDWARRIORS.CA](https://www.woundedwarriors.ca)

EMBRACE ENDURANCE

JUNE 6, 2026

260KM

15 MEMBER

155KM

9 MEMBER

105KM

6 MEMBER

**10%
OFF**

Register and save up
to \$275 per team!

Code: RIDE
JASPER.

JUNE 6, 2026

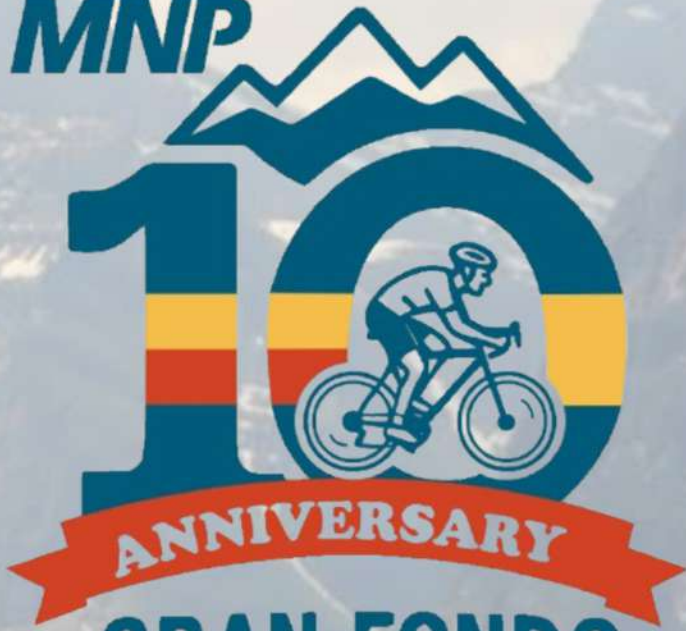
granfondo-jasper.ca

EDMHALF



www.banffjasperrelay.multisportscanada.com

MNP



**GRAN FONDO
JASPER**

**RIDE
JASPER.**

JUNE 6, 2026

**Register
Now!**

GRANFONDO-JASPER.CA