



May 26 – 28, 2023



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45th Annual Saskatchewan Marathon

Presented by:



Upcoming SRRA events:

45th Saskatchewan Marathon

Sunday, May 28, 2023

46th Saskatchewan Marathon

Sunday, May 26, 2024

THANKS TO OUR AMAZING SPONSORS & PARTNERS

SASKATCHEWAN MARATHON SPONSORS



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The Weekend's Schedule

Friday, May 26

7:00 pm volunteer orientation; Prairieland

Saturday, May 27

10:00 am race expo opens at Prairieland

1:00 pm meet your pace bunny at the race expo

5:00 pm race expo closes

Sunday, May 28

6:00 am festivities begin!

6:45 am opening ceremony

7:00 am Brainsport 42.2K and Eb's Source for Adventure 21.1K start

7:30 am GoodLife Fitness 10 Km start

7:45 am Craven SPORT services 5 Km start

10:30 am Family Focus Eyecare 2.2 Km start

11:00 am MaraFun presented by Nutrien start

1:00 pm finish line closes; timing stops



Greetings from the Right Honourable Justin Trudeau, Prime Minister of Canada



PRIME MINISTER • PREMIER MINISTRE

I am pleased to extend my warmest greetings to everyone taking part in the 45th annual Saskatchewan Marathon, presented by the Saskatoon Road Runners Association.

This annual event features a variety of race distances, including the Marafun for young people 13 years of age and under through to the half and full marathons. As runners make their way through their respective courses, they are sure to be met by enthusiastic spectators cheering them on from the sidelines.

I commend all those taking part for their dedication and perseverance in training for their races. I would also like to commend the Saskatoon Road Runners Association and the many volunteers for their hard work in organizing this year's event. You can be proud of your efforts to inspire your community while raising fund in support of the Meewasin Valley Authority.

Please accept my best wishes for an enjoyable and rewarding experience.

Sincerely,

The Rt. Hon. Justin P. J. Trudeau, P.C., M.P.

Prime Minister of Canada



Greetings from the Honourable Scott Moe, Premier of Saskatchewan



Premier of Saskatchewan

Legislative Building
Regina Canada S4S 0B3



A Message from the Premier

On behalf of the Government of Saskatchewan, I am pleased to welcome everyone to the 2023 Saskatchewan Marathon.

As one of the longest-running marathons in Canada, this race has become a key part of spring in the "Bridge City." The Saskatchewan Marathon attracts thousands of athletes to compete in a 5 kilometre, 10 kilometre, half marathon or marathon race. Whether you are an experienced runner or first-time participant, this course allows athletes of all ages and abilities to reach their own individual moments of triumph.

Congratulations to each of you for having worked through hours of training to prepare for this test of determination and athleticism. You can take pride in reaching this level of competition and I hope you enjoy the experience.

Thank you to the Saskatoon Road Runners Association and numerous sponsors and volunteers for your outstanding efforts in making this annual Marathon possible.

Best wishes for a successful run and enjoyable weather!

A stylized blue ink signature of Scott Moe.

Scott Moe
Premier

His Worship, Charlie Clark, Mayor of Saskatoon



OFFICE OF THE MAYOR

Welcome to Saskatoon, on Treaty Six Territory and the traditional Homeland of the Métis. I am very pleased to extend a warm welcome to the thousands of athletes participating in the 45th Saskatchewan Marathon.

We have a proud history of long-distance runners in Saskatoon and the Saskatchewan Marathon is one of the longest running road-race events. This marathon is a great opportunity to challenge yourself and achieve athletic goals over a variety of distances - from the kids Marafun to the full marathon. Congratulations to all participants for your commitment to training in order to take part in this event.

The Marathon's continued support of the Meewasin Valley Authority helps maintain and expand our wonderful trails and beautiful river valley. Thank you for your support of over one million dollars to keep the Meewasin Trail as a beloved feature in the heart of our city.

And finally, thank you to all the organizers, volunteers, and participants who continue to make this event a running highlight!

Good luck to everyone!



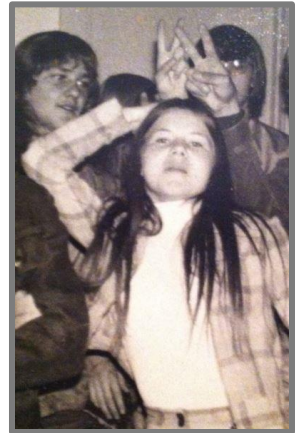
Charlie Clark
Mayor



Greetings from Kim Ali, Saskatchewan Marathon Race Director

2023 is an exciting year as the Saskatchewan Marathon marks its 45th anniversary. We are planning an exciting weekend including the ever popular “Personal Best Bell” at the Finish Line. No matter what distance you are walking or running, our Race Committee has been working hard to ensure everyone has a great experience. And if it’s your first time, you can be assured that we are here for you, along the course, at the finish line, before the race and afterwards. No one gets left behind – it’s what made the Saskatchewan Marathon one of the top Canadian races for 45 years!

Each year we launch the Saskatoon summer festival season with fitness, food, and fun. Our clever volunteers have developed some ingenious ideas and the passion to make them happen. The race is a tradition for so many Saskatoon organization that are part of our Race Crew helping our city to celebrate this 45th anniversary. We’ve got something for everyone, the gazelles and the turtles, the MaraFunnners and the senior runners. If you can’t run this year, be part of the colourful bunch we call the Volunteer Race Crew. It’s going to be a blast!



A handwritten signature in cursive script that reads "Kim Ali".

Kim Ali
Race Director
Saskatchewan Marathon

Greetings from Andrea Lafond, CEO of the Meewasin Valley Authority

On behalf of Meewasin's team and Board of Directors, I am so very excited to welcome both our resilient and strong community, as well as our treasured new and returning visitors from around the globe to the 45th Annual Saskatchewan Marathon!

As you get your run on, you will have the opportunity to share in the beauty of Saskatoon's jewel, the Meewasin Valley, situated on Treaty 6 Territory and Homeland of the Metis.

Meewasin is Canada's largest urban conservation zone, with over 105 Kms of trail to walk, ride and roll. We are honored, to be the proud recipient of the proceeds of this year's marathon; over the years Meewasin has received well over a quarter million dollars and growing, from the marathon to support our mandate to provide public access to the cultural and natural resources of our river valley.

To pull off a marathon, with thousands of athletes, is no easy feat; it takes organization from the Saskatoon Road Runners Association (SRRA), to the generous support of sponsors and significant time of hundreds of volunteers-for this we all thank you! I look forward to seeing many of you at the Meewasin water station and know that I will be championing each one of you to do and bring your best selves.

Andrea Lafond

MVA Chief Executive Officer



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Race Expo and Package Pickup

The race expo is at Prairieland Park on **Saturday, May 27 – one day only; 10:00 am – 5:00 pm**. Your bib is your ticket to the race! If you registered by May 9, your bib is personalized with your name. We're doing a few new things this year in order to make your race package pick-up even smoother! Pick up your bib using your bib number and then go get your t-shirt. You can get your bib number two ways:

- 1) A week before the race, we will email you with a link to the bib number website. Click the link, enter your name and your bib number will pop up. Bring that bib number with you to package pick up.
- 2) Bib number lists - sorted alphabetically by last name - will be posted in the race expo hall. Check for your number and then proceed to get your goodies.
- 3) Athletes running their event virtually will be given a link for their bib through Race Roster.

Please bring your registration confirmation or photo ID, just in case. It's very rare, but in case two people have the same name spelled exactly the same way and registered in the same event, we want to make sure you get the right package! And if you can't make it between 10:00 AM and 5:00 PM, have a friend or relative pick up the race package for you - just send a note or email with them authorizing them to do so. **There will be no tee shirt exchange at the race expo.** Do that on race day at the bag drop.



Bibs are red (marathon) green (half marathon), blue (10 Km), orange (5 Km) and purple (2.2 Km).

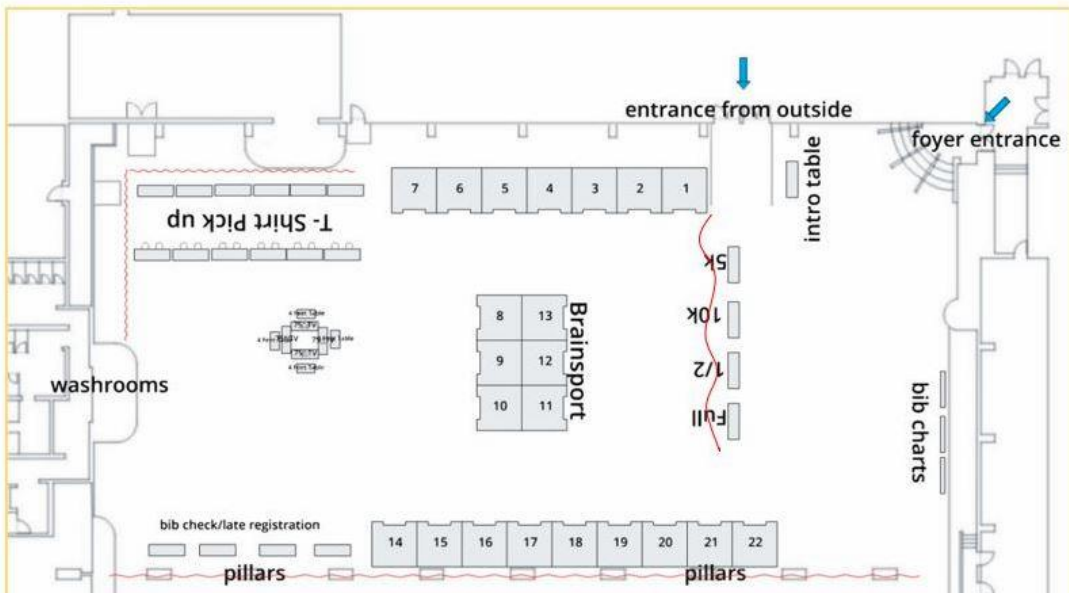


Race Expo Layout – sponsor location at Prairieland Park

The following exhibitors plan to be present at the expo

Expo Map

- **1:** Saskatoon Trail Alliance
- **2:** Diabetes Canada
- **3 & 4:** Step Up for Mental Health
- **5:** Healthy Future Sask
- **6:** The Commns Wellness Collective
- **7:** Möbius Threads
- **8 – 13:** Brainsport
- **14 & 15:** Biktrix Electric Bikes
- **16:** THRIVE JUICE CO
- **17:** Saskatoon Fire and Flood
- **18:** Craven SPORT services
- **19:** GoodLife Fitness
- **20:** Meewasin
- **21 & 22:** SRRA/Park Run



and... meet your pace bunny from 1:00 to 2:00 pm



Going outside?
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Our Charity

The Meewasin Valley Authority is the benefactor of your generosity at the time of your registration, in the form of an optional donation. If you chose to donate, the MVA and the SRRA thank you.

Meewasin 



The Saskatoon Road Runners Association was the primary source of financing for the meeting node pictured here. The SRRA is pleased to continue to support the MVA and its projects.

Local Host Hotels

We're pleased to have the following local hotels on board as local host hotels:

- ❖ **Delta Hotels by Marriott Bessborough**
- ❖ **Alt Hotel**
- ❖ **Parktown**
- ❖ **Sandman Saskatoon**
- ❖ **Delta Hotels Saskatoon Downtown**



Alt Hotel Saskatoon



PARK TOWN HOTEL
SASKATOON



Race Day Information

Participant Bag Drop and Information Tent

Participant bag drop will be open at 6:00 am and will be located near the start line. Please be sure to retrieve your bag by the official close of the Saskatchewan Marathon finish line area at 1:30 pm.

Pre-Race Ceremonies & Race Start Times:

there are separate start times for the events:

(we will be seeding participants by their expected pace):

- 6:00 am start area and clothing check opens
- 6:45 am opening ceremony
- 6:45 am Black Wolf YXE – Indigenous Drummers and Singers and officials' greetings
- 6:55 am Kateryna Grace – Ukrainian and Canadian national anthems
- 7:00 am Brainsport 42.2K
- 7:00 am Eb's Source for Adventure 21.1K start
- 7:30 am GoodLife Fitness 10 Km start
- 7:45 am Craven SPORT services 5 Km start
- 10:30 am Family Focus Eyecare 2.2 Km start
- 11:00 am MaraFun presented by Nutrien start
- 1:30 pm finish line closes; timing stops

Remember to...

- ✓ Pin your race number to your front and ensure it is visible at all times.
- ✓ Leave for the race early in case of traffic delays.
- ✓ Leave plenty of time to go to the bathroom - expect line ups.

Event Timing

event timing is once again by
SPORTSTATS West



REMEMBER:

Wear bib number on the front of chest; do not modify or fold in any way.

- Do not cover the number with a jacket; the bib must be visible at the start and finish Line.
- Timing tags are transponders that are attached to the backs of the bibs and are specific to each bib number. The time is tracked when the participants run over the timing mats on the road. The transponders are thin and fairly delicate, so if they are covered or modified (bent or folded) in any way they won't track the participant's time.

Are you walking your race?

If you enter the walking event, you **must** walk the entire time – you cannot run for any portion of the race. If you think you'll be running at all, you must enter the running event. The walking and running course are the same, so all walkers will start at the back of the pack.

Start/Finish Line Location and Parking

The start/finish line for all of the events is located at Diefenbaker Park. Free parking is available at the nearby Prairieland Park and you should park there. Expect road restrictions in the exhibition area and along the race route. Leave ample time!



Saskatchewan Marathon Prize Money (CDN \$)

Men's and Women's prizes will be awarded based on the order in which the athletes finish the race ("gun time"). More than \$8,000 in prize money will be presented.

Here are the current marathon course records:

Men: David Mutai (2019) - 2:22:09

Women: Donna Grisak (1990) - 2:59:36

Prize money:

5 Km	Male	Female
1	\$150	\$150
2	\$100	\$100
3	\$50	\$50

10 Km

1	\$350	\$350
2	\$250	\$250
3	\$150	\$150

Half-marathon

1	\$500	\$500
2	\$300	\$300
3	\$200	\$200

Marathon

1	\$1,000	\$1,000
2	\$750	\$750
3	\$500	\$500

All participants will receive a finisher's medal at the finish line. Finisher's certificates will be available online at www.saskmarathon.ca.



A big thanks to all the groups coming out race day morning to encourage and cheer you on during your run!

- ❖ Living Sky Taiko Drummers
- ❖ Concordia Junior Alpenrose Dancers
- ❖ Saskatchewan Rattlers CEBL Venom Dance Team
- ❖ Hilltop cheerleaders
- ❖ Mudra School of Performing Arts

Back this year:

- ❖ Unique medals and styled ribbons!
- ❖ iTab

An iTAB is an engraved clasp which fits neatly on the ribbon of your finisher's medal, detailing the athlete's name and finish time to create a valuable, lasting memento. All you have to do to get this race souvenir is select iTAB during your registration process and shortly after your event you will receive the iTAB in the mail. Don't miss out on this great keepsake!



Personal Best Bell

When you hear a bell ringing at the Finish Line Village this year, it means a participant is signaling they have run a personal best. Participants will be just beaming when ringing the bell, and family and friends can gather round to take pictures and videos of the moment in time. It's a great way for participants to tell the local race world of their accomplishment. We can't wait to provide you with the opportunity to PB and ring the PB bell!



❖ Winner's Circle

Once again this year, there are age class winners for each race. All 1st, 2nd and 3rd place awards will be presented on the Winner's Circle stage in the Finish Line Village. Age class winners will be presented on the Winner's Circle stage immediately following the 1st, 2nd, and 3rd place awards for each race. Presentation times (these are approximate and subject to change):

10:00 am – Craven SPORTS Services 5 Km award presentation

10:30 am – GoodLife Fitness 10 Km award presentation

10:45 am – Eb's Source For Adventure 21.1K award presentation

11:00 am – Brainsport 42.2K awards presentation



❖ Results Kiosk

Check your time electronically in the Finish Line Village. Once you have caught your breath after the race, approach the kiosk where our super volunteers will scan your bib number with a portable hand scanner. Software then pulls your results information and displays it on a screen: Number, Name, Category, Time, Category Place, and Gender Place. You can hang around and analyze their results for as long as you like without inhibiting other participants from seeing their results at the same time. Of course this does not replace the results being posted sportstats.ca which are displayed by mid-afternoon on race day.



❖ Post Race Massage

Axiom Career College will be offering the massages from 5:00 am until 1:00 pm



Saskatoon Cycles FREE Bike Valet Services

You want to ride a bike to SaskMarathon but don't know where to park your bike?

We got you covered!

The [Saskatoon Cycles](#) bike valet service will be available at the Saskatchewan Marathon on the May 29. Ride your bike down to Diefenbaker Park and their volunteers will park your bike in a safe and secure area located right at the marathon village. Biking to a marathon is actually a great warm up and cool down! The bike valet will be open from 6:15AM until the last bike is picked up.

Aid Stations

Aid Stations for the events which take the the streets and trails of Saskatoon are spaced approximately three to five Km apart. Each aid station will have water and Gatorade. Washroom facilities will be located at each aid station. GU Energy Gels will be available for half-marathon and marathon participants at select aid stations, located at approximately 8, 14, 22, 29 & 35 Km.



On Course Water

Culligan is the official water supplier for the Saskatchewan Marathon



In Case of Emergency...

MEDAVIE Ambulance is the critical care provider for the Saskatchewan Marathon. To ensure the safety of all race participants, they'll have EMT's onsite at the start/finish line and stationed at different locations along the course. The Saskatoon Radio Club will be present at aid stations and has direct communication with Marathon Event Headquarters where Saskatoon Search and Rescue will be stationed.



Course Time Limit

The Saskatchewan Marathon course will close on a rolling basis at an approximate 8'35"/Km pace. Participants in the half-marathon must reach the halfway mark in three hours or discontinue. Timing closes at 1:00 pm. There is no early start for any distance.

Prohibited Items

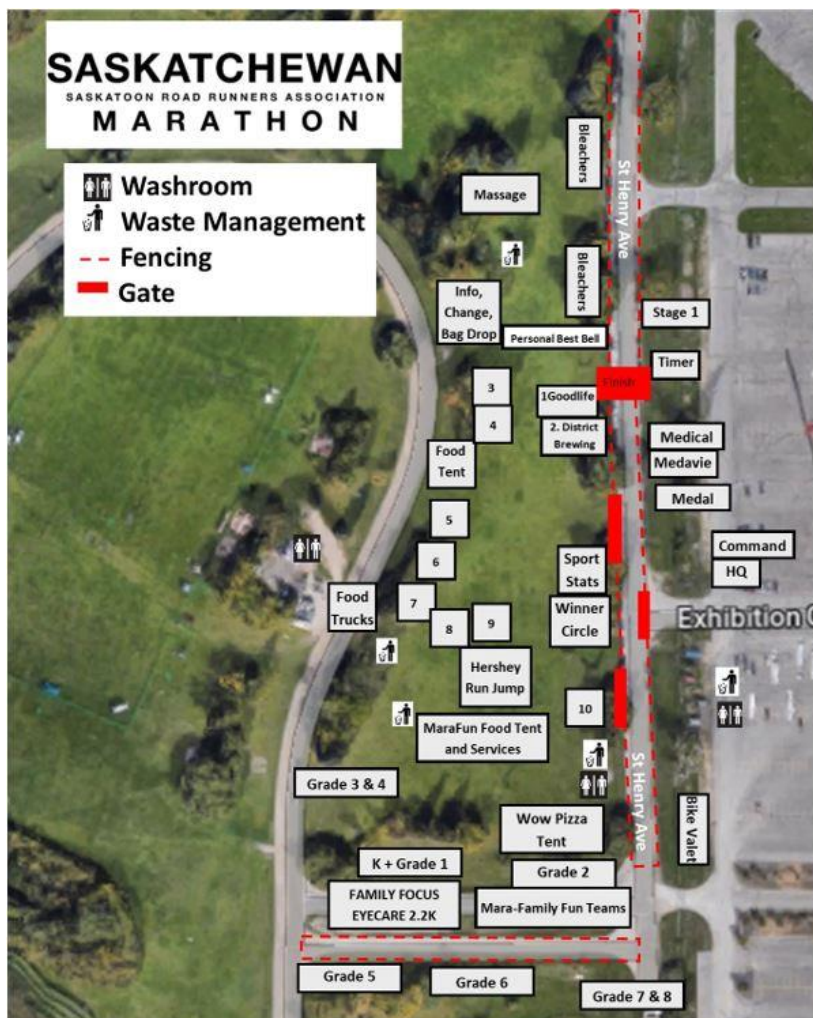
The following items are not allowed on the course under any circumstances.

- ✓ Bicycles
- ✓ Rollerblades
- ✓ Jogging Strollers
- ✓ Pets

Participants being paced by personal bicycles will be disqualified. We recommend that participants NOT use audio devices during the race. You can become a hazard to yourself and others around you.

Finish Line

The finish line for all five events is located on St. Henry Avenue near the entrance to Diefenbaker Park. Encourage your friends and family members to come out to the finish line and help cheer on our participants! Here's a map of the layout:



Finish Line Village Map

- | | |
|-----------------------------|-----------------------------------|
| 1. GoodLife | 6. The Commns Wellness Collective |
| 2. District Brewing | 7. Venom Dance Team |
| 3. Marathon of Sport | 8. THRIVE JUICE CO. |
| 4. Saskatoon Fire and Flood | 9. Biktrix Electric Bikes |
| 5. Saskatoon Trail Alliance | 10. Waste Reduction Wagon |

Many thanks to all the exhibitors, suppliers and other participants at the:

Finish Line Village:

Winners' Circle stage featuring "A Dram Too Few"

CBC Photo Booth

Personal Best Bell

SPORTSTATS – Check your time

Bag Drop & Information

Good Life Fitness Stretch Zone

Participant Food Tent

The Chill Zone:

AXIOM Massage Therapy

The MaraFun:

Wow Pizza Meeting Point

Run Jump Throw Wheel

MaraFun Food Tent



Pace Bunnies

If you'd like some company during your race and would like to meet or beat a target time, why not run with one of our pace bunnies? You'll have the opportunity to meet your pace bunny at the race expo on Saturday between 1:00 & 2:00 pm. On race morning, watch for them in their hats & bibs and carrying their distance and time signs.



Pace Bunnies

2023



Karen Wharington
5 Km – 0:30



David Samuel
marathon – 3:30



Gill Phillips
marathon – 4:00



Hailie McLean
10 Km – 0:50



Andrew Giassa
half marathon – 1:45



Joyleen Podgursky
10 Km – 1:00



Lynette Manuel
half marathon – 1:55



Jerry Demeria
10 Km – 1:10



Heather Hubbard
half marathon – 2:20



Volunteers

Hundreds of volunteers have helped the Saskatchewan Marathon be the success it has been over the years. It wouldn't be fair to try to list them all, because someone would certainly be missed. Instead, as an appreciative competitor in the Saskatchewan Marathon, please be sure to thank a volunteer as you make your way around the course.

On Purpose Leadership Inc. Marathon Team

Kim Ali – Race Director
Thao Pham



44th Annual Saskatchewan Marathon Race Committee



Left to right: Michelle Dezell, Bev Lackie, Cathy Sajtos, Nico Pevy, Theresa Aubin Singh, Dave Stark, Jan Stirling, Greg Fenty, Kim Ali, Dave Neuburger, Amy Wall, Trenton Johnston, Thao Pham, Peter Goode

Missing: Jill Cope, Terry Stefaniuk, Shona Iverson, Arash Amanlou, Jeff Culbert

SASKATCHEWAN MARATHON

maraFUN

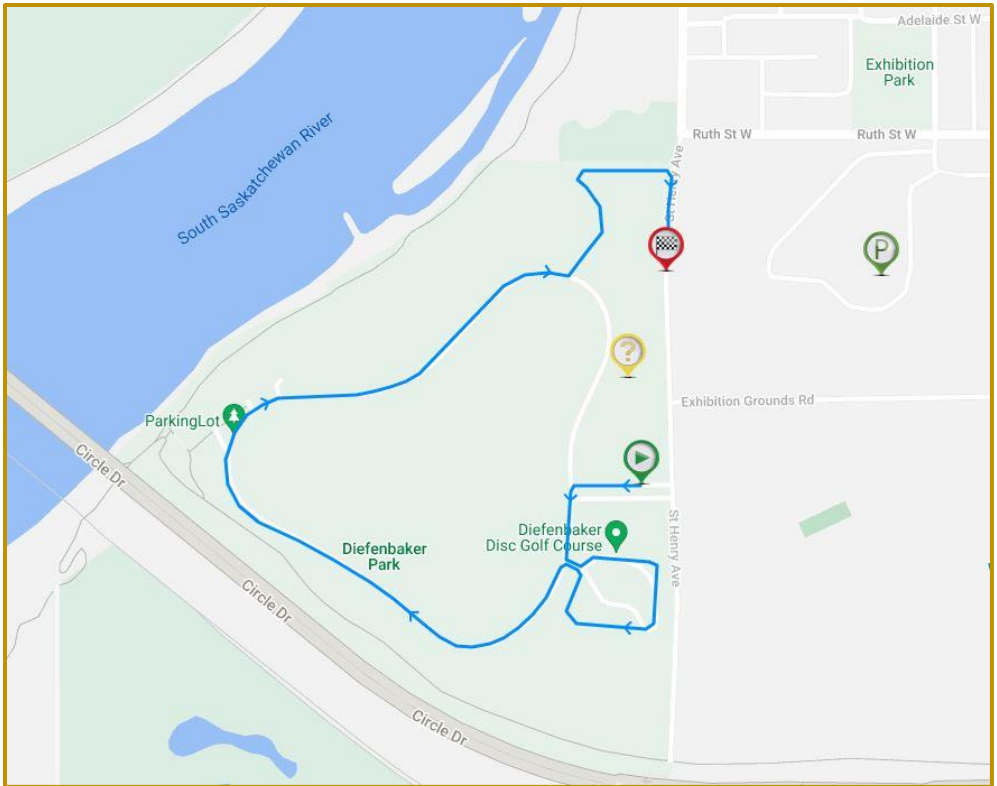
PRESENTED BY **Nutrien**™

The MaraFun presented by Nutrien is a training program developed for the SRRA that runs in conjunction with the Saskatchewan Marathon. This event is geared to students children (aged five to 13) to participate in the Saskatchewan Marathon in a novel way. Each MaraFun participant trains (run, walk or wheelchair) a minimum of two Km each week for the seven weeks leading up to the race day. On race day, the MaraFunnners complete a 2.2 Km course on part of the marathon route. Throughout the training period, the youth learn about living a healthy lifestyle, maintaining a physical activity program and the importance of creating and achieving personal goals. More than 1300 students from over 35 schools are training for this year's MaraFun. We have both a ten week and a six week condensed program created by Craven SPORT Services. Throughout the last few years, we have also added Family Teams which has been a huge success as well. Come out and cheer on the youth and family teams at 11:00 am starting in Diefenbaker park, and watch them cross the finish line in the same fashion as all the other runners. See you on May 28th! For more information contact Jeff at jculbert@onpurpose.ca



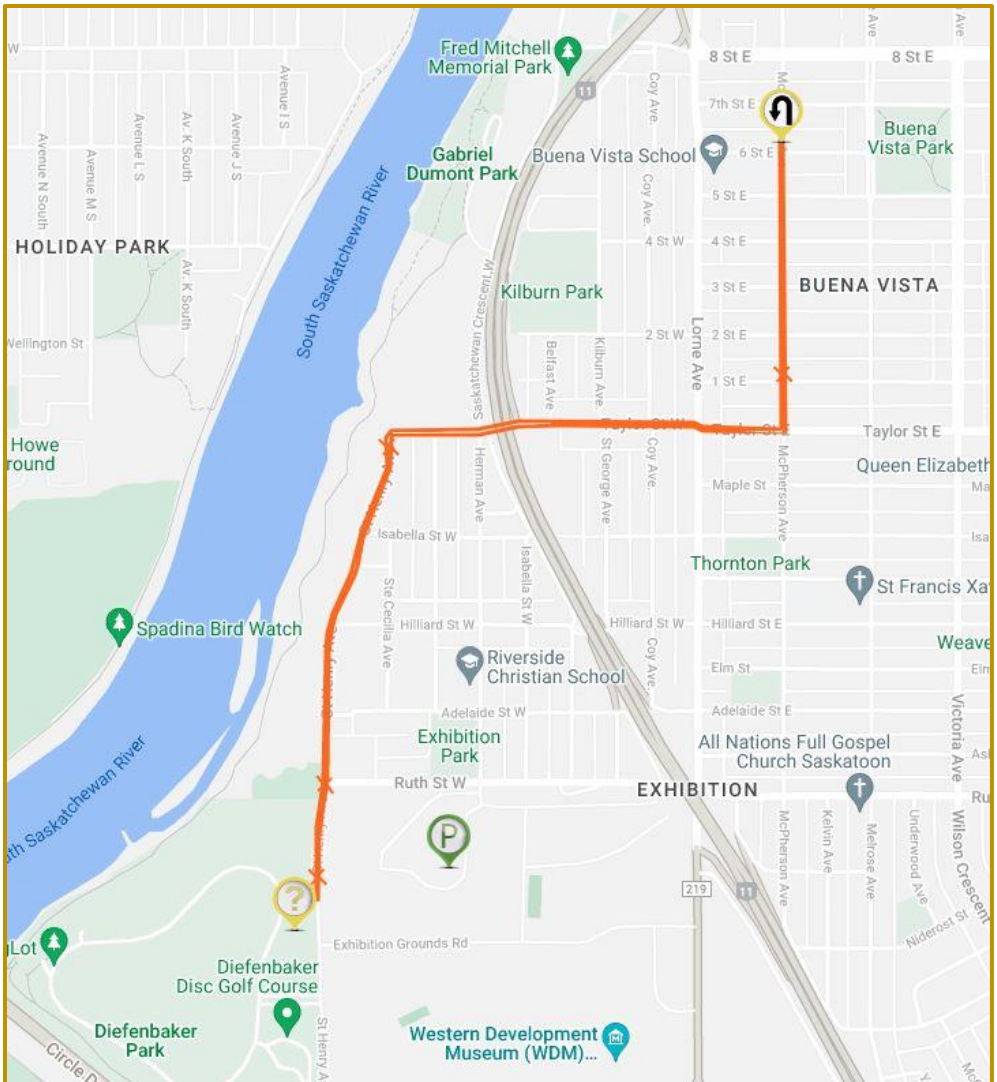
Saskatchewan Marathon Route Maps

Marafun and Family Focus Eyecare 2.2k



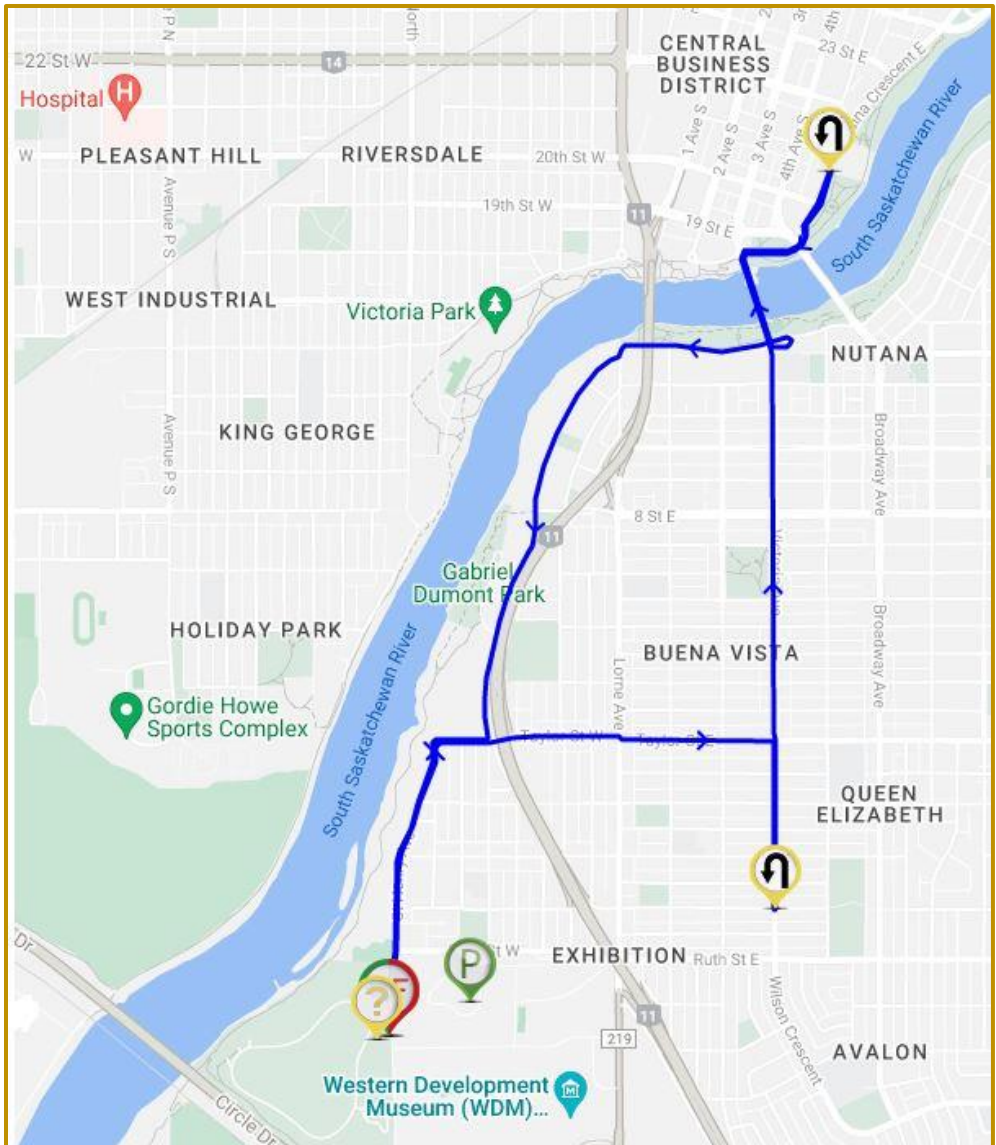
Saskatchewan Marathon Route Maps

Craven SPORT Services 5K



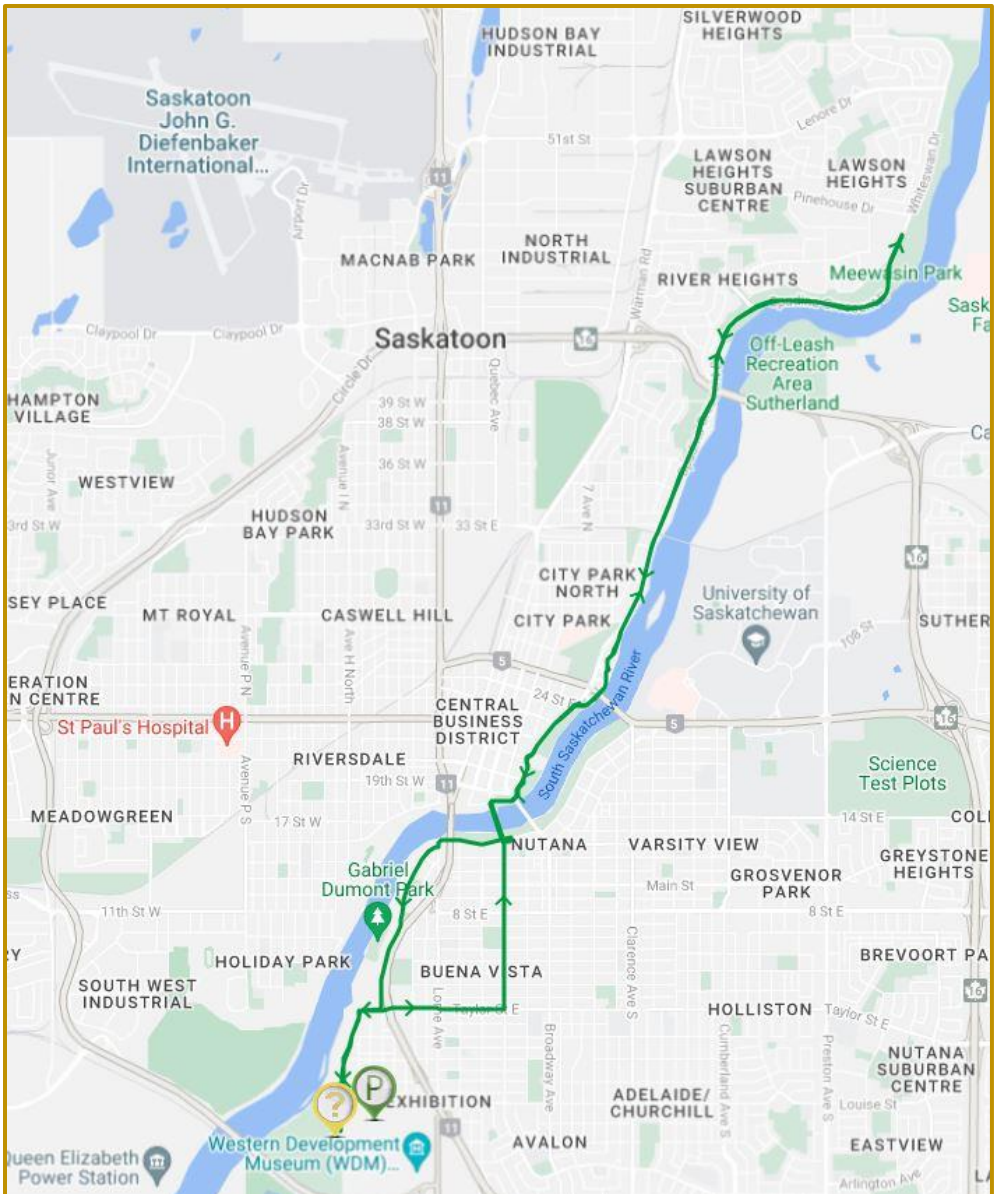
Saskatchewan Marathon Route Maps

GoodLife Fitness 10K



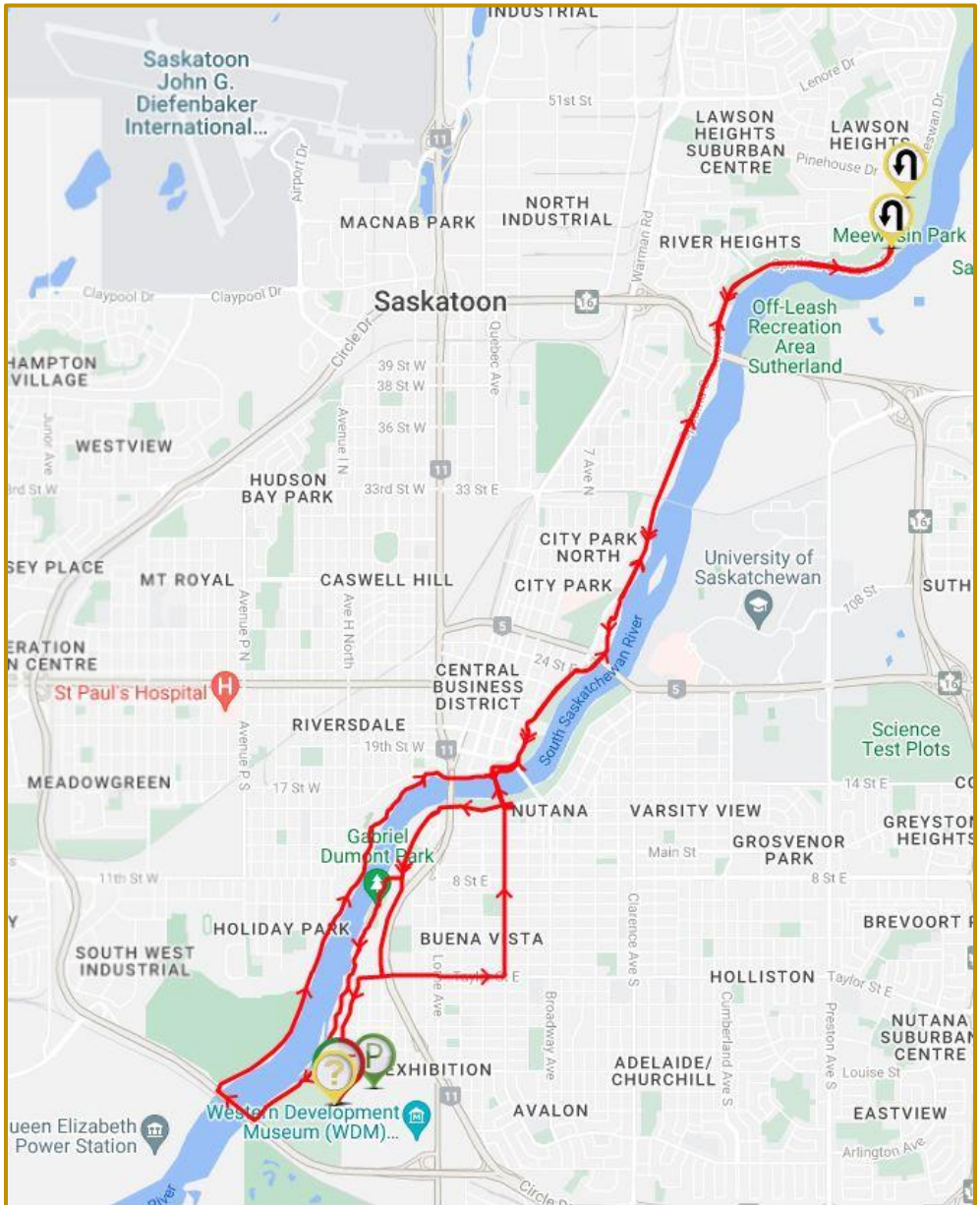
Saskatchewan Marathon Route Maps

Eb's Source for Adventure 21.1K



Saskatchewan Marathon Route Maps

Brainsport 42.2K



Saskatchewan Marathon Race History

You are registered to take part in the 40th Saskatchewan Marathon, one of the longest running marathons in Canada.

The first event was run, with only the marathon distance offered, on May 12, 1979. In August, 1979, Saskatoon would be hosting the Western Canada Summer Games. The Saskatoon Road Runners Association (established in 1975) was asked by the organizers of the 1979 Western Canada Summer Games to organize an event with two purposes. First, the event would be a test run of the marathon event of the Games. Secondly, the event would act as a qualifier for three Saskatchewan residents, making them eligible to run the WCSG event on August 15.

The first event had 66 registrants and 53 finishers and was won by Ted Hawes (2:33:02). The fastest female was Sandra LeClaire (3:18:03).

The Saskatchewan Marathon has been run over a variety of courses through Saskatoon in two different seasons. In the early years, the event was held in the late spring. A switch was made to the fall and the event was held then for many years. In 2004, organizers went back to a late spring date and we anticipate it staying there for the foreseeable future. The course has made extensive use of our beautiful South Saskatchewan River valley and the trail, roadway and park system of the Meewasin Valley Authority. As well, portions of the course have run through our historic University of Saskatchewan campus and old, established residential neighbourhoods. The race committee and course designers will continue to modify and expand the course as the city grows and more river crossings become available. We hope you enjoy this year's return to Prairieland and Diefenbaker Parks.

The Saskatchewan Marathon started with just the 26.2 mile distance. Now there are five distances: Kids' Marafun, 5 Km, 10 Km, half-marathon and marathon. It's a first-class event: it's been a Boston qualifier for years and participants enjoy the accuracy and convenience of race chip timing.

- ✓ The current women's record for the marathon is held by Donna Grisak – 1990 - 2:59:36.
- ✓ The men's marathon record is held by David Mutai – 2019 - 2:22:09.

A more thorough, illustrated history of the Saskatchewan Marathon can be seen online at www.saskatoonroadrunners.ca.

date	weather	high temp	first male	first female
May 12, 1979	cloudy & showers	11°C	Ted Hawes 2:33:02	Sandra LeClaire 3:18:03
May 11, 1980	Sunny	8°C	Ross Spence 2:28:22	Dale Lyons 3:21:07
Oct 4, 1981	Cloudy	10°C	Glen Chilton 2:42:41	Gwen Pelican 3:13:27
Oct 10, 1982	Sunny	6°C	Robert Moore 2:26:06	Dale McNeil 3:16:57
Oct 9, 1983	Sunny	8°C	Michael Graham 2:32:50	Sherry Wright 3:15:19
Sept 8, 1984	drizzle & fog	4°C	Jim Jasieniuk 2:31:38	Marie Wolfe 3:37:12
Oct 13, 1985	cloudy	3°C	Jorgen Lorensen 2:39:21	Patricia Wilson 3:16:01
Oct 12, 1986	sunny	6°C	Jim Jaseniuk 2:30:17	Joi Belyk 3:07:34
Sept 13, 1987	sunny	18°C	Mike Byers 2:32:36	Zdena Price 3:12:58
Sept 11, 1988	partly cloudy	10°C	George Parker 2:38:14	Lorraine Lees-McGough 3:15:52
Sept 10, 1989	cloud & showers	4°C	George Parker 2:39:21	Patricia Wilson 3:21:19
Sept 9, 1990	sunny	14°C	Richard Grabowski 2:44:56	Donna Grisak 2:59:36 (record)
Sept 8, 1991	cloudy	17°C	Richard Webb 2:31:33	Heather Stilborn 3:28:55
Sept 6, 1992	cloudy	5°C	Brian Michasiw 2:43:13	Heather Stilborn 3:28:55
Sept 12, 1993	cloudy, some snow	1°C	Dane Samuel 2:42:22	Heather Stilborn 3:25:38
Sept 11, 1994	partly cloudy	13°C	Bruce Raymer 2:25:03	Sharyn Hewitt 3:08:22
Sept 10, 1995	sunny	21°C	Dane Samuel 2:37:23	Sharyn Hewitt 3:14:26
Sept 8, 1996	mostly cloudy	17°C	Ron Balezantis 2:48:51	Sharyn Hewitt 3:09:55
Sept 7, 1997	sunny	20°C	Dirk Handke 2:51:52	Kathy Griffiths 3:05:36
Sept 13, 1998	cloudy	25°C	Tarrant Crosschild 2:45:00	Celene Sidloski 3:20:07
Sept 12, 1999	sunny	11°C	Kevin DeForge 2:39:10	Joan Cochrane 3:16:00

Sept 4, 2000	cloudy & drizzle	16°C	Brian Michasiw 2:47:52	Karen Zunti 3:05:28
Sept 3, 2001	partly cloudy	24°C	Vince Cole 2:44:10	Celene Sidloski 3:18:54
Sept 2, 2002	sunny	16°C	Vince Cole 2:47:12	Celene Sidloski 3:23:10
Aug31, 2003	sunny	22°C	Kevin Morgans 2:42:40	Brandi Pozniak 3:24:17
May 30, 2004	cloudy	14°C	Vince Cole 2:46:21	Jody Urbanoski 3:16:33
May 29, 2005	cloudy	12°C	Vince Cole 2:52:52	Tobi Rempel 3:18:50
May 28, 2006	rain	8°C	Brendan Luntz 2:46:58	Tobi Rempel 3:18:33
May 27, 2007	cloudy	19°C	Brian Michasiw 2:45:27	Andrea Moore 3:17:04
May 25, 2008	Cloudy, windy	9°C	Brian Michasiw 2:45:24	Nancy Chong 3:18:32
May 24, 2009	Cloudy, some rain	18°C	Brian Michasiw 2:42:30	Lindsay Byers 3:21:18
May 30, 2010	Mainly cloudy	6°C	Brendan Luntz 2:37:42	Brandi Pozniak 3:06:46
May 29, 2011	Cloudy	8°C	Brendan Luntz 2:35:08	Jamesy Patrick 3:20:25
May 27, 2012	Cloudy, some rain	12°C	Brendan Luntz 2:34:58	Lori Soderberg 3:12:32
May 26, 2013	Partly cloudy	20°C	Brian Michasiw 2:48:23	Erin Humphreys 3:03:35
May 25, 2014	Mostly sunny	18°C	James Funk 2:49:26	Erin Humphreys 3:08:18
May 31, 2015	Mostly sunny	22°C	Sergii Vashurin 2:37:55	Erin Gardiner 3:00:21
May 29, 2016	Mostly sunny	20°C	Sergii Vashurin 2:31:35	Erin Gardiner 3:04:34
May 28, 2017	Sunny and breezy	17°C	Teresa Fekensa 2:43:52	Erin Gardiner 3:01:44
May 27, 2018	Cloudy and windy	8°C	Teresa Fekensa 2:48:16	Brooke MacDonald 3:07:57
May 26, 2019	Mostly sunny	17°C	David Mutai 2:22:09 (record)	Celeste Cross Child 3:18:58
May, 2020	Live event cancelled due to pandemic			
May, 2021	Live event cancelled due to pandemic			

May 29, 2022	Mostly sunny	17°C	Tyler Gough 2:47:18	Karissa Lepage 3:14:09
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Rules of the Road

By Miss Road Manners (Freddi Carlip)

At the Starting Line

1. Line up according to how fast you plan to run or walk. Slower runners and walkers should move to the back of the group.
2. Pay attention to the pre-race instructions. What you hear will not only help guide you through the course but will also keep you safe. Examples are: stay on the right side of the road, or stay inside the traffic cones, or watch the course marshals (they control traffic to make your race a safe experience) for which way to go at major intersections.
3. Pin your race number on the front of your shirt. This is where it is most visible for race officials.
4. If you drop something just as the race starts, don't stop and pick it up. You'll endanger yourself and others. Trust that a race official will get it, or move to the side and wait until everyone has crossed the starting line and then retrieve it.

You're Off!

1. Run or walk no more than two abreast. Other runners will want to get by you. If you are walking in a group, stay in the back of the pack.
2. If you are stopping at an aid station, move all the way over to the table, grab water, and move away from the table so others may get water too. If you want to stop and drink, move to the side of the road, out of the way of other runners. If there's a trash receptacle, please use it. If not, don't go too far with your cup. The race volunteers will be collecting the cups and will appreciate not having to go on an extended "litter patrol."
3. Move to the side if someone behind you says, "Excuse me" or "Coming through." Yes, you are about to be passed and the person behind you is giving you a heads up. It's proper race etiquette to let that person through.
4. If you need to tie your shoe, or stop for any reason, please move to the side of the road. People coming up behind you are still moving and if you stop in front of them, the scene is set for a collision.
5. Feel free to shout words of encouragement to other runners. The other runners will appreciate your cheers. Miss Road Manners is confident you will hear encouraging words in return.

Pay attention to what is going on around you during the race. Think loose dogs, lost kids, low branches, and looming potholes.

Approaching The Finish

1. Follow the instructions of the race officials at the finish. You may be told to stay to the right or to the left.
 2. Most races don't allow your nonregistered friends and relatives to run with you in a race. If, even though Miss Road Manners frowns on it, a friend is running the last few miles with you, and hasn't officially entered the race, tell your friend NOT to cross the finish line. He/she should move off the race course before the finish.
 3. Once you have crossed the finish line, don't stop. Keep moving to the end of the chute. Enjoy the post-race refreshments, but remember others want to enjoy the goodies too. Moderation is the key so there will be food for the last people finishing the race. Be fair to the runners who have been patiently waiting in line.
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