

SASKATOON RUNNING FESTIVAL

POWERED BY
CRAVEN SPORT SERVICES

EVENT GUIDE

5KM, 10KM, 10 MILES

APRIL 12, 13 2025

PROCEEDS TO PRAIRIE RUN CREW



WEEKEND SCHEDULE

SATURDAY, APRIL 12

8 A.M.: SHAKE-OUT RUN WITH COMMUNITY RUNNING AMBASSADORS

*SEE THE OPENING PORTION OF THE COURSE ON THIS EASY 20-MINUTE RUN

**MEET AT THE MAIN ENTRANCE GATES TO SMF FIELD AT GORDIE HOWE SPORTS COMPLEX

8 A.M. – 3 P.M.: PACKAGE PICK-UP IN HALL AT SMF FIELD

*HALL LOCATED ON SECOND FLOOR OF MAIN BUILDING AT SOUTH END OF SMF FIELD (1525 AVENUE P, SOUTH)

SUNDAY, APRIL 13

EVENT DAY – ALL DISTANCES

START/FINISH LINE: SMF FIELD MAIN ENTRANCE GATES (1525 AVENUE P, SOUTH)

PARKING: SEVERAL PARKING LOTS AT GORDIE HOWE SPORTS COMPLEX

START TIME: 9 A.M. IN WAVES (10 MILES AND 10KM START TOGETHER; 5KM AT 9:10 A.M.)



1525 AVENUE P, SOUTH

CLICK ME FOR GOOGLE MAPS LOCATION

SASKATOON RUNNING FESTIVAL

POWERED BY
CRAVEN SPORT SERVICES

COMMUNITY SHAKE-OUT RUN

POWERED BY CRAVEN SPORT SERVICES

SATURDAY, APRIL 12 @ 8 AM

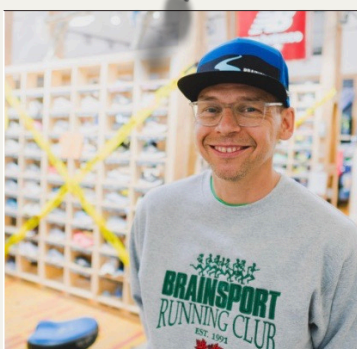
**MEET AT THE MAIN
ENTRANCE TO SMF FIELD
(1525 AVENUE P SOUTH)**

***JOIN COMMUNITY RUNNING ROLE MODELS
FOR A FREE 20-30 MINUTE LIGHT RUN/JOG**



BRANDI VENNE

ONTRACK Lead – Craven
SPORT Services



BRIAN MICHASIW

Owner of Brainsport



CELESTE CROSS CHILD

Saskatchewan Marathon
Champion



RILLA JOHNSON

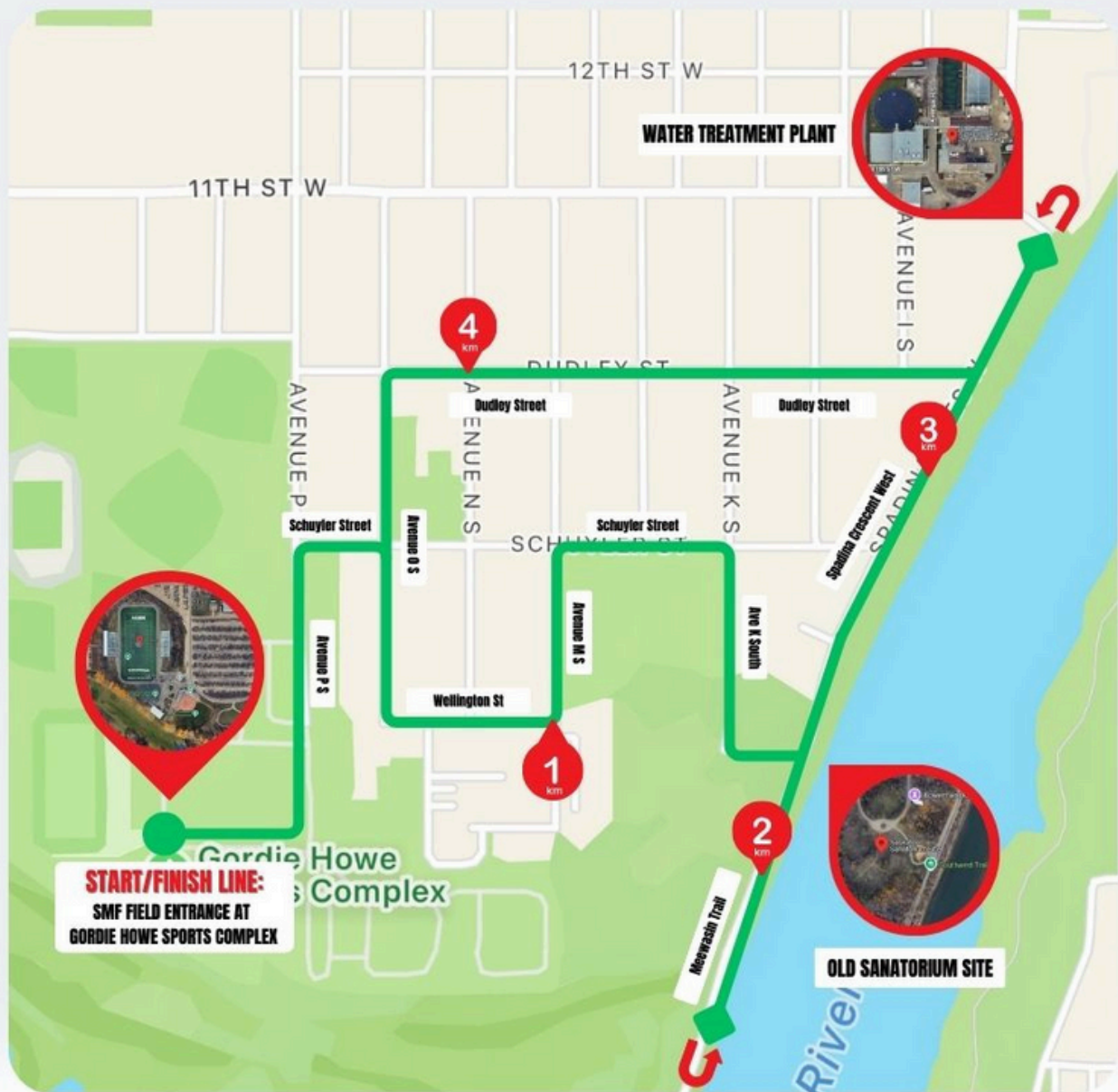
Ran 120KM Boreal Trail in
northern Saskatchewan



TARRANT CROSS CHILD

Prairie Run Crew Lead

SASKATOON RUNNING FESTIVAL 5KM





PHYSIOTHERAPY

INTEGRATED SERVICES FOR EVERY FITNESS GOAL

Your goals evolve. So do our programs.

- ✓ CONCUSSION MANAGEMENT
- ✓ SPORT PHYSIOTHERAPY
- ✓ PELVIC FLOOR PHYSIOTHERAPY
- ✓ DRY NEEDLING
- ✓ ORTHOPAEDIC REHABILITATION
- ✓ SCHROTH THERAPY FOR SCOLIOSIS
- ✓ PERFORMANCE & STRENGTH TRAINING
- ✓ CHIROPRACTIC CARE
- ✓ MASSAGE THERAPY
- ✓ DIETITIAN SERVICES
- ✓ MENTAL PERFORMANCE TRAINING



TAKE YOUR RUNNING TO THE NEXT LEVEL!

Join our OnTrack community!



Running Club

Wednesdays 6pm

Learn to Run

July 3-September 11, 2025

Thursdays 5pm

Stretch Out Your Run

April 12-May 17, 2025

Saturdays 10:15am

August 7-September 11

Thursdays 6:15pm

Step Up for Mental Health

5K & 10K programs start July 1

Coaching/Run Assessments

Book your session today!



Website:

www.cravensportservices.ca

SASKATOON RUNNING FESTIVAL 10KM



SASKATOON RUNNING FESTIVAL

POWERED BY
CRAVEN SPORT SERVICES

FREE RUNNING SEMINARS

SATURDAY, APRIL 12
SASKATOON RUNNING FESTIVAL
PACKAGE PICK-UP

LOCATION:

HALL AT SMF FIELD
2ND FLOOR OF THE CLUBHOUSE IN THE SOUTH
ENDZONE (1525 AVENUE P SOUTH)

TIME:

8:45 AM - 9:45 AM / 11 AM - NOON

SEMINARS DELIVERED BY CRAVEN SPORT SERVICES



RUN BETTER

(TECHNICAL RUNNING TIPS)

FOCUSING ON FORM AND EFFICIENCY, "RUN BETTER" EMPHASIZES KEY TECHNIQUES SUCH AS POSTURE, STRIDE, AND FOOT PLACEMENT TO OPTIMIZE YOUR RUNNING PERFORMANCE AND REDUCE THE RISK OF INJURY.

RUN SMARTER

(TRAINING LOAD & INJURY
MANAGEMENT)

"RUN SMARTER" INVOLVES UNDERSTANDING YOUR BODY'S LIMITS, INCORPORATING PROPER RECOVERY STRATEGIES, AND ADJUSTING TO THE EARLY SIGNS OF INJURY TO ENSURE SUSTAINABLE TRAINING AND LONG-TERM SUCCESS.

RUN STRONGER

(IMPROVING STRENGTH)

"RUN STRONGER" HIGHLIGHTS THE IMPORTANCE OF DEVELOPING STRENGTH TO SUPPORT YOUR RUNNING WITH AN EMPHASIS ON CORRECT FORM, TARGETING KEY MUSCLE GROUPS, AND PROGRESSING LOAD TO IMPROVE MUSCLE BALANCE, PREVENT INJURY, AND SUPPORT YOUR RUNNING PERFORMANCE GOALS.

FREE SEMINARS DELIVERED BY CRAVEN SPORT SERVICES



MICHELLE



CURTIS



LEE

SASKATOON RUNNING FESTIVAL 10 MILE





SAFETY PROTOCOLS

You must wear your race bib to access the start line.

All children must be accompanied by a parent or guardian on the course.

If you have a lost person report or any other emergency, please visit the Race HQ tent beside the DJ at the start/finish line.

SPREAD THE WORD

Help promote the importance of an active/healthy lifestyle by posting your experience on social media. Please tag @321gorunning so we can share!

THANK YOU SPONSORS & VOLUNTEERS

Special thanks to presenting sponsor Craven SPORT Services for stepping up as a multi-year partner. Thanks to Brainsport – Saskatchewan's leading run speciality store. And we truly appreciate all of the volunteers helping on event weekend, many of them connected to Prairie Run Crew!