



# EVENT GUIDE

SEPTEMBER 20-21, 2025

# 21.1 KM MAP



## RACE KEY & DETAILS

Saturday, Sept. 20

Start Time:

21.1 KM: 8:30 a.m.



Bag Drop



Spectator Zone



Bike Parking



First Aid & Hydration



Race Headquarter



Post Race  
Snack/Beverage



Street Parking

**START / FINISH LINE**



Intersection of  
Spadina Cres / 23rd St

Managed By 321 Go Running:  <https://www.321gorunning.ca/>





# 5 KM MAP



## RACE KEY & DETAILS

Sunday, Sept. 21

Start Time:

5KM: 8:30 a.m.



Bag Drop



Spectator Zone



Bike Parking



First Aid & Hydration



Race Headquarter



Post Race  
Snack/Beverage



Street Parking

Managed By 321 Go Running: <https://www.321gorunning.ca/>





# WEEK SCHEDULE

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## **TUESDAY SEPTEMBER 16:** NEW BALANCE COMMUNITY RUN NIGHT

- FREE social running and walking event
- 45 mins for all abilities
- YWCA Saskatoon parking lot
- 6:30 p.m.
- Free Prairie Run Crew clothing giveaways



## **WEDNESDAY SEPTEMBER 17:** SASKATCHEWAN BLUE CROSS KIDS MENTAL HEALTH MILE

- 5 Core Community Schools
- Free New Balance runners for all participants
- SOLD OUT



## **THURSDAY, SEPTEMBER 18:** NEW BALANCE COMMUNITY RUN NIGHT

- FREE social running and walking event
- 45 mins for all abilities
- YWCA Saskatoon parking lot
- 6:30 p.m.
- Free Prairie Run Crew clothing giveaways

# WEEK SCHEDULE

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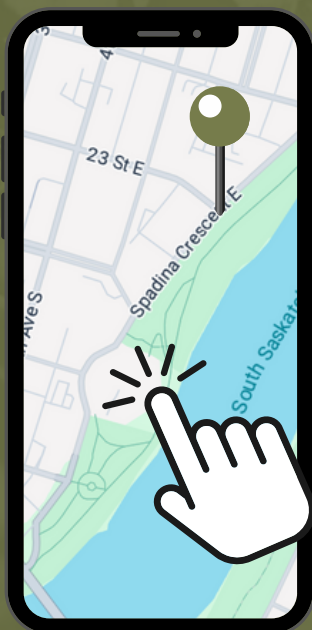
## FRIDAY SEPTEMBER 19:

### PACKAGE PICK-UP - DELTA BESSBOROUGH

- Swag, race bibs and vendors located in the Battleford Room on convention floor
- 4-8 p.m.
- We strongly encourage you to avoid the rush hours of 4-6 p.m., as many half-marathon runners will be picking-up for their Saturday morning race

## SATURDAY SEPTEMBER 20:

### PACKAGE PICK-UP - DELTA BESSBOROUGH



- 7:30 a.m. to 3 p.m.
- Please avoid 7:30-8 a.m. unless you are in the half-marathon
- You MUST have your race bib to be allowed at the starting line for any distance

### 21.1KM RUN

- 8:30 a.m.
- Start/Finish Line: Spadina Cres/23rd Street downtown Saskatoon



# WEEK SCHEDULE

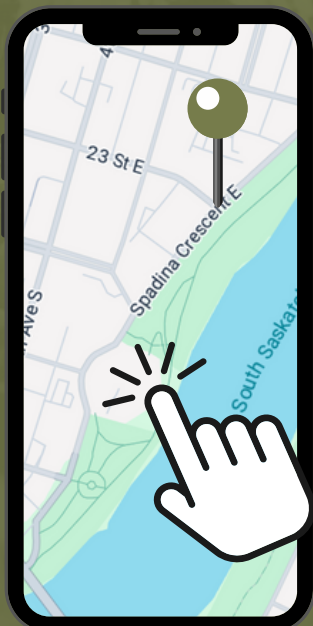
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## SUNDAY, SEPTEMBER 21:

### 5KM RUN/WALK



- 8:30 a.m.
- Start/Finish Line: Spadina Cres/23rd Street downtown Saskatoon
- PLEASE be at the start line by 8:15 a.m.
- (\*The initial map for the 5KM showed a start line at 4th Ave & 22nd St, but City of Saskatoon construction has led to the start line moving to Spadina Cres/23rd Street.)

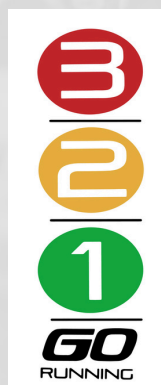
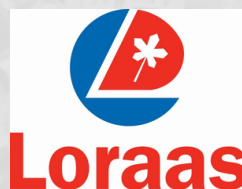


### 10KM RUN/WALK

- 10 a.m.
- Start/Finish Line: Spadina Cres/23rd Street downtown Saskatoon
- PLEASE be at the start line by 9:45 a.m.
- (\*The initial map for the 10KM showed a start line at 4th Ave & 22nd St, but City of Saskatoon construction has led to the start line moving to Spadina Cres/23rd Street.)

# EVENT SPONSORS

STEP UP FOR MENTAL HEALTH - PRESENTED BY CAMECO - COULD NOT HAPPEN WITHOUT THE SUPPORT OF THESE WONDERFUL PARTNERS:





# EVENT AMENITIES

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## Saskatoon Cycles Bike Valet

Available Sept. 20 & 21 before each distance. Located at the Finish Line



## WBM Bag Drop

Available on Saturday and Sunday morning at Start/Finish Line.  
WBM volunteers will provide a clear plastic bag for your items.



## Lifemark Massage at Finish Line

Lifemark Physiotherapy & Massage will be available for first come, first serve, 5-minute post-run massages from 9:45am-Noon (Saturday) and 8:30am-Noon (Sunday). However, any injuries will be given front of the line access.



## Pace Groups

- 9 pace groups will be offered during the weekend
- 21.1K
  - 1:45 - Shayne Hayward
  - 1:50 - Matt Ferrier
  - 2:00 - Ian Garland
- 5K
  - 25 min - James Vause
  - 30 min - Andrew Down
- 10K
  - 45 min - Shayne Burwell
  - 50 min - Mandy Currie
  - 60 min - Ian Garland
  - 65 min - Lee Branstetter



# SPREAD THE WORD ON MENTAL HEALTH

It is critical to talk about the importance of mental health.  
Please share your photos & stories about Step Up on social media by using the hashtag #stepupSK and tagging @321GoRunning



We want to share your photos/stories to encourage other people to join the mental health movement for next year.



## SAFETY FIRST

Run at your own pace. Nurses will be at the finish line, along with being mobilized on the course. If you need help, ask any of the course marshals (at every intersection) or any of the bike marshals. In the 10K and 21.1K, there will be Gatorade at every water station. There will be gels available at the aid station near the turnaround in the 21.1K.



## RACE HEADQUARTERS:

Race HQ is located at the Start/Finish Line with our lead volunteers. If you have a lost person report or another emergency, visit the announcer table on the east sidewalk at the Start/Finish Line.



## 321 GO RUNNING EVENT

Step Up for Mental Health is now managed/operated by 321 Go Running, which is a new Saskatchewan company focused on running/walking events that benefit you – and your community. All net proceeds from Step Up for Mental Health are donated to mental health programs in Saskatchewan.

A special thank-you to nearly 100 volunteers for making Step Up for Mental Health a reality in 2025





# PROUD PARTNER OF STEP UP FOR MENTAL HEALTH



**SHOP THE LIMITED EDITION  
NEW BALANCE X STEP UP  
MERCHANDISE**



**Available at Step Up race package pickup  
at The Bessborough Hotel**

**visit [www.brainsport.ca](http://www.brainsport.ca)  
or scan the link**



# ASTORIA

COUNSELLING & ASSESSMENT

## WHO WE ARE

Astoria Counselling & Assessment is a private practice in Saskatoon, Saskatchewan, offering a wide range of counselling and assessment services for children, youth, and adults. Founded by two Registered Psychologists, Astoria was developed in response to the ever-growing demand for private mental health services in Saskatchewan. No referral needed. Minimal wait time for counselling and assessment services.

## WHAT WE DO

### Individual & Family Counselling (Ages 5 and Over)

Our therapists will work alongside you to develop solutions and strategies for managing the challenges you face, while also helping you find meaning and opportunities for personal growth in these experiences.

### Psychoeducational Assessments (Ages 6 and Over)

Our psychoeducational assessments assist individuals facing challenges with learning, attention, or mental health, potentially leading to a diagnosis such as a Specific Learning Disorder or ADHD. Recommendations will help guide appropriate supports and accommodations at school, home, or work, enabling clients to reach their full potential.

### Mental Health Assessments (Ages 16 and Over)

Our mental health assessments effectively identify concerns like anxiety, depression, and trauma-related disorders. A diagnosis can provide clarity and understanding, offering a pathway to treatment and support. Learning/academics will *not* be explored.

### Autism Assessments (Ages 16 and Over)

Our comprehensive autism assessments aim to identify each client's unique cognitive, social, and behavioural strengths and challenges, potentially leading to an Autism Spectrum Disorder diagnosis.

EASILY BOOK ONLINE, THROUGH  
EMAIL, OR OVER THE PHONE.

## WHERE TO FIND US

104 - 3502 Taylor Street East  
Saskatoon, SK S7H 5H9



astoriacounselling.ca



hello@astoriacounselling.ca



306-262-1525



astoria.counselling



## PRICING AT A GLANCE

### Individual Counselling

- Registered Psychologist \$200/hour
- Registered Social Worker \$160/hour

### Assessments

- Psychoeducational \$2800
- Mental Health \$2500
- Autism \$3300



### OLIVIA DANGAS & RACHELLE MACSORLEY

Registered Psychologists & Founders  
of Astoria Counselling & Assessment






# PROUD PARTNER

OF STEP UP FOR MENTAL HEALTH




**627 BRAND COURT**  
SASKATOON AUTO MALL

 (306) 653-5611

**ENSTOYOTA.CA**




**631 BRAND COURT**  
SASKATOON AUTO MALL

 (306) 653-6777

**ENSLEXUS.CA**



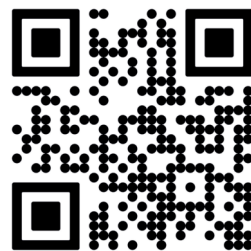
**285 VENTURE CRESCENT**  
SASKATOON, SK

 (306) 652-9745

**ENSCOLLISION.CA**

**SHOP NEW & PRE OWNED  
INVENTORY, OR BOOK YOUR  
NEXT SERVICE ONLINE!**

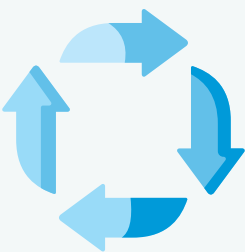
VISIT ENSAUTO.CA OR SCAN







Invested in our communities.  
Empowering healthy lives.



**\$179M**

recirculated yearly  
into our local  
economy



**139+**

SK communities  
supported in  
2024



**22**

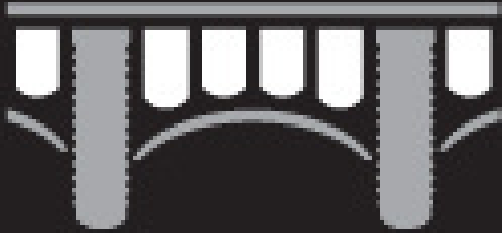
partnerships for  
Health Literacy  
initiatives in 2024

Visit [sk.bluecross.ca/community](https://sk.bluecross.ca/community) to learn more.

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# SASKATOON ORAL SURGERY



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*Board Certified  
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of Step Up For  
Mental Health\**



# End-to-end experts in global radioactive material transportation

At TAM International, we are not just freight forwarders – we are your end-to-end solution for transporting radioactive materials.

Our technical, engineering, operations, regulatory, and logistics experts can handle any high consequence transportation job, shipping by land, sea and air to get your product where it needs to go.

## Core Services



**Nuclear Front-End Logistics** – As one of the world's largest nuclear front-end shipping specialists, we work with premier mines and conversion facilities to transport everything from UOCs and natural UF<sub>6</sub> to fuel pellets and fissile material.



**Nuclear Back-End Logistics** – Backed by a strong global network of shippers and suppliers, our specialists and engineers will manage, categorize, and package your shipments to meet regulatory requirements in any country.



**NORM and Rare Earth Logistics** – As pioneers in the nuclear transportation industry and experts in radioactive waste categorization and packaging, TAM can deliver safe, compliant, efficient, and cost-effective NORM and Rare Earth transportation solutions.



**Global Logistics Consulting** – We're radioactive materials transportation specialists.

**Is TAM International right for you?**  
**Call us today to learn more: 866.978.6850**

## TAM In brief

- Canadian corporation founded in 2004
- US corporation founded in 2006
- Head Office in Saskatoon, SK; additional offices in Vancouver & Kelowna BC, Montreal, QC, Paducah, KY (USA), Chester, UK, Berlin, Germany, and Delhi, India
- Strategic partners across Europe, and in China, Hong Kong, Taiwan, Korea, Singapore, Australia, Russia, Kazakhstan, South Africa and Brazil
- **ISO 9001:2015 certified**
- First-ever shipment of uranium ore to China and India from Canada
- First-ever shipment of natural UF<sub>6</sub> into the Uranium Enrichment Facility in Eunice NM
- First-ever shipment of radioactive grade monazite to China from the US





Join our  
OnTrack  
community!



# 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!



**Running Club** (free)  
Wednesdays 6pm

**Learn to Run**  
August-October  
Mondays 6pm

**Stretch Out Your Run**  
August-September  
Mondays 7pm

**Next Stride**  
September-October  
Thursdays 6pm

**Coaching/Run Assessments**  
Book your session today!



**CRAVEN  
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Website:  
[www.cravensportservices.ca](http://www.cravensportservices.ca)