

SASKATOON  
**RUNNING**  
FESTIVAL

POWERED BY  
**CRAVEN SPORT SERVICES**

**EVENT GUIDE**

**5KM, 10KM, 10 MILES**  
**APRIL 25-26 2026 PROCEEDS**  
**TO PRAIRIE RUN CREW**



# WEEKEND SCHEDULE

## SATURDAY, APRIL 25

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. – 2 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 26

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

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## COMMUNITY SHAKE-OUT RUN

POWERED BY CRAVEN SPORT SERVICES

**SATURDAY, APRIL 25 @ 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**



**MEGAN WOTHERSPOON**  
100-Mile ultra-runner



**BRIAN MICHASIW**  
Owner of Brainsport



**CELESTE CROSS CHILD**  
Saskatchewan Marathon  
Champion

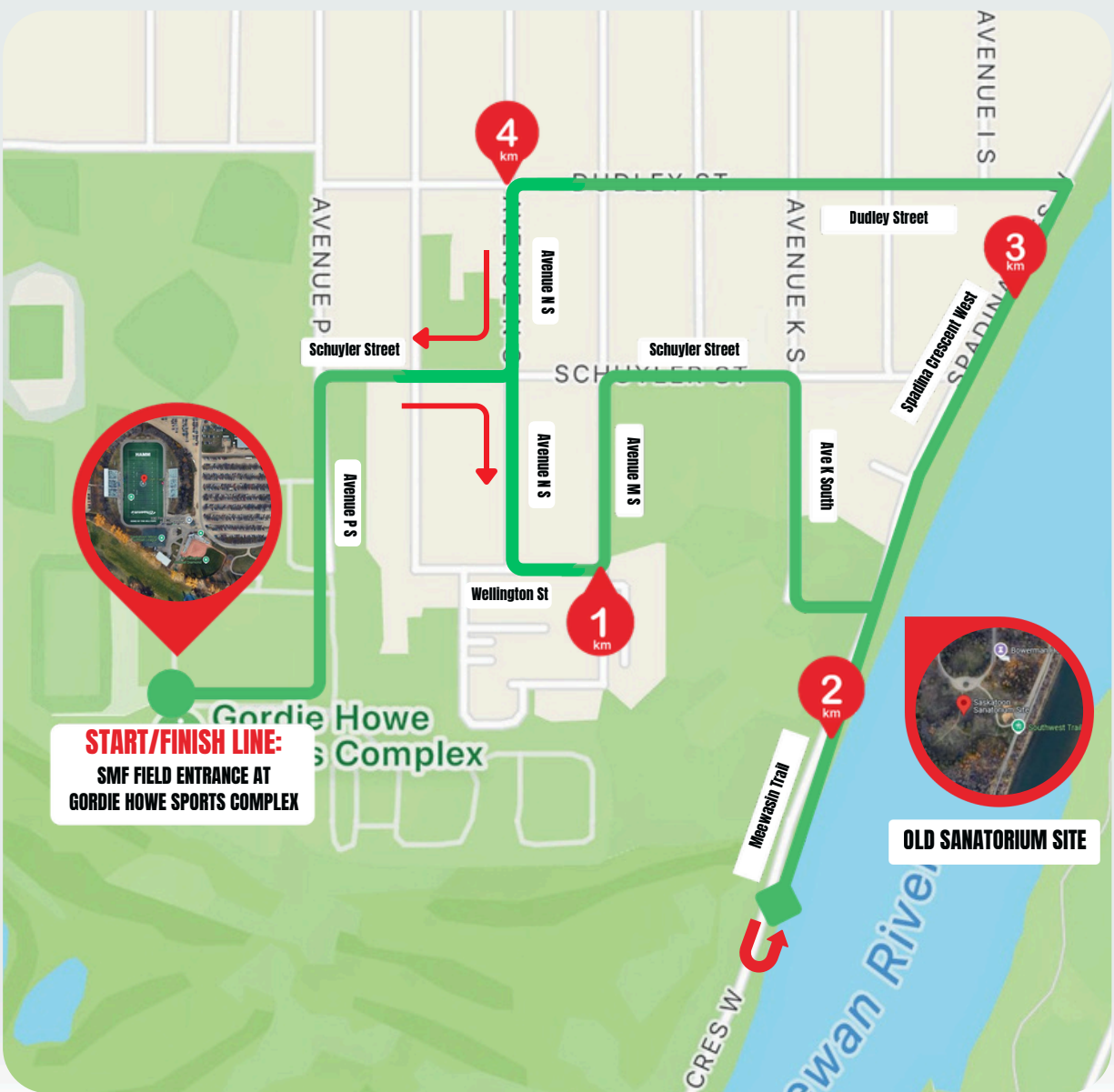


**ANNIE BEVERIDGE-WARICK**  
OnTrack Coach



**TARRANT CROSS CHILD**  
Prairie Run Crew Lead

# SASKATOON RUNNING FESTIVAL 5KM





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

Saturdays or Tuesdays at 9am

### Stretch Out Your Run

Saturdays or Tuesdays at 10am

### Run for Life

Saturdays or Tuesdays at 10:30am

### Coaching/Run Assessments

Book your session today!

**New location  
Now open in Martensville!**



**CRAVEN  
SPORT  
SERVICES**



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

# SASKATOON RUNNING FESTIVAL 10KM



# SASKATOON RUNNING FESTIVAL

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## FREE RUNNING SEMINARS

**SATURDAY, APRIL 25**  
**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:**  
9:00 AM - 11:00 AM

### SEMINARS DELIVERED BY CRAVEN SPORT SERVICES



#### **RUN STRONG**

30 MINUTES

A GENERALIZED STRENGTH SESSION  
FOCUSED ON THE DEMANDS OF RUNNING.

THIS CLASS IS DESIGNED WITH  
RACE WEEK IN MIND, SO THE INTENSITY  
SUPPORTS PERFORMANCE WITHOUT  
LEAVING YOU SORE FOR THE NEXT  
DAY.

#### **RUNNING ASSESSMENT**

30 MINUTES

A LIVE LOOK AT OUR RUNNING  
ASSESSMENT PROCESS. WE'LL REVIEW  
VIDEO ANALYSIS, EXPLAIN WHAT WE'RE  
LOOKING FOR, AND DISCUSS CLINICAL  
INSIGHTS.

#### **STRETCH OUT YOUR RUN**

15 MINUTES

A SHORT, FOCUSED CLASS TARGETING  
MOBILITY, STRETCHING, AND CORE WORK  
TO SUPPORT RECOVERY,  
EFFICIENCY, AND INJURY PREVENTION.

### 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!