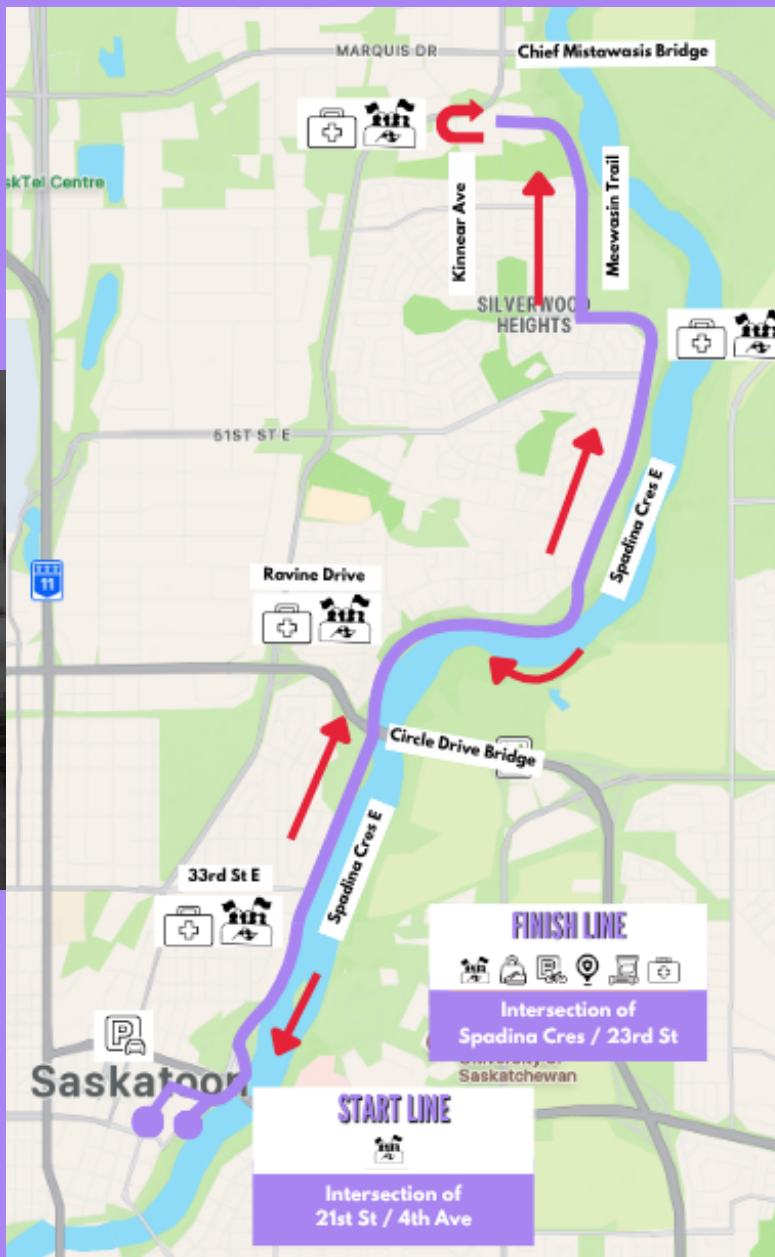




# EVENT GUIDE

SEPTEMBER 26-27, 2026



# 21.1 KM MAP



## RACE KEY & DETAILS

**Saturday, Sept. 26**

**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**

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







# WEEK SCHEDULE

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## **MONDAY SEPTEMBER 21: NEW BALANCE FREE SHOE GIVEAWAY**

- Visit @321GoRunning on Instagram
- Enter to WIN 1 of 4 pairs of New Balance Shoes
- To enter, you need to take TWO easy steps
  - You must follow [@321 Go Running](#)
  - You must like the post that appears Monday morning that announces the giveaway
- Draw happens Tuesday at 5 p.m.



## **WEDNESDAY SEPTEMBER 23: SASKATCHEWAN BLUE CROSS KIDS MENTAL HEALTH MILE**

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

# WEEK SCHEDULE

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## FRIDAY SEPTEMBER 25:

### PACKAGE PICK-UP - TCU PLACE LOWER LEVEL

- 4-8 p.m.
  - 4-5 p.m. for half-marathon runners ONLY
  - 5-8 p.m. for everyone
- We STRONGLY encourage you to attend the expo from 7-8 p.m. when it is quieter



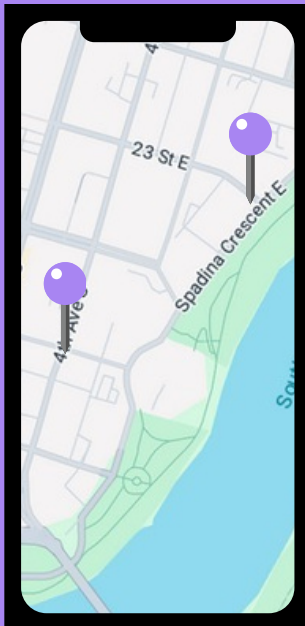
## SATURDAY SEPTEMBER 26:

### PACKAGE PICK-UP - TCU PLACE LOWER LEVEL

- 7 a.m. to 3 p.m.
  - 7-7:30 a.m. for half-marathon runners ONLY
  - 7:30 a.m. to 3 p.m. for everyone
- We STRONGLY encourage you to attend the expo from 1:30-3 p.m. when it is quieter
- You MUST pick-up your bib to be allowed at the start line
- If you CAN'T attend package pick-up, someone else may pick-up your bib/swag by giving your last name

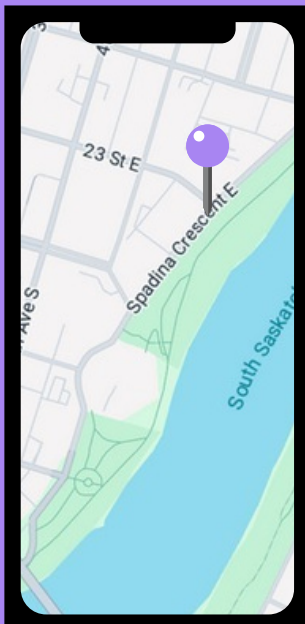
# WEEK SCHEDULE

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## SATURDAY SEPTEMBER 26: 21.1K RUN

- 8:30 a.m.
- Start Line: Intersection of 21<sup>st</sup> St and 4<sup>th</sup> Ave
- Finish Line: Intersection of 23<sup>rd</sup> St and Spadina Cres
- Porta Potties and Bag Drop are located at the finish line (two blocks from the start line)



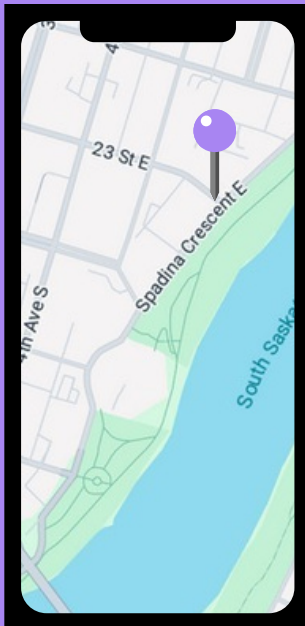
## SATURDAY SEPTEMBER 26: BLUE CROSS KIDS DASH

- Noon
- Start/Finish Line: Intersection of 23<sup>rd</sup> St and Spadina Cres
- Course will be on Spadina Cres, which is closed to traffic
- Course length will depend on the age of the child
- A parent/guardian must be waiting for the child at the finish line



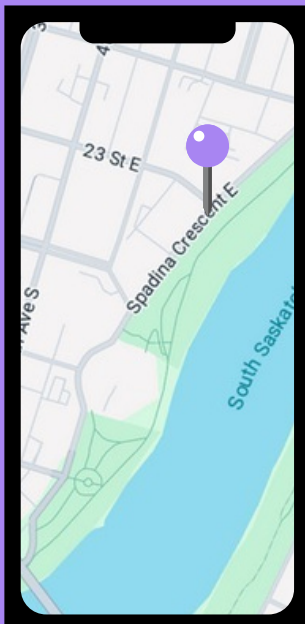
# WEEK SCHEDULE

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## SUNDAY SEPTEMBER 27: 5K RUN

- 8:30 a.m.
- Start/Finish Line: Intersection of 23<sup>rd</sup> St and Spadina Cres
- Porta Potties and Bag Drop are located at the finish line
- Be at the start line by 8:15 a.m.
- Start line is organized by pace (run your own safe pace):
  - Front of the line for fast runners
  - Middle of the pack for easy pace runners
  - Back of the pack for those enjoying a walk or walk/run



## SUNDAY SEPTEMBER 27: 10K RUN

- 10 a.m.
- Start/Finish Line: Intersection of 23<sup>rd</sup> St and Spadina Cres
- Porta Potties and Bag Drop are located at the finish line
- Be at the start line by 9:50 a.m.
- Start line is organized by pace (run your own safe pace):
  - Front of the line for fast runners
  - Middle of the pack for easy pace runners
  - Back of the pack for those enjoying a walk or walk/run

# WEEK SCHEDULE

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## CHALLENGE RUNNERS:

PARIS OF THE PRAIRIE CHALLENGE, SASKATCHEWAN CHALLENGE, SASKATOON CHALLENGE, DAILY DOUBLE CHALLENGE, KIDS HERO CHALLENGE

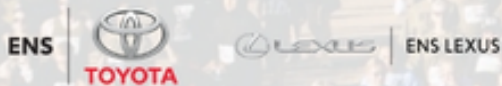
- You will receive ONE bib at package pick-up
- You MUST wear your bib for all of your distance races
- You are responsible for being on-time at the start line for all of your distance races
  - IF you are NOT on time for each race, you will not be allowed to start
- When you complete your first distance, you will receive a regular medal for that event
- When you complete your FINAL distance, you will receive your Challenge medal
- Good luck! Have fun!

## GREEN BIBS:

- There are several hundred Green Bib runners this year
  - A reminder: the Green Bib means you DO NOT receive a medal or hoodie; more of your entry fee is donated to charity
  - You MUST pick-up your Green Bib at the expo and you MUST wear your Green Bib at the start line



# THANK YOU TO OUR SPONSORS



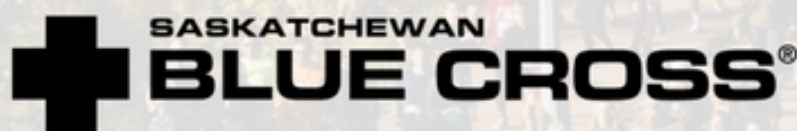
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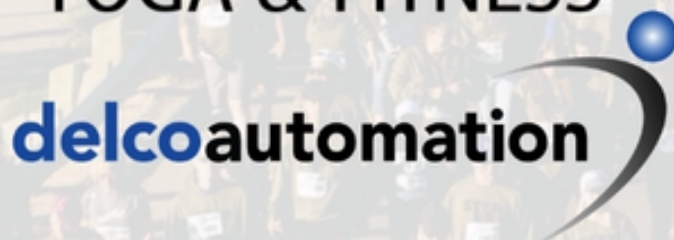
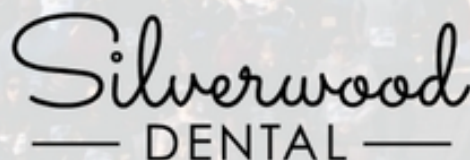


WBM Technologies

# THANK YOU TO OUR SPONSORS



THIS IS YOUR PLACE



# EVENT AMENITIES

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## Saskatoon Cycles Bike Valet



Available Sept. 26 & 27 before each distance. Located at the Finish Line

## WBM Bag Drop

Available Sept. 26 & 27 at the finish line. WBM volunteers will provide a clear plastic bag for you.



WBM Technologies

## 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

Nine pace groups will be offered during the weekend. Watch for the pacers in the starting corral holding a pace sign with the corresponding time and wearing a special shirt!

- 21.1K
  - 1:50 James Vause - Saturday Morning Running Crew member
  - 2:00 Mandy Currie - Canadian trail running stand-out
  - 2:10 Lee Branstetter - Saturday Morning Running Crew member
- 5K
  - 25 mins Andrew Down - Saturday Morning Running Crew member
  - 30 mins Ryley Joyes - Gingerbread Man from Saskatoon's iconic Gingerbread Run
  - 35 mins Ian Garland - Saturday Morning Running Crew member
- 10K
  - 50 mins Mandy Currie
  - 60 mins Matt Ferrier - Sask Marathon pacer
  - 70 mins - Egshina and Elizabeth Byambatseren - Canada Goose Ultra runners

# SPREAD THE WORD ON MENTAL HEALTH

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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 more than 200 volunteers for making Step Up for Mental Health a reality in 2026.

YOU RAN FOR  
YOUR MIND.  
NOW TAKE  
CARE OF THE  
BODY THAT  
CARRIED YOU  
THERE



MASSAGE

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- 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

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At Breland Counselling & Support, we offer counselling for individuals, couples, children, youth, and families, with specialized support in EMDR and prenatal/ postpartum mental health.

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*your story, your journey, your growth*

Astoria Counselling & Assessment is a private mental health clinic in Saskatoon. We believe that in order to function and live optimally, counselling and assessment should be part of your self-care and wellness routines, making you the best version of you. Our dedicated team of mental health professionals offers a variety of services to support the unique needs of every member of your busy family. We are ready to support you and empower you to grow!



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- Counselling for Couples & Families
- Psychoeducational Assessments
- Autism Assessments
- Mental Health Assessments

**Olivia Dangas & Rachelle MacSorley**  
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