



Edmonton Heartbeat Run

10k Run | 5k Run/Walk | 1k Fun Run

EVENT INFORMATION

EVENT ITINERARY

Thursday & Friday, September 24 & 25

4:00pm-8:00pm Athlete Registration & Race Package Pickup

United Cycle
10323-78 Avenue, On Gateway Blvd

Saturday, September 26

10:00am – 2:00pm Athlete Registration & Race Package Pickup

Mazankowski Alberta Heart Institute
8440 - 112 Street

**Join us on Saturday at the
MAZANKOWSKI ALBERTA HEART INSTITUTE
HEART HEALTH SYMPOSIUM**

Join us on Saturday, September 26 for informative and educational sessions at 11am and 1pm.

Sessions will be open to the general public and topics include:

- Recognizing signs and symptoms of heart disease
- Nutrition and a healthy heart
- Exercise and the heart

Saturday Parking

Free Parking! The East Parkade (Public Parkade) is located on 83 Avenue. This is the parkade that has the pedway connection to the Mazankowski Alberta Heart Institute. Upon entry of the parkade, they will participants are to take a parking ticket from the machine and at the event we will provide a parking voucher to use upon exiting the parkade.

Sunday, September 27

7:30am - 8:30am Late package pickup, timing chip issued
8:45am Pre-race briefing (FOR ALL ATHLETES)
9:00am 10km START
9:15am 5km START
10:30am 1km START
11:00am Awards & Draw Prizes.

HOW TO LOCATE LOUISE MCKINNEY PARK

9561-9999 Grierson Hill Rd NW, Just under the Shaw Convention Centre. [Click Here for a Map](#)

PARKING

Ample pay parking is available at this site, or along Jasper Avenue.

RACEDAY REGISTRATION AND BAGGAGE CHECK

Registration will take place at Louise McKinney Park, next to the Chinese Pavilion. If you have already received your race kit, you do not need to check-in.

This is also the site of the finish line.

A baggage tent will be available next to the registration tent. Volunteers will place labels with your race # on them. To retrieve your bag after the event, please ensure you have your bib #.

WASHROOMS

Every runner's biggest concern! We will have porta-potties at the registration/finish site to lessen the burden on parks facilities. The new washroom facilities near the start area will be open for race start.

START TIME & START LINES

The 10km start is at 9am. The 5km start is 15 minutes later. Both events start on the lower footpath next to the new public washroom facility near the river. This is approximately 500m from the finish/registration area.

TIMING CHIP

We are utilizing the new 'D Tag' timing system. Using the adhesive tab, loop it through your laces and ensure it looks like a 'D'. Do not flatten the tag. More instructions are available here http://www.chronotrack.com/pdf/D_Tag_Instructions.pdf

This system does not require the chip to be removed – they can be disposed of after the event. We will have a bin to collect these if you wish to remove them after the race, or you can send them in to be disposed of as well. Visit <http://www.chronotrack.com/go-green/> for details.

WATER STATIONS & KM MARKERS

The course will be marked every kilometer and refreshments are served at three stations per lap (appx. 2.5km, 5km & 7.5). You can choose between Ultima and water.

THE FINISH LINE

After passing the finish line please move forward 200 meters. Just past the finish, you will find fruit, muffins & more! We will provide warm and cool drink and be sure to stick around for some amazing draw prizes and awards presentations to the top 3 in each 10year age category (both 5km and 10km events). Our medical services will also be available here.

DISTRIBUTION OF PRIZES

Top finishers in each 10year age group will receive their prizes onsite at approximately 11:00am. All runners who cross the finish line will be able to download a customized finisher's certificate. After the last finisher has crossed the line we will be presenting draw prizes. You have to be in attendance to win!

RESULTS LIST

Results will be posted onsite as they are updated and official results will be posted on our website within 24hours of the event.

RACE ETIQUETTE & INFORMATION

Start – Please seed yourself according to your own pace. Fast runners to the front of each race start. Please heed the 'rules of the road' (eg. Stay to the right) unless otherwise stated. No iPods/MP3 players are allowed – you have to be able to hear our volunteers!

Course - Please follow the instructions of all course marshals. These volunteers are out there to help protect you! The course is open to pedestrian and vehicle traffic (at certain locations). Please be aware at all times.

COURSE DESCRIPTION & MAP

5km Run

The 5km event heads west along the paved trails going under the Lower Level Bridge. Athletes will be directed to turn south along the river to turnaround just before the 105st (Walterdale) bridge. Athletes will return along the same course heading past the start point. Athletes will be directed to turn left and climb the final 300m to the finish! [View map here](#)

10km Run

The 10km event completes the above listed portion but rather than climbing to finish, athletes will continue East along the paved trail through the Riverside Community. The course will take athletes under the Dawson Bridge and into Dawson Park to the turnaround point. Athletes will return along the same route and will be directed to turn Right and climb the final 300m to the finish! [View map here](#)

1km Run/Walk

The 1km event begins just below the finishline (down two switchbacks) and will head West along the paved footpath. Athletes will follow the gradual descent to turnaround at the base of the footbridge overpass to the Shaw. Athletes will enjoy the steady climb back to the finish!!

PLEASE THANK OUR SPONSORS



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