



— SWAN CITY —
SPRING RUN

MARCH 30, 2025

PARTICIPANT GUIDE

Welcome to the Inaugural Swan City Spring Run!

On behalf of MultiSports Canada, Trekkers Outdoors, and the dedicated volunteers supporting our charity partner, the Grande Prairie Fire Fighters Charity Foundation, we want to extend our heartfelt thanks to each and every athlete for joining us at this year's event!

Everything you need to know for race day is detailed below. Please review this guide carefully in advance. In our effort to be environmentally friendly, this guide will be available digitally only.

Inside this athlete guide, you'll find:

- ✓ Package Pick-Up Information
- ✓ Schedule of Events
- ✓ Race & Parking Maps
- ✓ Spectator Tips
- ✓ And More!

From our team to yours, we wish you a fantastic race experience!

Trevor Soll
Race Director
MultiSportsCanada

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PRE-RACE PACKAGE PICKUP

Make race morning stress free and pick-up your race package on Saturday March 29

Runners may pick up on be of other participants.

Where: Trekkers Outdoor LTD
Unit 115, 9505 68 Ave



When: Saturday March 29

2pm - 4:30pm

Your race kit includes:

- Race bib and any upgrades you purchased
- Safety pins for your bib number are available at the desk if you need them

REMEMBER -BYOB!



BYOB (bring your own bag)
for your race items. Help us
keep waste to a minimum.

Race Day Schedule:

Sunday March 30

9:00am Race Site Open to all athletes. Late Package Pickup

9:45am Pre-race briefing (FOR ALL ATHLETES)

10:00am 10Km Run START

10:30am 5Km Run/Walk START

11:00am 1km Fun Run START

~12:00pm Wrapup **no age group awards. See details below

RACE DAY INFORMATION

Please arrive early to allow plenty of time for traffic, parking and final preparations at the Start Line.

START & FINISH LINE LOCATION

The start and finish line will be based at Crystal Lake Park.
121 Ave & Lakeland Drive. [Find directions here](#)

PARKING

There is limited parking available in Crystal Lake Park. Once the lot fills, park at.....

RACE BIB

Please ensure that your race bib is visible on the front of your body

WEATHER, RUNNING GEAR & TRAIL CONDITIONS

Weather - It is the fall, so be prepared...but a forecast high of 13!!!

RUNNING GEAR- Pack and bring gear for all conditions! Long term forecasts are looking good. Weather can change in an instant.

START/FINISH LINE SERVICES

Baggage Check - If you need to leave some gear, please provide it to us in a sealed bag/container. Baggage check will be available next to the Late Registration tent.

All items checked can be reclaimed with your runner bib. All unclaimed items will be transported to the finish area and made available from 12pm-1pm. Unclaimed items will then be donated to a local charity. Do not give your items to any volunteer except those at the Baggage Check. Nothing left on the course will be available to reclaim. Multisportscanada and the Swan City Spring Run are not responsible for any lost or stolen items.

Washrooms - Public Washrooms will be available at the race site. There are no washrooms on course.

Medical - Our Medical Team will have a base medical unit available next to the start/finish line.

Merchandise Sales - Missed out on ordering your race hat, hoody or jacket? We will have a limited selection of extras available for sale. First-come, first serve.



COURSE DETAILS



From the Start, athletes will head south Southwest through Crystal Lake Park and loop back to the finishline. Passing the finish, athletes will follow the paved trail to the turnaround point at the 3.3k mark. Returning the same way, athletes will complete another full loop before returning to the finish



Just 1 loop!



From the Start, athletes will head North and turnaround at the 500m mark. Return to finish!

[MAP LINK](#)

RACE DETAILS

AID STATIONS

There will be 2 fluid aid stations on the route. 1 at the run turnaround (appx 3.3km of the lap) and at the start /finish area. There will be both water AND sports drink at each station. Please plan your hydration needs accordingly.

PROHIBITED DEVICES ON COURSE

Wheeled devices are not permitted on course by anyone other than registered and authorized wheelchair and hand cycle participants. Prohibited devices include but are not limited to walking strollers, roller skates, baby joggers, skateboards, and/or bicycles.

Selfie sticks, Go Pro's, camera mounts, video devices and all other mobile devices, while not prohibited, are not recommended on course. Any damage/loss suffered on course is at owner's expense.

Music devices are permitted for use on course so long as participants are alert to their surroundings at all times. We recommend that only one headphone is used in order to hear important announcements made on course.

COURSE ADVISORY

PLEASE NOTE: For the safety and security of all runners on course, be aware that the race course will be shared with pedestrian traffic. Stay in the designated lane(s) for runners. Please, always follow direction from course staff, volunteers, and public safety officials.

Please be aware of your surroundings!

FINISH LINE PROCEDURES

Upon finishing, please continue past the finish area to the finisher foods. Please notify anyone on staff if you are in need of medical attention at this point. For the convenience and safety of all participants, please continue moving; no stopping or loitering is allowed. Once you exit the Finish area, there is no re-entry.

RUNNER REFRESHMENTS

Refreshments will be available beyond the finish line, within the finishline area. Hydration including water, sport drink and a wide variety of snacks will be available.

RACE RESULTS

Race Results will be available within 24 hours of the race. Timing will be done manually and will require manual input. Results will be posted on the Swan City Spring Run website and participants will be emailed with details.

AGE DIVISIONS AND AWARDS

Please note that there will be no age group awards.

OUR CHARITY



The Grande Prairie Fire Fighters Charity Foundation! The GPFFCF is a charity run by city firefighters who are passionate about making Grande Prairie a better place to live. 100% of the money we raise goes to families and individuals in need in the Grande Prairie area!

<https://www.gpfdcharity.com/>

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SUNDAY



LET'S RUN

SWAN CITY HALF MARATHON

21K - 10K - 5K - 1K

SEPTEMBER 28, 2025
MUSKOSSEPI PARK

**Register
Now!**