

RUN THE CANADIAN ROCKIES

APRIL 27, 2024

PARTICIPANT GUIDE

JASPERCANADIANROCKIESHALFMARATHON.CA



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WELCOME

Dear participants,

Welcome to the 7th Annual Jasper Canadian Rockies Half Marathon, proudly presented by the Pursuit Group!

As the Race Director, I'm so excited to see such a large contingent at this year's event. Over 1400 athletes and registrations continue to come in this week. With the half marathon distance SOLD OUT for the past month, and the other distances not far behind, we know that Jasper is the place to RUN!

It brings me immense joy to extend a warm welcome to all the exceptional runners joining us from across Canada (6 provinces in attendance), and around the world (7 countries representing)!

Our dedicated team of volunteers and organizers has spared no effort in meticulously planning the course, ensuring it not only highlights the unparalleled natural splendor of the region but also offers a genuine test of your running prowess and resilience.

In our commitment to sustainability, this guide will be exclusively available in digital format. Inside, you'll discover essential information including Packet Pick Up details, the Schedule of Events, Race and Parking Maps, Spectator Tips, and much more.

Trevor Soll
Event Director
Multisportscanada



Congratulations on signing up as either a participant or volunteer with the Jasper Canadian Rockies Half Marathon!

Jasper National Park is a special place; it is part of the Canadian Rocky Mountains World Heritage Site and encompasses over 11 000 km² of rugged mountains and montane oasis.

Please remember that this park is a protected area and that we all play a role in minimizing impacts on it. Here are a few tips when you are out running the roads and trails this race weekend:

- Practice “no trace” principles as a participant, a volunteer or a spectator. Keep garbage with you or dispose of it at the water stations along the route.
- If you encounter wildlife on the roadways and or trails, keep your distance. We recommend 30 metres between yourself and grazing animals, and 100 metres between yourself and predators.

Make the most of your visit and check out our extensive trail network around town or throughout the park. Whether it be on foot or bike, Jasper National Park has trails for all levels and abilities.

For more information on our trails or the park, visit: parksCanada.gc.ca/jasper or drop by the Jasper Information Centre located at 500 Connaught Drive.

Thank you for choosing Jasper National Park – have a great race!

Your friends at Parks Canada

Vous venez de vous inscrire comme participant ou comme bénévole au semi-marathon des Rocheuses canadiennes dans le parc national Jasper? Toutes nos félicitations!

Le parc national Jasper est un véritable trésor; il protège plus de 11 000 km² de montagnes sauvages et d'oasis montagnardes et fait partie du site du patrimoine mondial des parcs des montagnes Rocheuses canadiennes.

N'oubliez pas que ce parc est une aire protégée et que nous devons tous faire notre part pour réduire nos impacts écologiques. Voici quelques conseils à retenir quand vous parcourrez les routes et les sentiers en cette fin de semaine de course :

- Que vous soyez participant, bénévole ou spectateur, appliquez les principes « Sans trace ». Rapportez vos déchets ou déposez-les dans un poste d'approvisionnement en eau le long du parcours.
- Si vous rencontrez un animal sauvage sur la route ou sur un sentier, restez à une distance sûre. Nous vous recommandons de laisser 30 m entre vous et les animaux brouteurs et 100 m entre vous et les prédateurs.

Tirez le maximum de votre séjour dans le parc et profitez-en pour explorer notre vaste réseau de sentiers en périphérie de la ville et ailleurs dans le parc. Que ce soit à pied ou à vélo, le parc national Jasper offre des sentiers pour tous les niveaux et toutes les capacités.

Pour en savoir davantage sur nos sentiers ou sur le parc, consultez le site parksCanada.gc.ca/jasper ou arrêtez-vous au Centre d'information de Jasper, au 500 Connaught Drive.

Merci d'avoir choisi le parc national Jasper. Bonne course!

Vos amis de Parcs Canada

Welcome to the Jasper Canadian Rockies Half Marathon!

We're excited to have you here and we hope you are as excited for this event as we are! Whether you're a newcomer or a returning participant, the thrill of racing through the mountains remains unparalleled. Set against the backdrop of the incredible Jasper National Park, take a moment during your run to soak in the breathtaking views. Let the snow-capped peaks and the vibrant flow of the surrounding rivers energize each step. Breathe in the crisp mountain air and prepare to challenge yourself on this spectacular route. For pre-race fuel or post-race celebrations, visit jasper.travel for dining recommendations and enjoyable activities to round out your weekend.

Tyler Riopel
CEO
Tourism Jasper



Dear Runners,

On behalf of our Welcoming and Inclusive community, I am thrilled to welcome you to Jasper for the 2024 Jasper Canadian Rockies Half-Marathon.

Whether you are here to conquer the 5km, 10km, or the 21km race, we are confident that you will relish your time on our challenging and scenic courses, as well as the warm hospitality of our community.

With a variety of events and distances available to you, coupled with the exceptional amenities of our town and the breathtaking landscape of Jasper National Park, your weekend promises to be unforgettable.

We invite you to Venture Beyond and experience everything Jasper has to offer. We look forward to creating another memorable experience for you and hope to see you return.

Warm regards,

Richard Ireland

Mayor of Jasper



Psst...
'BRING SNACKS!'

THE MOUNTAINS ARE CALLING.



CERTIFIED
CERTIFIÉ



GLUTEN-FREE
SANS GLUTEN

EVENT WEEKEND

Race Package Pick Up

Friday, April 26: Skyline room at The Lobstick Lodge (94 Geikie St).
3pm - 9pm

Saturday, April 27: Race Site



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

Race Day Schedule: Saturday April 27

11:00am - 3:15pm: Late Package Pickup (start area)

11:00am: Start area & baggage check opens

12:45pm: Final Race Briefing

1:00pm: Half Marathon Start

1:15pm: 10km Start

1:30pm: 5km Start

3:30pm: Family Fun Run

3:45pm: Awards - onsite

5:00pm- Happy hour! Pick your favorite spot!

DISTANCE CHANGES

Need to change your race distance? No problem! Changes can be made until Friday at Package Pickup.

*Costs are as follows:

Upgrading (**excluding the Sold Out 21k**) and Downgrading:
+ a \$10 processing fee and GST.

Note: Distance changes will not be reflected on your customized bib. e.g. If you signed up for the 21k, the bib will still show that distance

PARK ACCESS

Parks Canada is pleased to offer free admission for youth (ages 6-17) at our parks and sites, however regular fees still apply for other experiences and services.

Daily

Adult \$11.00

Senior \$9.50

Youth free

Family/Group \$22.00

Commercial Group, per person \$9.35

<https://www.pc.gc.ca/en/pn-np/ab/jasper/visit/tarifs-fees>

Buy your National Park Pass online, print at home, arrive in Jasper and skip the line to go straight into adventure!

<https://www.jasper.travel/parkpass/>

PRE-RACE PACKAGE PICKUP

Make race morning stress free and pick-up your race package on Friday April 26!

Runners may pick up on behalf of other participants.

Where: Skyline room

The Lobstick Lodge (94 Geikie St).

Follow the signage after entering the main lobby

When: FRIDAY APRIL 26. 3pm - 9pm

Your race kit includes:

- Race T-shirt and any upgrades you purchased
- Participant bib number
- ChronoTrack B-Tag® (Affixed to back of bib number)
- Safety pins for your bib number are available at the desk if you need them

There will be no shirt size exchanges at the package pickup. If you need to exchange your shirt size, you may do so on race day at the registration tent, **after your race has completed**. Shirt size exchanges will be based on availability.

REMEMBER -BYOB!

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: We are located in the large RV parking lot adjacent to the Home Hardware, just south of Connaught on Hazel Street.

WEATHER, RUNNING GEAR & TRAIL CONDITIONS

Weather - It's spring so be prepared!

Running Gear - Pack and bring gear for all conditions! Long term forecasts are looking good, but in the mountains that can change in an instant.

Road Conditions - as you know we have had a great spring! Our route is clear of snow, but there is always risk of a few icepack sections. Please stay aware of all road conditions. As with our Canadian weather forecasts - COME PREPARED FOR ANYTHING!

START/FINISH LINE SERVICES

Package Pickup - Weren't able to pick up your items on Friday night? We will have packages available for pickup starting at 11am.

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.

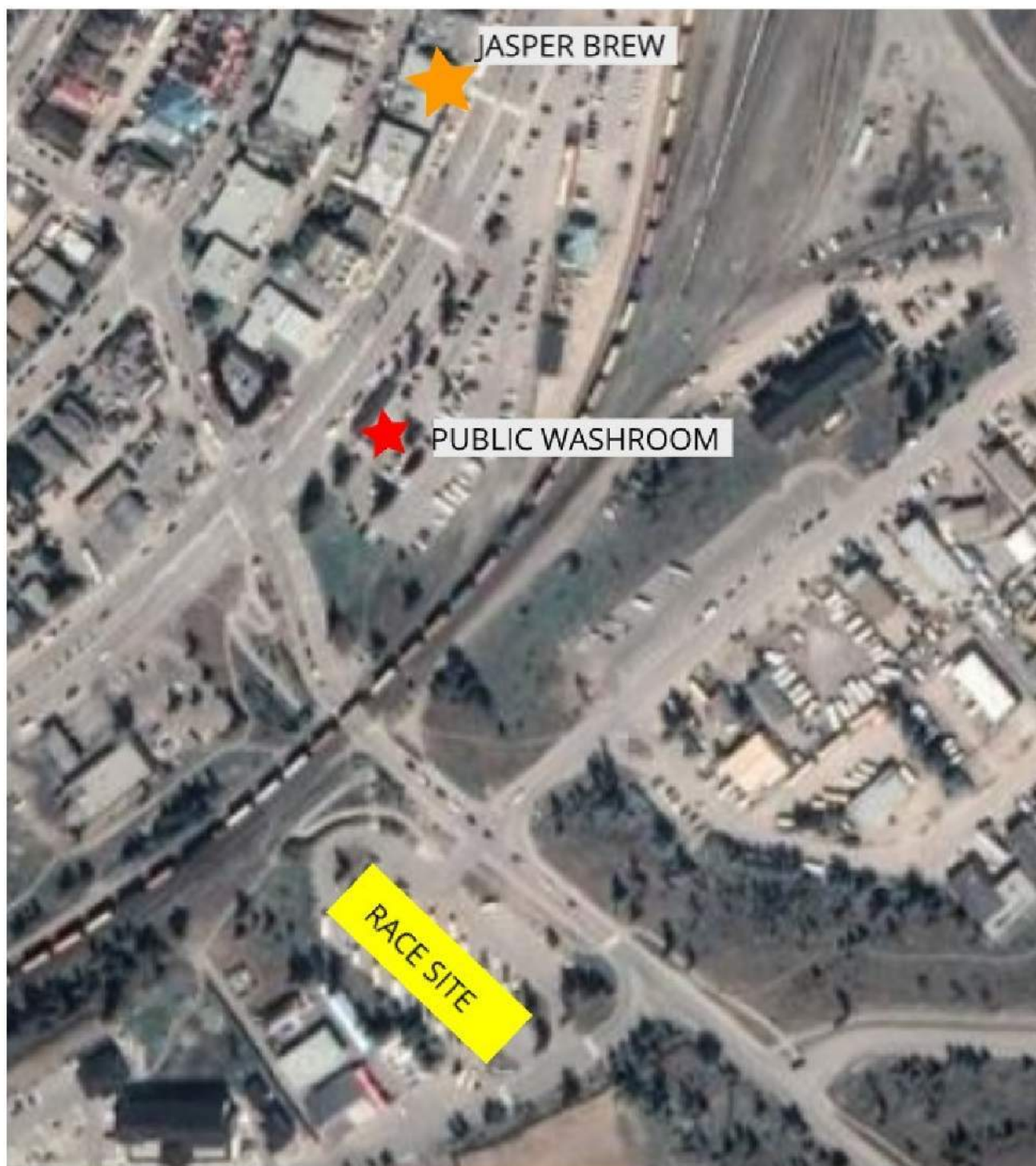
All items checked can be reclaimed with your runner bib. All unclaimed items will be transported to the finish area and made available from 3pm-6pm. Unclaimed items will then be donated to a local charity. Do not give your items to any volunteer except those at the Baggage Check. Nothing left on the course will be available to reclaim. Multisportscanada and the Jasper Canadian Rockies Half Marathon are not responsible for any lost or stolen items.

Washrooms - Portable Toilets will be available at the race site. Public Washrooms are also available approximately 400m away (Connaught & Hazel). There are also Parks Canada Toilets along the route.

Medical - Our Medical Team will have a base medical unit available next to the start/finish line. They will also have a support vehicle roaming the course.

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.

SITE MAP



PARKING



CAN'T MAKE IT TO THE RACE?

During the event registration, participants have the option to purchase additional insurance through Fanshield.com. This program offers registration refunds in the case of injury, illness, death in the family, etc.

A full breakdown of what the program offers is [available here](#).

Did you purchase this?

You can make a claim for reimbursement [here](#)



AN AMAZING FINISH DESERVES A GREAT BEER.

Crisp Pils | Jasper the Bear Ale | Trail Session IPA
Available on liquor store shelves across Alberta.



624 CONNAUGHT DR.

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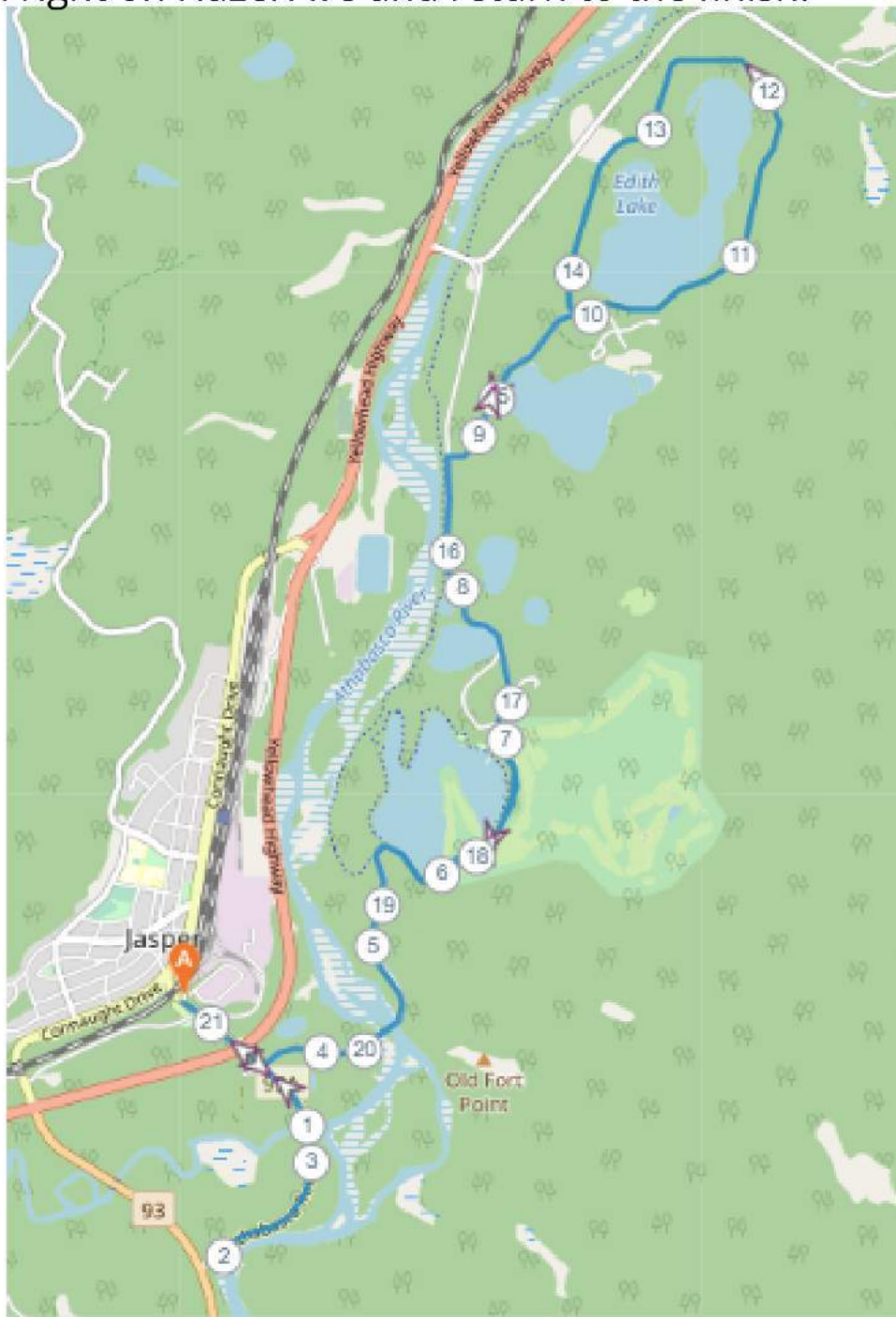
COURSE MAPS

21KM - MAP

From the Start, athletes will head South along Hazel Ave crossing Hwy 16. Athletes will continue along 93A to the turnaround point by Alpine Village.

At the turnaround/water station, athletes will continue back along Hwy 93A and turn Right onto Old Fort Point Road. The 21km route will take athletes through the Fairmont Jasper Park Lodge property. Athletes will turn right onto Lake Annette Road and will complete a 'counter clockwise' loop around Lake Edith.

Athletes will return the same way back along Old Fort Point Road but turn right on Hazel Ave and return to the finish!



10KM - MAP

From the Start, athletes will head South along Hazel Ave crossing Hwy 16. Athletes will continue along 93A to the turnaround point by Alpine Village.

At the turnaround/water station, athletes will continue back along Hwy 93A and turn Right onto Old Fort Point Road. The 10km route will take athletes onto the Fairmont Jasper Park Lodge property and turnaround just before the cabins.

Athletes will return the same way back along Old Fort Point Road but turn right on Hazel Ave and return to the finish!

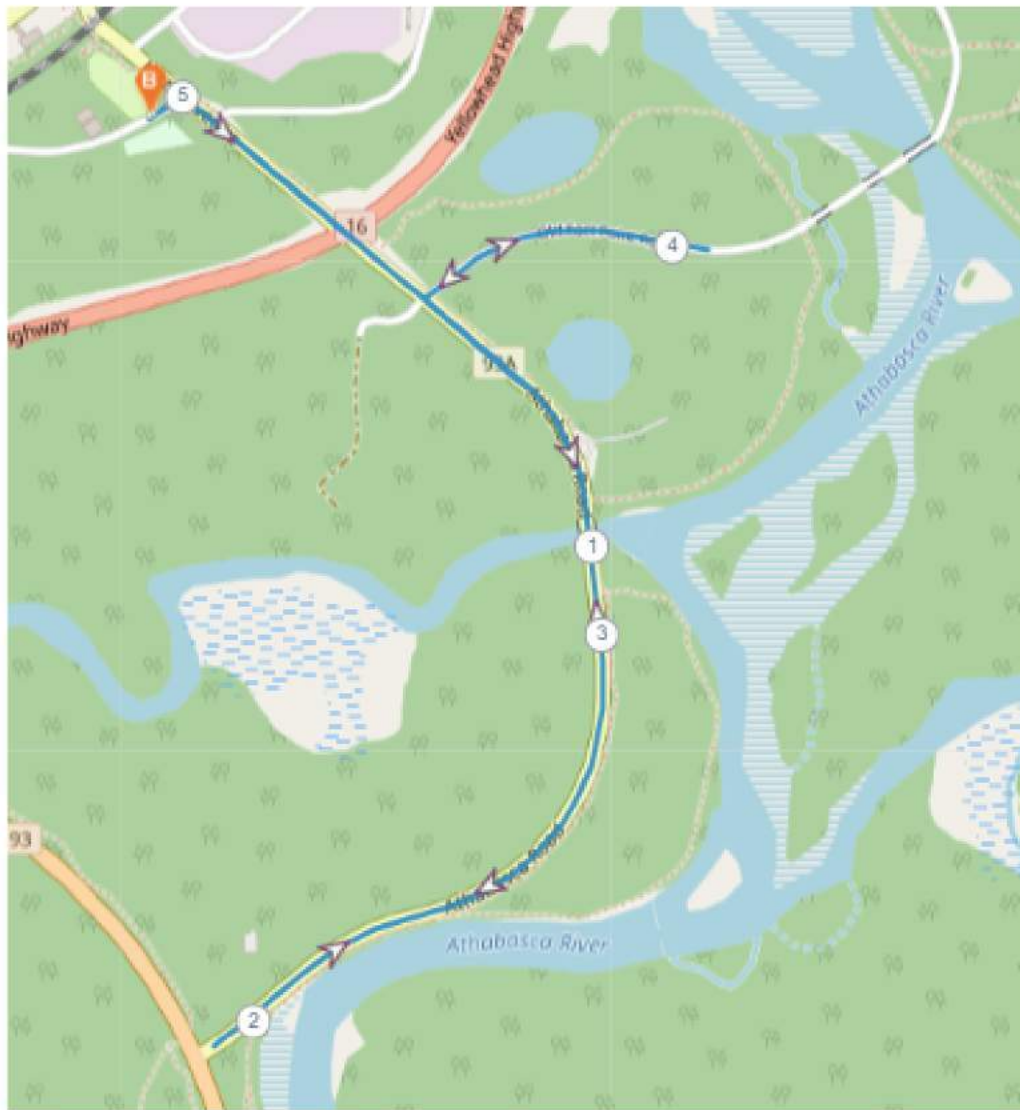


5KM - MAP

From the Start, athletes will head South along Hazel Ave crossing Hwy 16. Athletes will continue along 93A to the turnaround point by Alpine Village.

At the turnaround/water station, athletes will continue back along Hwy 93A and turn Right onto Old Fort Point Road. The 5km turnaround is approximately 400m down the road.

Athletes will return the same way back along Old Fort Point Road but turn right on Hazel Ave and return to the finish!



1KM - MAP

From the Start, athletes will head South along Hazel Ave and turnaround just before the Hwy 16 crossing. Return to finish!



WILD MOUNTAIN RUNS!
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AFTER *the* FINISH LINE



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RACE DETAILS

AID STATIONS

There will be 7 fluid aid stations along the Half Marathon race route, with both water AND sports drink at each station. Aid Stations will be located at the following approximate km markers: 2.5km, 5km, 8km, 11km, 13km, 15.5km & 18km. The aid station at the 11km mark will also have porta potties nearby.

COURSE TIME LIMIT

The run course will close 3 1/2 hours after the Half Marathon Start. After this time the course will no longer have traffic control. Athletes may proceed but have to follow the rules of the road - including stopping at all intersections.

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 some portions of the race courses will be shared with vehicular traffic. Stay in the designated lane(s) for runners. Please, always follow direction from course staff, volunteers, and public safety officials.

*Half Marathon - As the roadway between the turn-off to Lake Annette and the Beauvert Suites on the JPL property is very narrow, we will be alternating traffic. The road will be sectioned off into one way traffic for vehicles and runners.

Please be aware of your surroundings!

THE START

EVENT ITINERARY - SATURDAY APRIL 27

11:00AM: START AREA & BAGGAGE CHECK OPENS
11:00am - 3:15pm: Late Package Pickup (start area)
12:45pm: Final Race Briefing
1:00pm: Half Marathon Start
1:15pm: 10km Start
1:30pm: 5km Start
3:30pm: 1km Family Fun Run
3:45pm: Awards - onsite

BIB NUMBER

Your Jasper Canadian Rockies Half Marathon Bib is your unique identifier.

It must be visible and always worn on the front outer layer of your race clothing on race day.

Bib number guidelines:

- your bib must be fastened with four(4) pins to the front of your outer large of clothing and be visible at all times through the race
- do not alter, cut or fold your bib in any way
- your bib is non-transferable and must be worn only by you, the registered participant
- the sale and/or transfer of your bib without our approval is strictly prohibited and will results in disqualification

START LINE PROCEDURES

All athletes are to congregate in the parking lot adjacent to Home Hardware. Athletes will be called to the startline corral 5 minutes prior to their race start.

Please seed yourself accordingly! Fastest to the front.

Jogging strollers are allowed but must start at the back of the group.

While we have a horn to start the race, your time does not start until you cross the timing mats!

THE FINISH

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 on the Multisportscanada Trailer and will update regularly throughout the afternoon. Results will be posted on the JasperCanadianRockiesHalf.ca website within 24 hours.

AGE DIVISIONS AND AWARDS

Please note that all age group awards are based on chip time, NOT gun time.

All participants will receive a finisher's medal upon completion.

Age Group awards will be provided for the Half Marathon, 10km and 5km events.

Prizing is awarded three (3) deep for each of the following age groups: Under 20, 20-29, 30-39, 40-49, 50-59, 60-69, 70+.

Awards will be presented onsite starting at approximately 3:45pm.

Awards will not be mailed out.

RACE PHOTOS

We will have photographers capture runners multiple times throughout the race course, as well as before and after the race. Smile when you see the photographers, and make sure your bib number is clearly centered and visible so they will be able to identify you.

Photos will be made available on our website and social media pages FOR FREE!



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Tasha Porttin
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Jamie Myers
Staff Pharmacist



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OUR CHARITY



\$10 of each entry from the 21k, 10k, and \$5 in the 5k events goes directly to the Jasper Healthcare Foundation.

Help out the Jasper Healthcare Foundation and reward yourself in the process! The goal for the 2024 event is the purchase of 3 hospital beds for the emergency department.



Through your donations and fundraising, help us meet the goal of \$15,000 for this equipment.

Donations will be accepted at package pickup and on event day. Remember you can continue to fundraise online until the end of the month.

Please push your fundraising goals until April 30!
Thank you for your support.



EDMONTON

May 5, 2024

Laurier Park

21K - 10K - 5K - 1K



firstrespondershalfmarathon.ca

EMBRACE ENDURANCE



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15 MEMBER

155KM

9 MEMBER

105KM

6 MEMBER

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MNP

June 8, 2024



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100k
126k
165k
190k

*Breathe in the majesty
of Jasper National Park!*
*Distances for all ages
and abilities*

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JASPER CANADIAN ROCKIES
HALF MARATHON

**SAVE
THE
DATE**

**April
26
2025**



NACHO AVERAGE FUNDRAISER!!



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OF JASPER

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