

SWAN CITY



HALF MARATHON

GRANDE PRAIRIE



SEPTEMBER 28, 2025

PARTICIPANT GUIDE

It is our pleasure to welcome you to the second annual Swan City Half Marathon. With only 7 spots remaining, we anticipate on a SELLOUT this year!

On behalf of Multisportscanada, the Grande Prairie Tourism Association, Ortho 101, and the many volunteers supporting our charity partner, the Grande Prairie Fire Fighters Charity Foundation, we sincerely thank each and every athlete for joining us at this year's event.

Everything you need to know for race day is included in this guide. Please review it carefully prior to the event. In an effort to be environmentally friendly, this guide is provided digitally only.

Inside, you'll find:

- Package Pickup Information
- Schedule of Events
- Race & Parking Maps
- Spectator Tips
- And more!
-

From our family to yours, we wish you a fantastic race day experience.

Trevor Soll
Race Director
Multisportscanada

780-933-9474
www.ortho101.ca



ORTHO101

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PRE-RACE PACKAGE PICKUP

Make race morning stress free and pick-up your race package on Saturday September 27

Runners may pick up on behalf of other participants.

Where: Trekkers Outdoor LTD
Unit 115, 9505 68 Ave



When: Saturday September 27 12pm - 3pm

Your race kit includes:

- Race T-shirt and any upgrades you purchased
- Participant 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!



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

Race Day Schedule:

Sunday September 28

- 9:00am Race Site Open to all athletes. Late Package Pickup
- 9:45am Pre-race briefing (FOR ALL ATHLETES)
- 10:00am Half Marathon START
- 10:15am 10Km Run START
- 10:30am 5Km Run/Walk START
- 11:30am 1km Fun Run START
- ~12:30pm Wrapup **no age group awards. See details below

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Goodr Sunglasses**

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SUNGLASSES

SUN RIVER
HONEY



 **tailwind** **BONKBREAKER**
• NUTRITION •

**Swan City Half & Saddle
Hills Ultra Participants**

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 Ernie Radbourne Pavilion in Muskoseepi Park.

10326 102 Ave, Grande Prairie, AB T8V 1C3

PARKING

There is ample parking available in Muskoseepi Park

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.

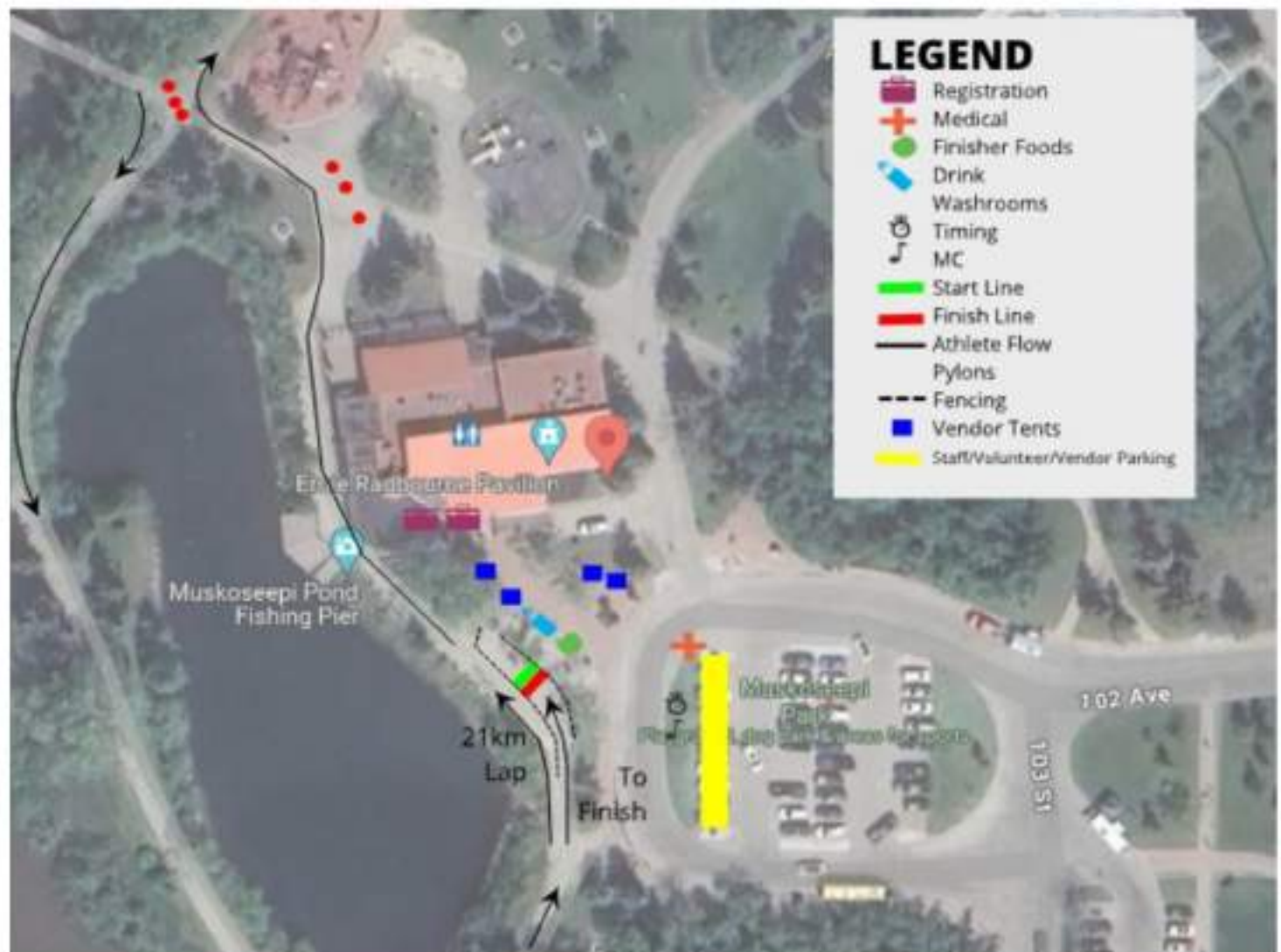
All items checked can be reclaimed with your runner bib. All unclaimed items will be transported to the finish area and made available from 12pm-2pm. Unclaimed items will then be donated to a local charity. Do not give your items to any volunteer except those at the Baggage Check. Nothing left on the course will be available to reclaim. Multisportscanada and the Swan City Half Marathon 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.

SITE MAP



COURSE MAPS

21KM [**MAP**](#)

Starting adjacent to the Ernie Radbourne Pavilion in Muskoseepi Park, athletes will loop around Bear Creek Reservoir, including a short loop through the new trail by the hospital. Returning along the west side of the reservoir, athletes will continue South along Muskoseepi Trail to the turnaround point just south of 84th Ave. Returning the same way, 21km athletes will complete a second lap of the course before returning to the finish.

10KM [**MAP**](#)

Starting adjacent to the Ernie Radbourne Pavilion in Muskoseepi Park, athletes will loop around the East side of Bear Creek Reservoir, including a short loop through the new trail by the hospital. Returning along the west side of the reservoir, athletes will continue South along Muskoseepi Trail to the turnaround point just south of 84th Ave. Return the same way to the finish line!

5KM [**MAP**](#)

Starting adjacent to the Ernie Radbourne Pavilion in Muskoseepi Park, athletes will loop around the East side of Bear Creek Reservoir, including a short loop through the new trail by the hospital. Returning along the west side of the reservoir, athletes will continue South along Muskoseepi Trail and make a sharp left turn to return to the finish at the Pavilion.

1KM [**MAP**](#)

Take part in the family-friendly 1k run, perfect for everyone. From the start, head north and loop to the west around the Pavilion. Return along the same route as the 5k to the finish!



RACE DETAILS

AID STATIONS

There will be 3 fluid aid stations along the half marathon and 10k race routes (half marathon - you'll hit them twice each lap), with both water AND sports drink at each station. Stations are approximately 3-4km apart. Please plan your hydration needs accordingly.

COURSE TIME LIMIT

The course and finish line will be open for 4.5 hours (10am thru 2:30pm). All participants must maintain a pace no slower than 15 minutes per mile throughout the course in order to be recorded as an official finisher (with time and place). Early starts are not allowed. The SAG Wagon will signify the end of the field and the maximum 15-minute per mile pace. After crossing the Finish Line, participants will receive a finisher medal, water and plenty of post-race runner food.

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 roller skates, skateboards, and/or bicycles.

Strollers & baby joggers are allowed but need to start at the back of the group.

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 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 Half website and participants will be emailed with details.

AGE DIVISIONS AND AWARDS

Please note that all age group awards are based on 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+.

We will not be providing medals, but will be offering the following:

- 1st place - Complimentary entry to the 2026 event
- 2nd place - 50% discount to the 2026 event
- 3rd place - 25% discount to the 2026 event

When registration opens for the 2026 event, please contact us to claim your prize.

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!

Participants are presented the opportunity to fundraise for the GPFFCF and the event has created a 'Run for Charity' category. Entrants in this category pay a reduced entry fee and fundraise a minimum of \$300 for our partner charity!

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

MERCH SALE

FIND GREAT DEALS ON PAST EVENT RACE GEAR!

RUNNING GEAR:

TSHIRTS

\$10

LONG SLEEVE TECH

\$20

FLEECE HOODIES

\$30

CYCLE GEAR:

JERSEYS

\$40

JACKETS

\$60

SHORTS

\$40

BIB SHORTS

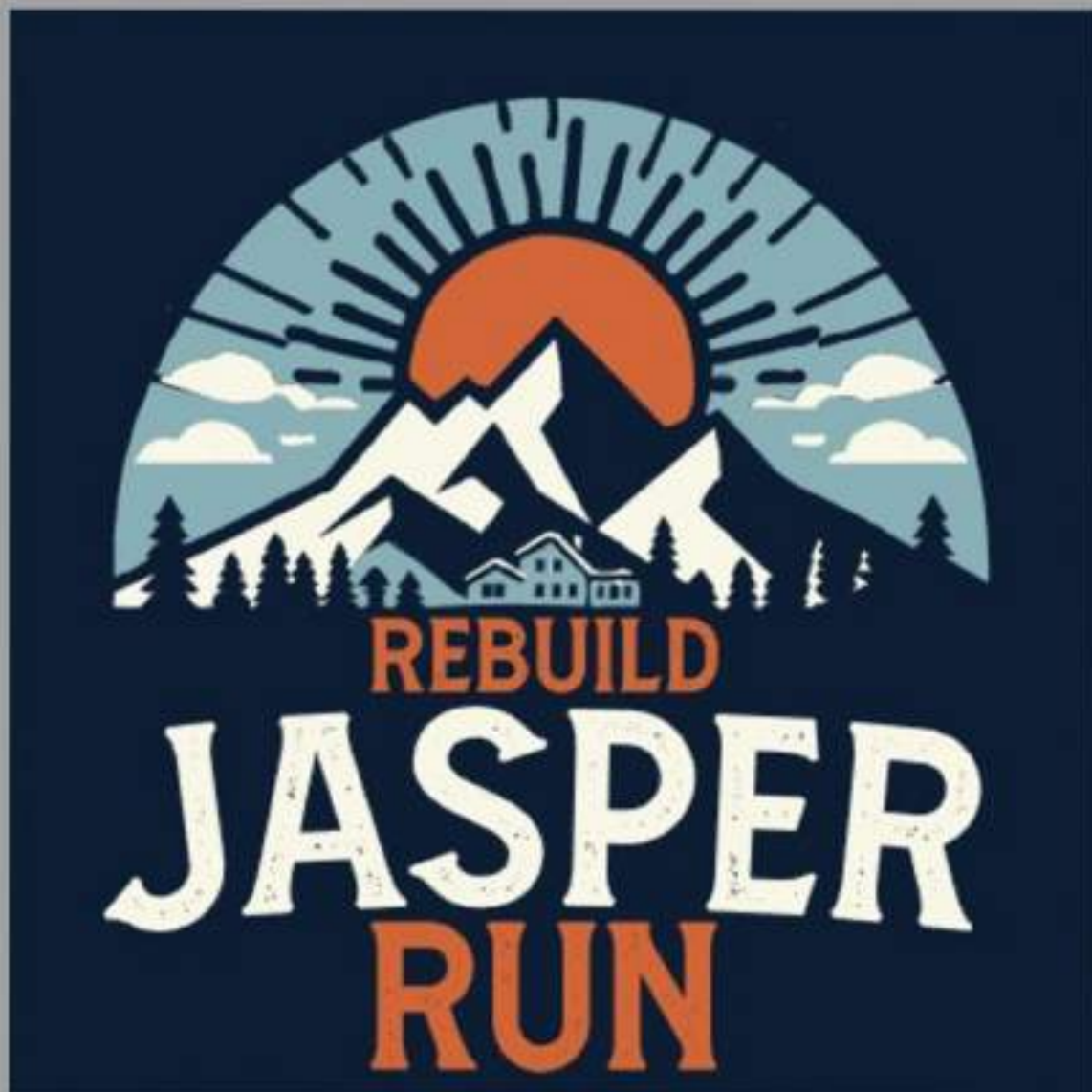
\$50

WATERBOTTLE

\$15

LIMITED
QUANTITIES
AVAILABLE
ONSITE
SUNDAY

NOVEMBER 29



16 KM

8 KM

5 KM

1 KM

SUPPORTING:



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