

April 2025

April is always an exciting month in the running world. The warm weather promises to clear the trails and roads of ice and snow. We look forward to running in shorts again. Boston (April 21) and London (April 27) marathons happen. Congratulations: somehow we made it through the deep freeze of March and now we can start to complain about the heat!

The **Saskatoon Road Runners Association** is ready with our slate of running events in 2025. Starting with the **Saskatchewan Marathon** on May 25. The Saskatchewan Marathon boast a complete lineup of events with the **Brainsport 42.2 km** full marathon, the **Eb's Source for Adventure 21.1 km** half marathon as well as the **GoodLife Fitness 10 km** and the **Craven SPORT Services 5 km**. There is also the **Family Focus Eyecare 2.2 km** and the always popular **SIGA MaraFun** for kids.
<https://www.saskmarathon.ca/>

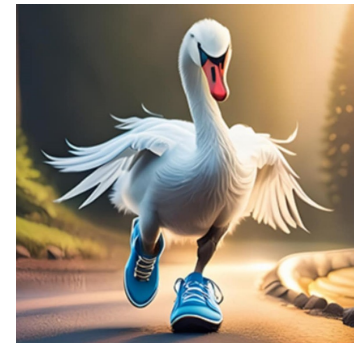
On July 17 the SRRA presents the **Whiteswan Mile**. This is an exciting road running event which takes place along Whiteswan Drive. Not many road runners get the opportunity to do a shorter event like the mile (1.609km), so we encourage you to give it a shot. The July 17th event features a world certified road mile on a slightly downhill course. The course drops over 11m, which makes it a lot easier to keep those legs moving! The SRRA has decided to go with a no-frills green event. There will be no medals or T-shirts with this event to keep both our costs and impact on the environment low. Entry fee is only \$15.00. SRRA members can receive a \$5.00 discount using code SRRA2025.
<https://raceroster.com/events/2025/102852/whiteswan-mile>

Our **Ekiden Relay** happens on August 14. An Ekiden is a running relay. The SRRA event features three person teams covering 25 km. The first and second legs and 10 km each and the third leg is 5.3 km. The course follows the Meewasin Trail system starting and finishing in Gabriel Dumont Park. Grab two of your running buddies and join in the fun. The SRRA has decided to go with a no-frills green event. There will be no medals or T-shirts with this event to keep both our costs and impact on the environment low. Entry fee is only \$15.00. SRRA members can receive a \$5.00 discount using code SRRA2025.
<https://raceroster.com/events/2025/100970/saskatoon-ekiden>

The **Blackstrap Trail Race** is scheduled for Sunday, October 5. Watch for more details about this challenging 5 and 10 km trail event through the hilly trails at Blackstrap Lake Provincial Park.



SASKATCHEWAN SASKATOON ROAD RUNNERS ASSOCIATION MARATHON



Whiteswan Mile



There is another race happening this month: An election. This election comes at a time of chaos and uncertainty with the Trump administration in the United States of America. The American pressure on the Canadian economy and sovereignty has resulted in a refreshed Canadian pride. In the running community this has resulted in a lot of tough choices on whether to support American brands of running shoes and clothing and many runners are skipping travel to their favourite USA races. Donald Trump has created an important issue our upcoming election and it will be interesting to see how it plays out. Regardless of your political strip, please vote on Monday, April 28.

Seriousness aside, Canadian Runner took a look at the running background of the two political frontrunners. They asked the question who is the faster runner: Pollievre or Carney. Turns out our current Prime Minister is a runner and ran 3:31 at the London Marathon in 2015. (Photo right)

<https://runningmagazine.ca/the-scene/pollievre-v-s-carney-whos-the-faster-runner>



THANKS TO OUR AMAZING SPONSORS & PARTNERS

SASKATCHEWAN MARATHON SPONSORS



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PROCEEDS OF THE SASKATCHEWAN MARATHON SUPPORT



THIS EVENT IS OWNED AND OPERATED BY



A big "Thank You" to all of the 2025 Saskatchewan Marathon sponsors and supporters.

Please support these businesses that support us.

Looking for a running group?

Mendel Riverbank Parkrun

(<https://www.parkrun.ca/mendelriverbank/>)

The run is free, but you need to register before you arrive.
(<https://www.parkrun.ca/register/?eventName=mendelriverbank>)

The Mendel Riverbank Park Run takes place **every Saturday at 9:00 a.m.** at the Meewasin Trail by the WonderHub (950 Spadina Crescent East). All ages and paces welcome. Remember, Parkrun is completely organized by volunteers, so please consider volunteering.



YXE Run Club

(<https://www.facebook.com/groups/186077234540903>)

Lyndon Smith leads this free group which meets every **Wednesday at 6:00 p.m.** outside the **Running Room on 8th Street**. All ages and levels are welcome.

Joggers Lagers Run Club

Meets **Wednesdays at 6:30 at High Key Brewing** (102 23rd Street East). All skill levels are welcome. Wednesday runs are a 5 to 8 km social run (with regular pauses to regroup). Runs end at High Key Brewing for post run socializing.

Craven SPORT Services OnTrack Run Club

Craven OnTrack Run Club meets at 6:00 p.m. every Wednesday evening at Craven SPORT Services (701 2nd Ave North). The lead coach is Brandi Venne and she offers training groups from walk/run to speed intervals, so all levels are welcome. Please contact Brandi at ontrack@cravensportservices.ca or call Craven SPORT Services 306-700-3308 to sign up.

Other Running Clubs We've Come Across:

EBC Running - Mondays at 6:00 p.m. Rotary Park 30+ minutes
Contact Harvey Mathies. All levels welcome. Free

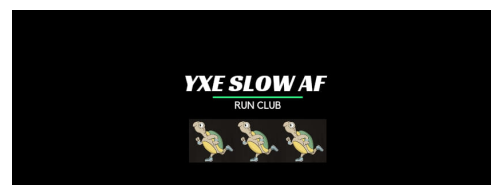
Running Wild Athletics - Tuesday & Thursdays Saskatoon Fieldhouse. Track speed intervals. Membership required. Contact Harvey Weber. <https://www.runningwildac.ca/>

YXE Slow AF Run Club - Wednesdays 6:15 a.m. Rotary Park. 30 mins. All Levels - walk, walk/run, run. Contact Margie Bee. Free. <https://www.facebook.com/groups/2058461994572421>

Thursday Morning Run Group - Thursday @ 9:00 a.m. Rotary Park. All levels welcome. 5-6km Post run coffee at Taste Buds. Free. Contact Harvey Mathies.

Bear With Me Running Club - Sundays @ 9:00 a.m. Rotary Park (location may vary) 3-5 km walk or run. All levels. Free. Contact Brittany Hanson.

<https://www.facebook.com/groups/1158712621497383>



Upcoming Running Events of Interest

Gopher Attack

<https://www.marathonmatters.ca/gopher-attack>

Sunday, April 27

Regina

Marathon, Half Marathon, 10 km & 5 km distances.

Gopher Attack is an early spring Boston Qualifier with a flat and fast course that winds through scenic Wascana Park and the University of Regina campus. There are four distances – Marathon, Half Marathon, 10km, 5km, as well as a virtual option. The event is a fundraiser for the MS Society and hosted by Marathon Matters Running Club.



Spring Bridge City Duathlon

May 10

Run Bike Run

See <https://www.triathlonsaskatoon.org/> for more details.

(Fall BCD scheduled for October 4 or 5)



Synergy Credit Union Sunrise Run

<https://www.321gorunning.ca/event/synergy-credit-union-sunrise-run/>

May 10

Lloydminster

5 km

The inaugural Synergy Credit Union Sunrise Run is May 10th with all net proceeds to the Lloydminster Region Health Foundation for mental health programs in the area.



A totally inclusive event for runners and walkers of all ages and abilities, the Synergy Credit Union Sunrise Run is modelled after Step Up for Mental Health in Saskatoon – with music on the course and big energy at the start/finish line.

Run Wild Trail Run

<https://raceroster.com/events/2025/99647/run-wild-trail-run>

May 10

5 and 10 km

River ridge Trails (north of Langham)

Run Wild trail run is hosted at River Ridge Trails, north of Langham, Saskatchewan. The course will consist of a 5 km and 10 km run distance through some breathtaking terrain along the North Saskatchewan River.



Royal Road Race

<https://raceroster.com/events/2025/97182/2025-royal-road-race>

May 10

Regina

The 12 Royal Road Race is back as Saskatchewan's premier race to celebrate Mother's Day weekend! As always, it will provide a unique opportunity to run within Canada's RCMP Training Academy in Regina, Saskatchewan. Come and be a part of this special edition of the Royal Road Race!

Mercedes-Benz of Regina are returning as Race Presenting Sponsor! We are also excited to announce the renewed sponsorship of Hillberg & Berk, who support causes dedicated to women's empowerment.

In recognition of women on Mother's Day weekend, we are awarding all 2025 race finishers in the 5km and 10km events with a new exciting product from Hillberg & Berk! The Jaleta Pacers and RCMP encourage you to run the race and honour yourself, or honour a special person by gifting your finishing prize on Mother's Day weekend. The earrings feature hand-set crystals with a Hillberg & Berk printed silver cap and are available at the race finish line. And to honour those that strive to excel, the guaranteed prize purse for the Royal Road Race 2025 will total \$4000.00!



Reesor 50

<https://raceroster.com/events/2025/97240/reesor-50>

May 17, 2025

83 km Trail Run

Reesor Mountain Marathon (42.2 km)

Cypress Hills Interprovincial Park

Presented by Prairie Sky Running Company, the Reesor 50 is an unforgettable adventure through the rugged beauty of the Cypress Hills. The journey takes you across rolling meadows, winding trails, and beneath the towering conglomerate cliffs that stand as silent guardians of the land. Registration is capped at 300 runners.



Echo Lake Road Race

<https://raceroster.com/events/2025/103183/fort-quappelle-lions-echo-lake-road-race>

May 18

10 km, 20 km, 4X5km relay

Fort Qu'Appelle

Saskatchewan's oldest road race, running since 1925! Presented by the Fort Qu'Appelle Lions Club and sanctioned by Saskatchewan Athletics, the Echo Lake Road Race It is a gorgeous run around Echo Lake with varying distances and categories from which to choose.

Saskatchewan Marathon

<https://saskmarathon.ca/>

May 23-25

Saskatoon

Marathon, Half Marathon, 10 km, 5 km, 2.2 km, Marafun 2.2

Hosted by the Saskatoon Road Runners since 1979, the Saskatchewan Marathon has grown to be one of the premiere running events in the province. And the marathon is a Boston qualifier. Come join us this coming may for a flat, fast and scenic view of both the city of Saskatoon and the South Saskatchewan River. For 2025, the Saskatchewan Marathon is hosting the provincial championships for all distances: 5km, 10km, half marathon, and full marathon. Saskatchewan Athletics will be at the finish line presenting provincial medals, which adds an extra layer of excitement to the high-performance aspect of the event. We're anticipating strong competition, with participants aiming for provincial medals and breaking records across all age groups

Not running? **Consider volunteering.** The Saskatchewan Marathon weekend requires over 450 volunteers.

SASKATCHEWAN

SASKATOON ROAD RUNNERS ASSOCIATION

MARATHON



Canada Goose Ultra

<https://www.marathonmatters.ca/canada-goose-ultra>

May 31

Regina

6, 12 or 24 hour run

The Canada Goose Ultra is a self supported and timed event that welcomes everyone looking to expand past that 3 - 6 hour comfort zone of running distances. New ultra runners and seasoned runners are welcome to push their personal limits and see what they can complete in 6, 12 and 24 hour time frames around a 4 km loop of a lake.



Run Walk Ruck for Mental Health

<https://www.facebook.com/events/s/run-walk-ruck-for-mental-welln/772986431667525/>

June 7

Regina

5K, 15K, Half Marathon

Rucking is a running with a weighted backpack.

RUN/WALK/RUCK FOR
MENTAL WELLNESS



Moose Jaw Running Festival

<https://www.321gorunning.ca/moose-jaw-running-festival-june-8th/>

June 8

Moose Jaw

5, 10, 21.1 km

The annual Moose Jawg is returning – and it's part of a brand new running festival in the Band City.

The Moose Jaw Running Festival is designed to be a long-term project that adds new layers each year, while also attracting more visitors to the city. All net proceeds will be directed to mental health projects in the Moose Jaw area.



Duck and Run

<https://ducks.donordrive.com/index.cfm?fuseaction=donorDrive.event&eventID=773>

June 21

1 and 5 km

Get ready to lace up for conservation? Duck and Run is Ducks Unlimited Canada's (DUC) national fun run in support of wetlands. No matter how you participate, every step you take helps protect Canada's vital wetland ecosystems.



Bigfoot 50 Trail Race

<https://bigfoot50.wixsite.com/bigfoot50trailrace>

June 22

12.5, 25, 50 km

White Butte Trails

Canada Day Run / Walk

<https://runregina.ca/>

July 1

Regina

3 km , 5 km

Come out and show your Canadian Pride. Elbows Up!



Whiteswan Mile

<https://raceroster.com/events/2025/102852/whiteswan-mile>

Registration is now open!

Sunday, July 6

1 Mile (1.609 km)

Saskatchewan's fastest road mile is back! Mark your calendar for Sunday, July 6th and join the Saskatoon Road Runners on fast and slightly downhill Certified International World Athletics Measurement course on Whiteswan Drive.



Whiteswan Mile

This is a green no-frills event hosted by the Saskatoon Road Runners. The idea is to have fun and keep the costs down. T-shirts and finisher medals are not offered for this event. SRRA members use promo code SRRA2025 for a \$5.00 discount.

Hoot N Howl

<https://www.facebook.com/groups/814487869859627/posts/1240528187255591/>

July 26-27

12 hour night run

Wascana Trails

I Heart Regina

<https://facebook.com/events/s/i-love-regina-run-walk-present/1009399064356382/>

Regina

August 16

3, 5, 10 km



Prairie Nightmare Backyard Ultra

<https://raceroster.com/events/2025/95985/prairie-nightmare-backyard-ultra>

August 16

Echo Valley Provincial Park

Last Person Standing Ultra!

Saskatoon Ekiden

<https://raceroster.com/events/2025/100970/saskatoon-ekiden>

Sunday, August 17

Saskatoon

25 km Relay

The Saskatoon Road Runners present our second annual Ekiden distance relay.

Grab two of your running buddies and mark your calendar for Sunday, August 17. An ekiden is a distance relay. (Your can read more about their history here: <https://runningmagazine.ca/sections/training/ekiden-explained/>). Our event will feature teams of three runners each running a different leg (10, 10, 5.3) for a total of 25 km.

This is a green no-frills event hosted by the Saskatoon Road Runners. The idea is to have fun and keep the costs down. T-shirts and finisher medals are not offered for this event. SRRA members use promo code SRRA2025 for a \$5.00 discount.

Queen City Marathon

<https://runqcm.ca/>

September 5-7, 2025

Regina

5km, 10km, 21.1 km , 42.2 km, Mini Marathon 1km, 2km or 3km

It's QCM's 25th Anniversary! Presented by Run Regina, it is Saskatchewan's premier running festival featuring an entire weekend of running events. And offers a race for every pace. (Run more than one event and you can qualify for a "Scribbly" – check out the QCM website for details)

SRRA members can receive a 10% discount by using code 25QCMSRRA

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REGINA * CANADA

Beaver Flat 50

<https://pskyrunning.com/courses/beaver-flat-50>

Saskatchewan Landing Provincial Park

September 13

10 km 20 km 50 km 100% Trail.



Outter Limits Fun Run

<https://www.outterlimits.com/outter-limits-fun-run-2025/>

September 20

5 and 10 km

Waskesiu Lake Townsite



Step Up for Mental Health

September 19-21 . Registration opens Friday, May 9th.

5, 10 km (September 21), Half-Marathon (September 20)

The Step Up half-marathon will be Saturday morning September 20th with a beautiful course along the South Saskatchewan River. The course is ideal for a PB attempt or for a first-time attempt at the distance

The 5 km & 10 km will be Sunday morning September 21st

The expo will have expanded hours, with package pick-up available on Friday (afternoon and evening) and Saturday (morning and afternoon)

Participants will have the opportunity to enter the rare double challenge: running the half-marathon on Saturday and then returning to run/walk the 10 km or 5 km the next day. It is rare because the longer distance race is first in the double header



Blackstrap Trail Race

Sunday, October 5

Blackstrap Lake Provincial Park

An exciting trail race on the challenging trails at Blackstrap Provincial Park.

Presented by the Saskatoon Road Runners Association.

Watch for details coming soon.

(volunteers needed too!).



Halloween Run and Walk

<https://runregina.ca/>

October 25

Regina

Gingerbread Run

November 16

5km

There has been one guarantee in the Saskatchewan running community for the last several years: the Gingerbread Run sells-out quickly.

Saskatoon's iconic 5 km fun run will be Sunday, November 16th with registration opening October 3rd. Make sure you mark your calendar so you don't get shut-out!



Did we miss an event?

Looking for members to join your running group?

Let us know!

E-mail run.srra@gmail.com

Follow us on Facebook

<https://www.facebook.com/SaskatoonRoadRunners>



SRRA Volunteers

You probably know this already, but the SRRA is a volunteer run (pun intended) organization. The more volunteers, ideas, and energy, the more events we can organize. Without volunteers we can't accomplish much. Our marquis event, the Saskatchewan Marathon, is well established and continues to grow. However, the SRRA is still rebuilding and adding back other events like the Whiteswan Mile (July 6) and the Ekiden Relay (August 17) and a Blackstrap trail race on October 5.

The organizing committee for the Saskatchewan Marathon is busy putting together the 2025 edition. If you would like to be part of the organizing committee (or learn more) drop us an e-mail at run.srra@gmail.com.

We encourage you to consider volunteering to help regrow our organization. For those of you who answered "Yes" to the volunteering question on the registration form, you can anticipate we'll reach out with opportunities.

Suggestions for events are always welcome. We could really use some advice or technological know-how if you have some experience with social media, websites and newsletters (Email run.srra@gmail.com).

SRRA Member Benefits - Discounts

Club Discounts

- 10% Saskatchewan Marathon registration.
- Reduced registration fees for all other SRRA races.
- Free access or reduced fees for members to SRRA fun runs or social events.

Retail Discounts

Various retail partners generously provide discounts to SRRA members!

- **Brainsport** – will send \$25 eGift Card to all SRRA members registered by March 31.
- **Bike Doctor** – 5% SRRA discount on regular priced clothing and accessories.
- **Bruce's Cycle Works** – 10% SRRA discount on regular priced clothing and accessories.
- **Eb's Source for Adventure** – 10% SRRA discount - regular priced clothing, accessories.
- **Outter Limits** - 10% SRRA discount on regular priced items.
- **Meewasin** – 10% discount off their Walking Tours (using the exclusive SRRA member code).

Shop local and thank our retail partners for their support of the SRRRA!



Special thanks to these organizations that make our events possible



SRRRA Acknowledgement

Our city has a vibrant indigenous history, which includes running. For millennia people on the plains traveled by running, walking, and snowshoeing. Many of the places we run today are along routes that follow well-worn traditional pathways.

Saskatoon is located on Treaty 6 Territory (signed August 23, 1876) and the Homeland of the Métis. We humbly acknowledge the traditional caretakers of the land and honour the First Nations and Métis people of this place and their ancestral footprints we continue to follow.

This newsletter is part of your SRRRA membership

You have received this monthly newsletter because you are currently a member of the Saskatoon Road Runners Association. We could use some help with the newsletter, social media, and our website.

We invite your comments and suggestions, and missed running event notices by e-mail to run.srra@gmail.com. Deadline for the next newsletter is April 30, 2025.

Don't want to receive these occasional newsletters? Reply e-mail (or e-mail run.srra@gmail.com) with the word "unsubscribe" and we will delete your e-address from our newsletter.

Happy Running!