

May 2025

May is marathon month. The **Saskatoon Road Runners** present the **Saskatchewan Marathon** on May 25th. This year it features the largest field in the 47 year history of the Saskatchewan Marathon. I am always in awe of runners that attempt a spring marathon. Training through the brutal winter months adds a degree of difficulty that you don't get when training for a fall marathon. To everyone who toes the line on May 25, you have my respect.

Not running? Please volunteer. The Saskatchewan Marathon is the largest event presented by the SRRA, and one of the premier running events in the province. But it doesn't happen without an army of volunteers. We are still looking for course marshals and few other positions. Visit the Sask Marathon website for more information.

If you are running, be sure to let the volunteers know what a great job they are doing. You can also make life a lot easier for the volunteers by doing simple things like using the garbage cans at the water stations. Seriously, nobody likes picking up those sticky gel packages that have been carelessly discarded.

Saturday, May 24 is the **Saskatchewan Marathon Expo** at Prairieland Park (Hall E) from 10:00 – 5:00. Even if you are not running, you are welcome to check out the vendors and displays.

The Saskatchewan Marathon is teaming up with the **30 Birds Foundation**. Under Taliban rule in Afghanistan, girls and women are denied basic rights. Education for women is not allowed and forced marriage is the norm. The 30 Birds Foundation is a charity dedicated to ensuring that all Afghan girls can pursue their academic, professional and personal dreams.

<https://www.30birdsfoundation.org/>

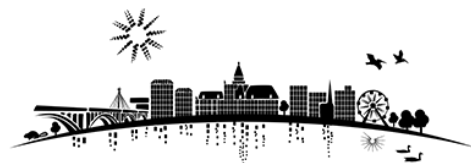
The partnership with the 30 Birds Foundation there is a **free screening of "The Secret Marathon"**. On Friday, May 16, join us for an admission-free screening of The Secret Marathon at the Broadway Theatre from 7:00 p.m. to 9:00 p.m. This moving documentary tells the true story of Afghan women defying the odds to run freely, sparking a global movement for gender equality.

Presented by 30 Birds Foundation in partnership with the Saskatchewan Marathon and Saskatoon Road Runners Association, the evening includes a post-film panel featuring cinematographer Colin Scheyen and members of the 30 Birds Young Women, now living in Saskatoon. **Space is limited — register online** to reserve your seat.

<https://www.eventbrite.com/e/the-secret-marathon-community-screening-and-panel-discussion-tickets-1348360666049?aff=oddttdcreator>



SASKATCHEWAN
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MARATHON



After what seemed like a long and cold winter, May has arrived with some scorching temperatures and wildfire smoke. **Be careful and run smart.** Avoid strenuous outdoor exercise when the air quality is poor. You can often reschedule your run to the early morning or cooler part of the day to avoid the heat. **And don't forget to hydrate!**

Like many runners, I am notoriously bad at drinking enough water after a run. But my go to comfort food and hydration treat is a big bowl of cereal drowning in milk. Which is why I was interested when Lorrie Dobni passed along an article about how Andre De Grasse uses milk as a vital part of his training and recovery. Full disclosure, the article deals with a partnership between De Grasse and the Dairy Farmers of Ontario, but it draws attention to how milk with its unique mix of nutrients, including fluid, protein, carbohydrates and electrolytes, are ideal for replenishing your body.

You can check out the Canadian running Magazine article here:

<https://runningmagazine.ca/the-scene/fuel-like-a-champ-andre-de-grasse-drinks-milk-and-you-should-too/>

Maybe read it while recovering with a tall glass of cool milk and three or four cookies.



There is lots of good advice out there for running in a road race. But here are a couple of tips I have found very useful over the years.

- 1) You will not get a good night's sleep the night before the race. Be sure to get lots of rest in the week leading up to the event.
- 2) Avoid the urge to start fast. Pacing is incredibly important in long races like the marathon and I am a big fan of doing negative splits (running the second half the race faster than your first half).
- 3) There are water stations along the course. Use them. (And you don't need to carry your own water).



Good luck to all the participants on May 25 Saskatchewan Marathon. There are a record number of participants this year covering five distances: **The Family Focus 2.2 km, The Craven SPORT Services 5 km, The Good Life Fitness 10 km, The Eb's Source for Adventure 21.1 km half marathon, and the Brainsport 42.2 km full marathon.**

Check out the Saskatchewan Marathon website for maps, race times, and everything marathon.

<https://www.saskmarathon.ca/>

And finally, **a correction.** A few readers (yes, all two of you) noticed I had the incorrect dates for the upcoming SRRA events the Whiteswan Mile (July 6) and the Ekiden Relay (August 17). The dates are correct in this edition.

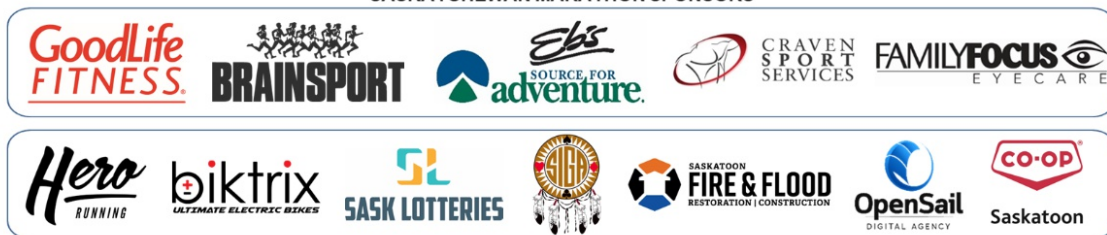
(Which brings to attention that we could really use help with our Social Media, Website, and Newsletter).

Happy running!

The Saskatoon Road Runners Association thanks all the sponsors for their support in making the Saskatchewan Marathon one of Saskatchewan's great running events. We could not do this without you!

THANKS TO OUR AMAZING SPONSORS & PARTNERS

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PROCEEDS OF THE SASKATCHEWAN MARATHON SUPPORT



THIS EVENT IS OWNED AND OPERATED BY



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.

Outter Limits Trail Group

Join Outter Limits this summer for our weekly trail run meet-up.

We will meet at Outter Limits at 6:00 p.m. on Thursday evenings and head down to the river to run along the trails.

All skill levels welcomed!

Run time will be roughly 30 mins.

* If trail conditions are not suitable to go on, we will run on the paved meewasin trails.

*Please follow our social media for weekly updates!

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



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:

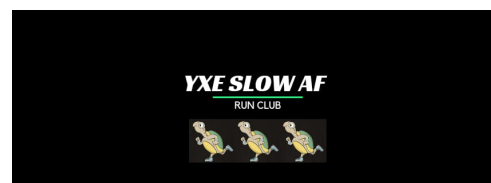
EBC Running - Mondays at 6:00 p.m. Rotary Park 30+ minutes
Contact Harvey Mathies. All levels welcome. Free

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

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 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.

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MARATHON



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

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.



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.



Rainbow Run

[https://raceroster.com/events/2025/101220/rainbow-run-2025?](https://raceroster.com/events/2025/101220/rainbow-run-2025?mc_cid=b4db17a7af&mc_eid=d9f3c9090f)

[mc_cid=b4db17a7af&mc_eid=d9f3c9090f](https://raceroster.com/events/2025/101220/rainbow-run-2025?mc_cid=b4db17a7af&mc_eid=d9f3c9090f)

Sunday, June 15

Saskatoon

10K, 5K and 2.5K Fun Run, plus the high-heel dash

Are you ready to run with pride? Join us for our Rainbow Run.



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

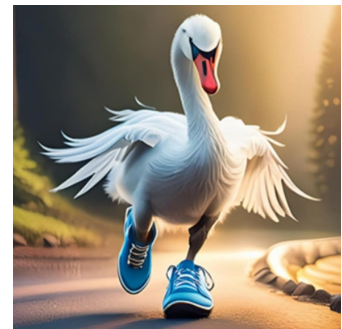
<https://raceroster.com/events/2025/102852/whiteswan-mile>

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. (You 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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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

<https://www.321gorunning.ca/2025-step-up-for-mental-health-sept-19-21/>

September 19-21 .

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 SRRA!



Special thanks to these organizations that make our events possible



SRRA 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 SRRA 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 May 28, 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!