

Summer 2026

Welcome to summer. After suffering through our miserable spring weather, we are still waiting for the warmth of summer to arrive. What a strange year.

The 2026 Saskatchewan Marathon is now in the history books. The event attracted a record 6,600 participants, making it our second consecutive year of record breaking registrations. Congratulations to everyone who braved the brutal humid conditions to run in one of the marathon weekend events. A big thank you goes out to the 500+ volunteers that made the event happen and to all our wonderful sponsors and supporters. Work has already started on planning the 2027 event scheduled for May 30, 2027.

The Saskatoon Road Runners are busy preparing for our next event: The Whiteswan Mile.

Scheduled for Sunday, July 12. The 5th edition of the Whiteswan Mile has shifted from its namesake location on Whiteswan Drive, to a fast, flat course on the University of Saskatchewan. Along with age class events, the Whiteswan Mile also features the Men's and Women's Invitational Mile featuring some of Western Canada's top runners racing for cash prizes. You don't want to miss this seeing these events. There is still time to enter and Saskatoon Road Runners members can use promo code SRRA2026 to receive a discount on the entry fee.

<https://raceroster.com/events/2026/118638/whiteswan-mile>

If you are not running the Whiteswan Mile, **we could still use a few volunteers** to help with things like registration table, set up and take down, and course marshals. Please contact race director Kaden Nilsen (kadennilson99@gmail.com) if you are able to volunteer.

The Saskatoon Road Runners are also preparing for our October 4th trail race at Blackstrap Provincial Park. Featuring a 5 (ish) and 10 (ish) km events through the forested, rolling trails followed by the popular wiener roast picnic. The event is capped at 80 participants and registration is now open.

<https://raceroster.com/events/2026/130557/blackstrap-trail-race>

The registration fee is only \$15.00 and **Saskatoon Road Runner members can use promo code SRRA2026 for a discount on the registration fee.** We could also use a few volunteers for this event. Please contact race director Greg Fenty (greg.fenty@gmail.com) if you are able to volunteer.

Speaking of volunteers.....We have volunteer opportunities:

The SRRA is developing a new website. We are looking for someone to be the liaison between Opensail (our digital marketing agency) and the SRRA please let us know by e-mailing run.srra@gmail.com



The SRRA proudly supports the Meewasin Valley Authority

The South Saskatchewan River has always been a transportation corridor. But when the river is frozen, or the current too swift for canoes, people walked, ran, snowshoed and travois the trails across the prairie. The trails following the South Saskatchewan River have existed for well over 6000 years.

When the Saskatoon Road Runners Association first formed in 1975 our runners followed those traditional dirt trails along the river. One of those runners was Wes Bolstad, the first Executive Director of the Meewasin Valley Authority which was formed in 1979. On our runs with Wes, he would indicate that these dusty, dirt trails would one day be enhanced for everyone to enjoy (at the time Wes envisioned wood chip trails). Wes would have loved what the trail system looks like today.

While most people in Saskatoon associate Meewasin with the trail system, the Meewasin Valley Authority is actually a conservation agency with the mandate to protect the ecology of Saskatoon's South Saskatchewan River Valley and provide public education programs. Despite suffering a major funding cut in 2017, the MVA continues to be the envy of other North American cities.

Meanwhile, the world has become a much more complex place: The pace of everyday living has increased; population growth and habitat destruction continue to increase; the climate is changing; social, political and economic divides have become more pronounced; and summer road construction continues to frustrate everyone. With these fast-paced, complex changes we are seeing an increase in mental health disorders. Unfortunately our healthcare system cannot keep up with the increased demand for mental health professionals and programs.

The promotion of a healthy lifestyle, including access to nature and exercise – like running- is recognized and prescribed as an effective preventive initiative or rehabilitation measure for increasing mental health wellbeing. The connection between running and mental health is easily recognizable, which is why you will notice many runs are targeting access to mental health support as their primary fundraising goal. But access to nature is also very important.

Recently, researchers at Simon Fraser University studied what runners loved and hated about running by reading their Strava posts.

(<https://www.sciencedirect.com/science/article/pii/S2666558125000910?via%3Dihub>)

While comments like the weather, or how a person felt on any particular day were expected, important key points on what runners loved really stood out: the social aspect of the run, and access to nature or a natural setting for a run.

The study demonstrates how extremely fortunate we are to run along a beautiful trail system bathed in the natural surroundings of the river valley.



Did you Know?...

There are over 108 km of Meewasin Trail

More than 17 million people have visited the Meewasin Trail in the last 10 years.

The Saskatoon Road Runners Node

can be found on the Meewasin Trail. Complete with benches and water fountain, the SRRA node overlooks the South Saskatchewan River. Located on the east bank near the Diefenbaker Canada Centre, the node will soon feature a commemorative plaque featuring the all the winners of the Saskatchewan Marathon since 1979.

When the Meewasin Valley Authority was formed in 1979 the plan was ambitious. There were some very keen planners who wanted not only to conserve the nature of the river valley, but also to allow access for the public. It wasn't just a trail, or a conservation area, or an interpretive program. It was – and remains – an investment into our health and wellbeing.

The Saskatoon Road Runners have been supporting the Meewasin Valley Authority for well over 15 years. Meewasin is the charity of choice of the Saskatchewan Marathon and each year the SRRA has been able to donate over \$60,000 annually to the Meewasin Valley Authority. The money is used for improvements to the trail system including washrooms and water fountains. Some have questioned why we support an organization like Meewasin that also receives provincial and municipal government support, but the partnership between Meewasin and the SRRA seems like a no-brainer. The trail supports our physical and mental wellbeing, and runners are one of the primary users of the trail. When I think of all the runners and walkers we see along the trail I often wonder just how much money we are saving the health care and mental health care system through the promotion of a healthy lifestyle that includes nature and running. It's an investment the SRRA is proud to support.

Moriyama Plan

Each year Meewasin planning is guided by Raymond Moriyama's The Meewasin Valley Project – 100 Year Concept Plan, Moriyama 1978, the foundation document for the Meewasin overall development plan today. Meewasin initiatives strive toward the outcomes of health, fit, balance and vibrancy.

For an interesting look at the history of the Meewasin Valley Authority check out Devon Rumpel's video "The Vision for the Valley: The Untold Story of the Meewasin Logo"

<https://www.youtube.com/watch?app=desktop&v=XcSchg7K5LU&ra=m>

THANKS TO OUR AMAZING SPONSORS & PARTNERS

SASKATCHEWAN MARATHON SPONSORS



EVENT PARTNERS



SUPPORTERS



HOST HOTEL



KEY MEDIA PARTNER



PROCEEDS OF THE SASKATCHEWAN MARATHON SUPPORT



THIS EVENTS IS OWNED AND OPERATED BY



The Saskatoon Road Runners Association Thanks all the amazing 2026 Saskatchewan Marathon Sponsors and Partners

Looking for a running group?

Mendel Riverbank Parkrun

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

The "happiest" 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.

Transition Sport and Fitness

(<http://www.transitionsportandfitness.ca/>)

Offers Personal & Group Training. Triathlon, Swimming, & Running Programs.

While program is geared for triathletes, you are welcome to sign up for just the running portion. The run meets on Saturdays from 9:00 to 10:00 a.m. alternating between indoor and outdoor locations. Visit the website for more information and fees.



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>)

(<https://www.outterlimits.com/>)



THURSDAY NIGHT

Trail Run

MEET-UP



**MEET AT
OUTTER LIMITS
6PM**

**RUNNERS OF
ALL SKILL
LEVELS
WELCOMED**

The Chamber Networking Run Club

Networking Run Club meets Tuesdays at 12:10 p.m. outside the YWCA with participants running five kilometres together. Runners can use the YWCA locker rooms and showers at no charge by letting reception know they are part of the club. (Parking at the YWCA is free).

The Networking Run Club is open to anyone who wants to be part of a social run club over their lunch hour and is not limited to members of the business community. No registration is required.



Thursday Morning Run Group - (Triple T)

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>



EBC Running

Mondays at 6:00 p.m. Rotary Park

30+ minutes

Contact Harvey Mathies. All levels welcome.

Free

<https://www.facebook.com/groups/1149423425619797/>

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>

YXE SLOW AF
RUN CLUB



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

<https://www.facebook.com/groups/3419789771586403/>

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.



Founded in 1975

We've been running Saskatoon for 51 years!

Upcoming Running Events of Interest

Canada Day Run and Walk

<https://raceroster.com/events/2026/109262/canada-day-run-and-walk>

July 1, 2026

Regina

3 km, 5 km

Run Regina kicks off your Canada Day celebrations again this year with our Canada Day Run & Walk.

Say Happy Birthday to Canada with a run or walk with the whole family.



Whiteswan Mile

<https://raceroster.com/events/2026/118638/whiteswan-mile>

Sunday, July 12

Saskatoon

1 mile

The Saskatoon Road Runners present the re-imagined Whiteswan Mile. The Saskatchewan Athletics Road Mile Championships happens in Saskatoon on July 12. Featuring a fast one mile course to test the mettle of all runners. The community mile is open to runners of all abilities and the invitational mile is back again this year featuring some of western Canada's top road racers competing for cash prizes. This is a green event without event T-shirts or medals. **Saskatoon Road Runner members receive a \$10.00 discount on the entry fee using promo code SRRA2026.**



Hoot N Howl

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

July 25-26

Wascana Trails in Regina

12 hour night race

Bubble Chase

<https://raceroster.com/events/2026/114894/bubble-chase-saskatoon>

July 25

Saskatoon

5 km

Popcorn Run

<https://raceroster.com/events/2026/114898/the-popcorn-run-saskatoon>

July 26

Saskatoon

2, 5, 10 km

After the run/walk, participants will receive a participation medal, a bag of kettle corn and a cup of fresh lemonade. Event organizers are pleased to be partnering with Saskatoon SPCA for this year's Popcorn Run. This will add some new dynamics' to the event. Pets will be permitted to attend.



Tri-Unity Challenge

<https://raceroster.com/events/2026/114039/tri-unity-challenge>

August 8

Pasquia Regional Park (Carrot River)

3km, 5km, 10km, Half Marathon

Prairie Nightmare Backyard Ultra

<https://raceroster.com/events/2026/113304/prairie-nightmare-backyard-ultra/participants>

August 15

Echo Valley Provincial Park

Yorkton Charity Road Race

<https://raceroster.com/events/2026/113373/yorkton-charity-road-race-2026>

August 16

Yorkton

5km, 10km

I Love Regina Run

<https://raceroster.com/events/2026/109733/i-love-regina-run-and-walk>

August 22, 2026

Regina

3, 5, 10 km

Run Regina , in partnership with the City of Regina, is aiming to get everyone moving and celebrate our great city. Movement and fitness are essential to keeping ourselves healthy, both physically and mentally. Get the whole family together to run or walk while celebrating Regina.



Wapiti Bush Run

<https://www.facebook.com/p/Wapiti-Bush-Run-100068359627743/>

August 29

Gronlid XC Trails

8.5km, 5.5km

Run for Saskatoon

<https://saskatoon-m4m.raceroster.com/>

August 29

Saskatoon

1km, 3km, 5km

Fin Island Trail Run

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

August 29

Battlefords

5km, 10km, 16km

Queen City Marathon

<https://runqcm.ca/>

5 km, 10km, Half, full, Kids Mini Marathon

September 11-13

Regina

Offering a race for every pace. This is Saskatchewan's premier fall Marathon Race Weekend.

Saskatoon Road Runners Association members can use promo code 26QCMSRRA for a discount.



Candle Lake Fun Run

<https://candlelakefunrun.ca/>

September 12

Candle Lake Golf Club and Resort

5, 10 km

A fun run in the vibrant community of Candle Lake to raise money for mental health initiatives in Saskatchewan.



Heartbeat Run

<https://www.heartbeatrun.ca/saskatoon/>

September 13, 2026

Saskatoon

10km, 5km, 3km, 1km

This family-friendly event brings runners, walkers, and supporters together in celebration of heart health while raising funds for the Mending Little Hearts Fund. Your participation directly supports pediatric cardiac care and helps make a meaningful difference for families across Saskatchewan.



Melfort Multi-K

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

September 19, 2026

Melfort

1, 5, 10, 21 km

The Melfort Multi-K is an annual community race held in Melfort, Saskatchewan designed to promote health and fitness for people of all ages and abilities.



Beaver Flat 50 10th Anniversary! SOLD OUT!!

<https://raceroster.com/events/2026/113626/2026-beaver-flat-50>

Beaver Flat 50, Dam Hard 20, Beaver Fever 10, Horseshoe Hustle 5

September 19

Saskatchewan Landing Provincial Park

THIS EVENT IS SOLD OUT. VOLUNTEERS ARE STILL NEEDED.



Team Cassie + Friends Run/Walk for Juvenile Arthritis

<https://cassieandfriends.akaraisin.com/ui/Run2026/g/49588>

September 19

Saskatoon

5 km

Terry Fox Run

<https://terryfox.org/>

September 20

Saskatoon

5 & 10 km route options

Run for Recovery

<https://www.eventbrite.ca/e/run-for-recovery-tickets-1985622401053?>

September 20

Saskatoon

2 km, 5 km

Step Up for Mental Health

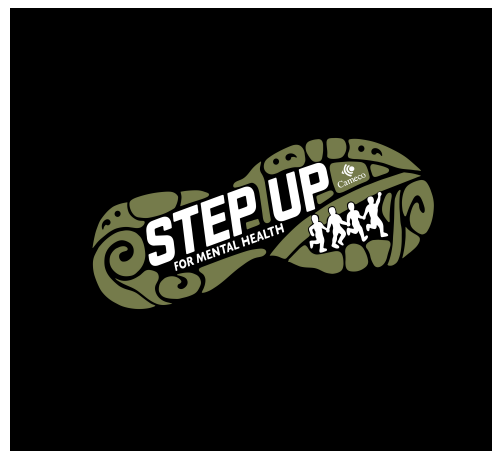
<https://raceroster.com/events/2026/125499/step-up-for-mental-health-2026>

September 26-27

Saskatoon

5, 10, 21.1 km

One of Saskatchewan's largest running events presented by Cameco and 321GoRunning. Net proceeds to Step Up for Mental Health Fund



Outer Limits Fun Run

<https://raceroster.com/events/2026/116867/25th-annual-outer-limits-fun-run>

September 26

Waskesiu Lake

5 km, 10 km

Ovarian Cancer Walk of Hope

https://secure.ovariancanada.org/site/TR?fr_id=2278&pg=entry

September 26

Saskatoon

Flatlanders

<https://raceroster.com/events/2026/118376/flatlanders-road-race>

October 3

Regina

5 km, 10 km, Half Marathon, 50 km

Pasqua Peaks Trail Race

<https://raceroster.com/events/2026/114910/pasqua-peaks-trail-race>

October 4

Echo Valley Provincial Park

5 km, 13 km, 26 km

Blackstrap Trail Race

<https://raceroster.com/events/2026/130557/blackstrap-trail-race>

Sunday, October 4, 2026

Blackstrap Lake Provincial Park

5 and 10 km



Get ready for an exhilarating outdoor experience at the Blackstrap Trail Race presented by the Saskatoon Road Runners. This exciting event invites runners of all levels to conquer a set of challenging trails nestled along the forested valley walls beneath the breathtaking Mount Blackstrap.

This is a no-frills event without T-shirts or medals, the focus is on the pure joy of running amidst the vibrant fall colors and magnificent scenery of Blackstrap Provincial Park. Registration fee is only \$15.00 and registration capped at a limited number of participants. **SRRA members use promo code SRRA2026 for registration discount.**

Enjoy the camaraderie, a couple of draw prizes, and a post-run wiener roast. Join us for a memorable day of trail running and embrace the beauty of Saskatchewan's autumn landscape!

Run for the Cure

https://support.cancer.ca/site/TR/RunfortheCure/RFTC_NW_odd_?pg=entry&fr_id=31128

October 4

Regina/Saskatoon

1 km 5 km

Prince Albert Running Festival (Raider's Run and Summit Run combined events)

<https://www.321gorunning.ca/prince-albert-running-festival-october-18/>

October 17

Prince Albert

Raider's 2 km and 5 km

Summit Run 10 km and 10 mile

First Responders Half Marathon

<https://www.firstrespondershalfmarathon.ca/saskatoon/>

October 18, 2026

1, 5, 10, Half

The annual Saskatoon First Responders Half Marathon is a community-driven celebration honouring the incredible individuals who keep us safe. Enjoy a scenic run along the South Saskatchewan River on the beautiful Meewasin Trail system. Whether you're a seasoned runner or stepping into your first race, this event delivers an unforgettable experience that will leave you feeling energized, inspired, and proud to support First Responders.



Halloween Howl

<https://www.321gorunning.ca/>

October 24, 2026

Saskatoon

5 km and kids' dash

321GoRunning presents the Halloween Howl at the Saskatoon Forestry Farm Park and Zoo. In the spirit of Halloween the event features costumes, candies, and prizes. Net proceeds go to the Saskatoon Zoo Society.

Halloween Howl

<https://www.321gorunning.ca/>

October 25, 2026

Moose Jaw

5 km and kids' dash

321GoRunning presents the Halloween Howl in Moose Jaws' scenic Wakamow Valey.

In the spriit of Halloween the event features costumes, candy, and prizes. Net proceeds to Wakamow Valley.

Halloween Run and Walk

<https://raceroster.com/events/2026/109829/halloween-run-and-walk>

October 31,2026

Regina

3 or 5 km

Run Regina celebrates again this year with our Halloween Run & Walk. Come and run or walk with the whole family.

Gingerbread Run

<https://www.321gorunning.ca/>

November 22

Saskatoon

5 km

The popular Gingerbread Run is back!

Registration opens: Friday, October 2

Net proceeds to YWCA Saskatoon

Santa Shuffle

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

December 5

Regina

5 km

Lost Our Marbles

TBD

Regina

12 hour indoor run



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>



Help Wanted: 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 and the Blackstrap Trail Race.

The organizing committee for the Saskatchewan Marathon is already busy putting together the 2027 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 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.

"Running releases more than just sweat"

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



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 August 22.

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!