

5 km run at Hawrelak Park on July 19

Run start: 7:00 followed by a snacks and bevies

Athletics Alberta has a new summer run series called the R-series and we are hosting race #3 at Hawrelak Park in conjunction with World Triathlon Series Edmonton's "Party in the Park". This is a family friendly, all-inclusive event. You can run it, you can walk it, you can race your friends!

The race is a 5 km running race consisting of 5 X 1 km loops. You can run as an individual completing all five laps (for 5 km) or in teams of up to five people (each person completes 1 km). Teams can also be less than five people with some running more than 1 km. However you want to participate! We encourage family participation including children so there are no age restrictions, kids just need the ability to run/walk 1 km and can be accompanied by a parent if they're under 8.

The loop is on pathway and grass in Hawrelak Park

Race categories are: individual male, individual female, male team (all members male), female team (all members female), mixed team (minimum two of each gender for five person teams), family team (all members from the same family).

There will be food following the run and other activities to take in while you're there.

Feel free to come down early to participate in World Triathlon Series Edmonton's "Party in the Park" – from 6:00pm - 7:30pm there will be chances to try out Fitset's Ninja Warrior Course, as well as Sculpt Barre's Pound fitness classes, with "The Movement Finale" from 7:45pm – 8:30pm featuring Girls Club DJs leading everyone through music and movement. If you complete all three activities, we have a surprise for you!

World Triathlon Series Edmonton will also be hosting an excellent line up of food trucks and beer gardens from 6:00pm – 9:00pm so come down and join us for

Cost is \$25 per person which includes a race shirt and post-race food.

To learn more about the whole series click here: <https://athleticsalberta.com/rseries/>

To register for the Hawrelak Park race click here:
<https://www.itsyourrace.com/event.aspx?id=12298>