JOIN CANADA’S LARGEST START LINE

Community Fun for Everyone.

RACE INFORMATION

IN-PERSON: April 16, 2023
(pages 4-35)

VIRTUAL: April 14-16, 2023
(pages 37-39)

SEE INSIDE FOR IMPORTANT RACE INFORMATION AND SPECIAL OFFERS
Vancouver Sun is a proud sponsor of the Sun Run and this year’s local charitable partners.

MORE than WORDS

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SUN RUN EXCLUSIVE $50 ANNUALLY
Vancouversun.com/sunrun

Congratulations!

We are pleased to celebrate with you the 39th edition of the annual Vancouver Sun Run presented by Kal Tire.

Since 1985 more than one million registrants have signed up for this iconic race. Participants of all ages and skill levels have enjoyed the event over the years, and we look forward to many more to come.

Emergence of the COVID virus had a huge impact on events such as the Vancouver Sun Run. We are very pleased to once again offer two options for the running community to either come together in a live setting or to participate virtually.

We are excited to welcome everyone back to Canada’s largest start line and pleased that many more have decided to participate virtually from across B.C. and Canada.

No matter your running ability, it is always inspiring to see the joy on faces when they beat a personal best or simply cross the finish line with a smile. It’s a wonderful feeling and it’s what the Vancouver Sun Run has been about year after year – helping each participant achieve a goal.

The Vancouver Sun Run presented by Kal Tire is all about health, fitness and community spirit, as well as a great way to showcase our beautiful city. Together we are Canada’s largest 10K and one of the largest 10K’s in North America. It’s an incredible achievement that we can all be proud of.

On behalf of the organizers, the steering committee, and all of us here at the Vancouver Sun, we would like to thank you – participants, volunteers, sponsors and cheering squads – for your overwhelming support over the past 38 years.

Thank you for helping us get to the finish line.

From Friday, April 14 to Sunday, April 16, we hope you enjoy your race - either virtually or in person again in downtown Vancouver. Stay safe, and be well.

Harold Munro
Editor-in-Chief, The Vancouver Sun and The Province
MISSION STATEMENT
Continue to be Canada’s leading 10K race inspiring healthy, active lifestyles for people of all ages and at any fitness level year over year by offering a fun and accessible community-based running/walking event.

WHAT
The 39th Vancouver Sun Run Presented by Kal Tire Canada is Canada’s largest and most beautiful 10 kilometre road race. The run is open to international elite competitors, recreational runners, joggers and walkers, wheelchair competitors, corporate or recreational teams, schools, and children. The Vancouver Sun Run is the 3rd largest timed 10K in North America.

If you prefer a shorter course than the 10k or if you’d like to get the whole family out together, then the Shaw Mini Sun Run – which is only 2.5k – is the perfect route to take! Show your kids that fitness is fun by signing them up for one of Vancouver’s premier family events. For more details, please see page 17.

WHEN
Friday, April 14 to Sunday, April 16, 2023: Virtual Sun Run powered by Fresh Prep
Sunday, April 16, 2023 (In-Person Race)
8:00 a.m. for the Shaw Mini Sun Run 2.5K race
9:00 a.m. for the 10K race

WHERE
Run through a beautiful scenic course that highlights Vancouver’s downtown core starting at Burrard and Georgia heading North to Denman street. The course runs through Vancouver’s West End to the English Bay waterfront and then heads east along Beach and Pacific Ave with scenic views of the waterfront. The runners then head south across the Burrard street Bridge and pass along South False Creek and Mount Pleasant neighbourhoods. The runners head past Science World and Finish outside the iconic BC Place Stadium. See pages 10 & 11 for Course Map.

WHY PARTICIPATE
The primary goals of the Vancouver Sun Run are the promotion of health, fitness, and a sense of community. When the race began in 1985, just 3,200 participants walked or ran on the streets of downtown Vancouver. Each year the race grew, attracting new people to what soon became a Vancouver tradition of fun and fitness. Although not designed as a charity event, the Vancouver Sun Run is proud to have donated more than $3.3 million in proceeds for important causes since 1985 and continue to do so to this day.

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What’s included in our brake packages?

- Brake pads
- Brake rotors
- Installation of parts by trained technicians
- Caliper servicing
- Bleeding of brake fluid system

3-YEAR/40,000 KM WARRANTY ON BRAKE PACKAGES
The work of our trained technicians is backed by the best warranty in the industry, with brake parts and labour covered for 3-years or 40,000 km (whichever comes first).

SHOP TIRES AND BOOK APPOINTMENTS AT KalTire.com
For the WIN!

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INVITATIONAL ELITE DIVISION
The Vancouver Sun Run presented by Kal Tire recognizes the dedicated effort and commitment to the sport that elite athletes choose to make and reward those that compete at the Vancouver Sun Run. Leading local, national and international athletes are invited to compete for a prize purse of $25,000.

SHAW MINI SUN RUN 2.5K
This event is perfect for entrants looking for a shorter course. The Shaw Mini Sun Run 2.5K route starts at Pacific Boulevard (across from BC Place Stadium) and ends at BC Place Stadium. Mini Sun Runners start at 8 a.m. and are invited to join the post-race festivities at BC Place Stadium. This category is NOT timed.

SHAW TEAM DIVISION
The Shaw Team Division is an extremely powerful opportunity for team building, friendship and camaraderie amongst employees, teams and friends! Each year the Vancouver Sun Run attracts hundreds of teams consisting of eight or more participants. Team can consist of both in-person and virtual participants, which is the perfect way to stay connected with a wider team and encourage fitness among staff.

OASIS YOUTH TEAM CHALLENGE
Boost your club or school’s spirit and encourage physical activity among the group. Over $3,000 cash prizes awarded to various categories including largest and second largest high school and elementary school; largest school outside Lower Mainland; largest and second largest youth organization and random cash draw. Tech shirts are branded with the team name on the back and participants have the option to choose the 2.5K or 10K distance.

WALK WITH PACIFIC BLUE CROSS
Walk with Pacific Blue Cross encourages you to complete your Sun Run at your own pace. Whether you prefer to join in person or do Sun Run virtually, ultimately our goal is to encourage all people to be physically active, no matter what your age or fitness level. Walking offers numerous health benefits to people of all ages and fitness levels and is easy to fit into your daily routine.

SUBARU VOLUNTEER CREW
With over 40,000 participants on an average year, volunteers are needed to assist with every aspect of the race weekend from start to finish. Canada’s largest 10K would definitely not be possible without the support of the Subaru Volunteer Crew.
IN-PERSON RACE

IMPROVE YOUR PHYSICAL AND MENTAL HEALTH IN YOUR COMMUNITY BY WALKING WITH PACIFIC BLUE CROSS

Walking in the fresh air is a great way to stay healthy and Pacific Blue Cross encourages you to complete your 2023 Sun Run at your own speed.

Our goal is to encourage everyone to be physically active, no matter what your age or fitness level. Walking offers numerous health benefits to people of all ages and fitness levels, and is easy to fit into your daily routine. So grab a pair of sturdy walking shoes and get walking!

Guaranteed Acceptance
health plans for every body and mind.

Best-in-market Mental wellness coverage + Enhanced coverage for women No medical review required

Get a quote now for a chance to win $1,000 health cash!* pac.bluecross.ca/SunRunContest

*Open to BC residents only. Contest terms and conditions apply. Visit pac.bluecross.ca/SunRunContest for more info. CONTEST ENDS APRIL 30, 2023.
8:00 AM 2.5K SHAW MINI SUN RUN START
Pacific Blvd. (across from BC Place Stadium)

8:30 AM VANCOUVER SUN RUN POST-RACE PARTY OPENS
BC Place Stadium
CLUB16 FITNESS WARM UP
10KM Start Line

8:50 AM COMPETITIVE WHEELCHAIR START
Georgia at Burrard Street

9:00 AM START OF THE 2023 VANCOUVER SUN RUN
AND ELITE RACE
Georgia at Burrard Street

9:00-9:06 AM PINK, YELLOW, GREEN AND WHITE WAVES START

9:15-9:20 AM PURPLE AND BLUE WAVES START
(approx.)

9:24 AM WINNER CROSSES FINISH LINE
(approx.) Pacific Blvd. at BC Place Stadium

11:00 AM AWARDS CEREMONY
Main Stage at BC Place Stadium

Fuel your Sun Run with our low sugar gummies!

SUNRUN23 for $10 off your first order!

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GETTING TO THE START LINE
Take transit. Translink, including SkyTrain, SeaBus and certain bus routes, opens early on race day.
Call 604-953-3333 or visit www.translink.ca for details. To avoid line ups, pre-pay your fare with FareCards or FareSavers, visit translink.ca for more information. If you must drive, be forewarned that street closures in the start and finish areas begin at 5:00 a.m. There are plenty of pay parking lots in the downtown core. Look for parking near BC Place Stadium and jog to the start zone.

If you must drive, you’re advised to arrive by 7 a.m. Street parking in the area of the run is limited (and remember, there is a 30-minute to two-hour limit to metered parking). A number of streets, both at the start line and along the route, will be closed to traffic during the morning; see the road closures advisory on Page 30 for further details.

Sun Runners who plan to cycle to the start line have the option to secure their bicycle with BEST (Better Environmentally Sound Transportation), The Bicycle Valet. Space to park 100 bikes will be available at BC Place’s Gate C.

Take Mobi by Shaw Go! The bikes can be unlocked from one station and returned to any station in the system, making bike share ideal for short, one-way trips. For bike location and more info, visit https://www.mobibikes.ca/en

False Creek Ferries and Aquabus Ferries will also be running extra ferries on Sun Run morning, visit www.granvilleislandferries.bc.ca and www.theaquabus.com for schedules and fares.

MEETING FRIENDS AT THE START
Plan to meet your friends before the race at a landmark outside the start zone. Try the Vancouver Public Library, Canada Post building or Waterfront Station. Avoid landmarks within the start zone, such as the Vancouver Art Gallery, Hyatt Regency, Hotel Vancouver, as they will be awash in Sun Runners.

TIMING
You will be timed using the MyLaps Bib Tag Timing System. This device will be attached to the back of your race bib and will record your start and finish times and provide you with accurate net results. Your time starts when you cross the start line. Do not remove it. Your race number must be worn on the front of your shirt for the event. NO DEVICE, NO RESULTS. YOU MUST CROSS BOTH THE START AND THE FINISH LINES TO RECEIVE A FINISH TIME. Device is coded and non-transferable, please DO NOT switch bibs. The timing device and race number is yours to keep as a souvenir after the event.

RACE START
Participants are grouped into waves according to their estimated finish time. Waves will start at timed intervals. The competitive wheelchair division starts at 8:50 a.m.; the Invitational Elite race starts at 9:00 a.m. Please be patient while the groups ahead of you begin the race. Assemble behind the balloon arch that matches the colour of your race bib - see page 14 & 15 for Corral closing times and colored bib start times. Starting positions are on a first-come, first-serve basis within each zone. The MyTag timing system times you when you cross the start and finish lines. For the safety of all participants including children, entrants with strollers, walking poles, baby joggers and assisted wheelchairs MUST start in the Walk with Pacific Blue Cross Blue Zone.

COMFORT & SAFETY
Watch for washrooms, first-aid stations and water stations along the course. 100 medical volunteers and paramedics will travel the course on bicycles. First-aid attendants with expertise in sports injuries will follow the waves of runners. Medical facilities will be located at English Bay, Fir and Fourth and at the finish area with an easy-to-spot medical banner. There will also be a big water station just past the finish line with plenty of water.

RACE FINISH
Quickly move through the finish line chute - Proceed to the Wrap Party inside BC Place to meet up with friends and family! Meeting after the race? Go to the A to Z meeting area inside B.C. Place Stadium. Determine under which letter you will meet. Team Ziggy might meet under the Z, for example, or the Albatross family under the A.

RESULTS
Complete finish results can be found online at www.vancouversunrun.com

LOST CHILDREN
Complete the form on the back of your child’s Shaw Mini Sun Run race number bib, including a race day contact phone number. Lost children will be brought to the event information booths inside BC Place Stadium and cared for in a secure area until they can be reunited with their families. Advise your child(ren) if they become separated from you during the run to look for the Communications Crew that line the route, Medical Crew (red t-shirts) or the Subaru Volunteer Crew (blue t-shirts). They will bring lost children to the event information booths.

POST-RACE PARTY
Enjoy music from Ten Souljers as they perform at the Yaletown BIA Main Stage. Stop by the sponsor booths, try delicious samples and enjoy a cup of alkiss water. Plenty of bananas and other snacks will be served at the post-race party at BC Place Stadium.

ENTERING BC PLACE
After the race, you are encouraged to enter BC Place Stadium to enjoy the wrap party along with your family and friends. Runners and supporters are encouraged to check out the following Guest Tips before joining us at BC Place:
· All bags will be subject to inspection upon entry. Leave bags at home if possible!
· Gates C, D and E are open for entry and exit for the Wrap Party.
· Outside food and drinks are not permitted inside the venue.
· Leave pets at home. Only designated service animals with permits will be allowed to enter BC Place.
· Please place any waste into the appropriate collection bins to help make the Sun Run a zero-waste event!

OFFICIAL 10K RACE PHOTOS
MarathonPhotosLive is the official race photographer of the 10K event. To view and order your photos online, simply go to www.vancouversunrun.com and click on “results” find your name and there will be a photo icon by your name, click on that and you can now view and order your photos. Please allow a few days for the photos to be uploaded as we are a large event. If you subscribe your email address in advance, they will send you a direct link to your images once they are online. For the best photos, participants should have their race bib numbers clearly visible - and smile!

FINISHER’S CERTIFICATE
At the end of the race, be proud of your accomplishment and commemorate your participation with your own finisher’s official certificate. Simply visit the Vancouver Sun Run website (www.vancouversunrun.com) on April 16 to print off your very own copy. To download your certificate, find your name on our “results” page and click on the certificate icon located on the bottom right banner.
Don’t forget to recharge before the big race.

Proud automotive partner of the Vancouver Sun Run.

Wishing everyone good luck at the Sun Run!

Trevor Linden
Shaw) Mini Sun Run

Sunday, April 16, 2023 • 8:00AM
The Shaw Mini Sun Run 2.5K is a great alternative for those looking to do a shorter distance. Show your kids that fitness is fun by signing them up for one of Vancouver’s premier family events. Our mission is to inspire a healthy, active lifestyle for people of all ages. The 2.5K run is NOT officially/individually timed.

**RACE:** Shaw Mini Sun Run 2.5k  
**START TIME:** 8:00 A.M.  
**LOCATION:** On Pacific Blvd at 777 Pacific Blvd, Vancouver – outside host venue, BC Place Stadium
VANCOUVER SUN RUN FAIR GATE C

Friday, April 14th 12pm - 7pm
Saturday, April 15th 10am - 5pm

VANCOUVER SUN RUN FAIR GATE C
SUN RUN FAIR AND PACKAGE PICK-UP FOR IN-PERSON & REGISTRANTS (INDIVIDUAL AND SHAW MINI SUN RUN 2.5K CATEGORIES)

Join us under the dome to collect your race day package and visit the many sponsor booths onsite for race goodies. Plus, sample the many diverse sponsor products available!

Race Package Pick-Up are for Individual 10K and Shaw Mini Sun 2.5K Runners ONLY. Those who are in teams must see their Team Captain for their race package.

The Vancouver Sun Run Fair & Race Package Pick-Up is located at BC Place, 777 Pacific Blvd. Entrance at Street Level during the following days and times:

- Friday, April 14, 2023 – 12 p.m. – 7 p.m.
- Saturday, April 15, 2023 – 10 a.m. – 5 p.m.

Your package will consist of a souvenir technical shirt, race bib number and timing tag. If you’re unable to pick-up your package, you can assign someone to pick it up for you. Please give that person your bib number to expedite the pick-up process – nothing else is needed. For out-of-town participants picking up on race morning, please email us at info@vancouversunrun.com

IMPORTANT – RACE BIB LOOK UP!

BEFORE going to the Vancouver Sun Run Fair to pick up your Race Bib (which includes your timing tag) and tech shirt, it is recommended that you go online to confirm your registration and to look up your Bib Number to avoid long line-ups. The “Bib Look Up/Results” will be activated on our homepage on Friday, April 14th.

CHECK YOUR BIB

You will pick up and verify your Bib Tag at Race Package Pickup. Go to the Solutions Desk inside BC Place Stadium during the Vancouver Sun Run Fair if there are any discrepancies with your race bib. Timing devices cannot be replaced or exchanged on race day.

SPECIAL NOTES

Shaw Team Division and Oasis Youth Team Challenge:
- Team members – please pick up your race package (tech shirt, race bib and timing tag) from your team captain.
- Team Captains – Team shirts and Race Bibs with Timing Chip will be delivered from the screen printer directly to you by April 14, 2023.

Individual Virtual Participants:
Your shirt will be mailed to you directly (as part of your registration fee).
OFFICIAL ENTERTAINMENT SPONSOR
The Vancouver Sun Run

Run to free live music and performances along the Race Route and the Main Stage at BC Place on April 16, 2023.

Need some upbeat tracks for your run? Listen to “Yaletown Loves Runners” playlist on Spotify.

In addition, celebrate your run with special offers from selected Yaletown businesses. Show your race bib to enjoy the deals. Learn more at YALETOWNINFO.COM/VancouverSunRun

2023 VANCOUVER SUN RUN BAND SCHEDULE

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Helping you reach your goal, one kilometre at a time.

Proud event sponsor of the 2023 Vancouver Sun Run.

When it comes to delivering promises, we have a lot in common. Good luck to all participants as you achieve your goals, in record time.

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Purolator

Promises delivered®
EXCITED TO WELCOME THESE NEW PARTNERS TO THE FAIR AND RACE DAY PARTY!

BE SURE TO STOP BY AND SAY HI

IT’S ONLY WORTH IT IF YOU ENJOY IT

Proud Sponsor of the Vancouver Sun Run

Make the most of being away.

PREPAREDNESS by Simpatico IC

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For reservations, visit hyattregencyvancouver.com

HYATT REGENCY VANCOUVER
655 Burrard Street
Vancouver, British Columbia, V6C

SHARK CLUB

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HYATT REGENCY VANCOUVER
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Proud Sponsor of the Vancouver Sun Run
A HISTORY OF GOOD CAUSES

The primary goals of the Vancouver Sun Run are the promotion of health, fitness, and a sense of community. Although not designed as a charity event, the Vancouver Sun Run is proud to have donated more than $3.3 million in proceeds for important causes since 1985. In 2014 we launched an exciting Vancouver Sun Run Charity program, providing our registrants the opportunity to raise funds for local charities through our pledging program and registration site.

Our 2023 charitable partners are:

- BC Cancer Foundation
- BC Epilepsy Society
- Big Brothers of Greater Vancouver
- Charlford House Society for Women
- Family Services of Greater Vancouver
- The Greater Vancouver Food Bank
- Heart & Stroke
- Postmedia Raise a Reader
- Ronald McDonald House BC & Yukon

Thank you for supporting the 2023 Vancouver Sun Run Charities!
Fuel your healthy lifestyle with delicious, nutritious and convenient meals from Fresh Prep.

Enjoy restaurant-quality meals at home in 30 mins or less, with options to suit a variety of dietary preferences.

**Lace up and save.**

**Solve $90 OVER YOUR FIRST 3 ORDERS."**

**FREE DELIVERY EVERY WEEK.**
Complete flexibility – skip, pause or cancel anytime.

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**WHAT IS THE VIRTUAL SUN RUN POWERED BY FRESH PREP?**
The Virtual Sun Run powered by Fresh Prep allows you to partake in Canada’s largest 10k run but without the crowds of the in-person start line. Create your own route, and complete your run or walk any time April 14-16, 2023.

**WHEN IS THE 2023 VIRTUAL SUN RUN POWERED BY FRESH PREP?**
This year’s virtual race starts on Friday, April 14th and ends on Sunday, April 16th.

**WHAT ARE THE BENEFITS OF THE VIRTUAL RACE?**
A virtual race ensures that you stay active and still be part of the run community. By doing the Virtual Race you can run or walk it whenever (day or night as long as it’s between April 14-16) or wherever you want (by your house or the nearby park)!

**WHERE DO I PICK UP MY PACKAGE?**
- **Individual 10K and Shaw Mini Sun Run 2.5K:** All race packages for virtual runners will be mailed directly to the participant.
- **Oasis Youth Team Challenge and Shaw Team Division:**
  - Team Members - Please contact your Team Captain for your race package.
  - Team Captains - You will receive your Team Packages by April 13th in time for the Virtual Experience start!

**SHARE YOUR RESULTS!**
After your virtual race, you can upload your time on our website. We’ll be collecting virtual time submissions starting Friday, April 14 until Tuesday, April 18. Please also share with us your race day photos via social media by tagging us @vancouversunrun and #VirtualSunRun.

We’d love to see all your finisher selfies and photos!
For more race details, visit [www.vancouversunrun.com](http://www.vancouversunrun.com)
PERFORMANCE FOOTWEAR

Footwear can do more than you think! Visit our booth for a footwear experience to reach your next level of performance—whether it’s to cross the finish line at the Sun Run or crushing your PR, we’ve got your Perfect Fit!

RECEIVE 15% OFF YOUR PURCHASE WHEN YOU MENTION THIS AD AT OUR BOOTH

VIRTUAL RACE ROUTES

OPTIONAL ROUTES TO RUN/WALK

Virtual means you can run anywhere between April 14-16, but if you’re looking for some recommended routes, click on your closest city below:

- ABBOTSFORD
- DELTA
- KELOWNA
- LANGLEY
- NANAIMO
- NORTH VANCOUVER
- PORT COQUITLAM
- VANCOUVER – FALSE CREEK
- VANCOUVER – DOWNTOWN
- WHITE ROCK

UPLOADING RESULTS

The virtual results are by honor-system. You can use an official running App or any stop watch to track your results. We’ll be emailing participants on how to upload their results. We’d love to see all your finisher selfies and photos so please share and upload some when you submit your results, or make sure to tag us on our social media accounts with #VirtualSunRun.
IN-PERSON RACE

100% THAI COCONUT, NATURALLY REFRESHING

Good luck, runners!
From Skullcandy.

Offer expires April 30th, 2023

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FOR BEING A PART OF THE 2023 VANCOUVER SUN RUN!

#VanSunRun