

# JOIN CANADA'S LARGEST START LINE

## 40 Years of Community Fun



### RACE INFORMATION

**IN-PERSON:** April 21, 2024  
(pages 2-39)

**VIRTUAL:** April 19-21, 2024  
(page 41)



SEE INSIDE FOR  
IMPORTANT RACE  
INFORMATION AND  
SPECIAL OFFERS

40 YEARS OF RUNNING • APRIL 21, 2024  
VANCOUVER  
**SUNRUN**  
PRESENTED BY

**HerbaLand**  
NATURALS

**HerbaLand**  
NATURALS



   #VanSunRun

Vancouver Sun is a proud sponsor of the Sun Run and celebrates this year's local charitable partners.

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*than*  
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**CONGRATULATIONS!**

It's hard to believe that it's been 40 years since the very first Vancouver Sun Run hit the streets of Vancouver. Runners, walkers and supporters have been enjoying this fantastic Sunday event since 1985. On behalf of the Vancouver Sun Run team, I am excited to welcome you to the 40th edition of the Vancouver Sun Run presented by Herband Naturals. Founded by former Canadian Olympians, Diane and Doug Clement along with Doctor Jack Taunton, the run has grown from only a few hundred participants to as many as 50,000.

The Vancouver Sun Run is the largest 10K in Canada and a beloved Vancouver tradition. Every year, thousands of participants come together to run, walk, or wheel their way through the beautiful streets of our city, with the support of cheering spectators and volunteers.

As the editor in chief of the Vancouver Sun, I am proud to have had our brand associated with this fantastic event that promotes health, fitness, community spirit and charitable giving.

We look forward to lacing up the shoes once again to celebrate 40 years of racing in Vancouver. Together we will make new memories while remembering the energy and passion that started it all.

On behalf of the organizers, steering committee and everyone here at the Vancouver Sun, we look forward to seeing you at Canada's biggest start line on April 21st, and wish you all the best of luck in your training and preparation.

Sincerely,

**Harold Munro**  
Editor-in-Chief, The Vancouver Sun

**VANCOUVER**  
SUN



## 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 40th Vancouver Sun Run Presented by HerbaLand 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 and recreational teams, schools, youth, 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 EVA Air 2.5k Mini Sun Run 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 23.

## WHEN

**Friday, April 19 to Sunday, April 21, 2024:** Virtual Sun Run

**Sunday, April 21, 2024 (In Person Race)**

8:00 a.m. for the EVA Air 2.5K Mini Sun Run 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 just west of 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 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 \$3.4 million in proceeds for important causes since 1985 and continue to do so to this day.

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## IN-PERSON RACE DIVISIONS



### INVITATIONAL ELITE DIVISION

The Vancouver Sun Run presented by Herbaland Naturals 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.

### EVA AIR 2.5K MINI SUN RUN

This event is perfect for entrants looking for a shorter course. The EVA Air 2.5K Mini Sun Run route starts at Pacific Boulevard (across from BC Place Stadium) and ends just east of 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.

### 10K TEAM DIVISION

The 10K 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 \$3000 cash prize are awarded to various categories including: largest and second largest high school team and elementary school; largest school team 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, our goal is to encourage all people to be physically active, no matter 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 - THANK YOU!



**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 2024 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!



# Healthy travels

Enjoy worry-free adventures with comprehensive travel insurance for British Columbians.

Get covered at [pac.bluecross.ca/HealthyTravels](https://pac.bluecross.ca/HealthyTravels)

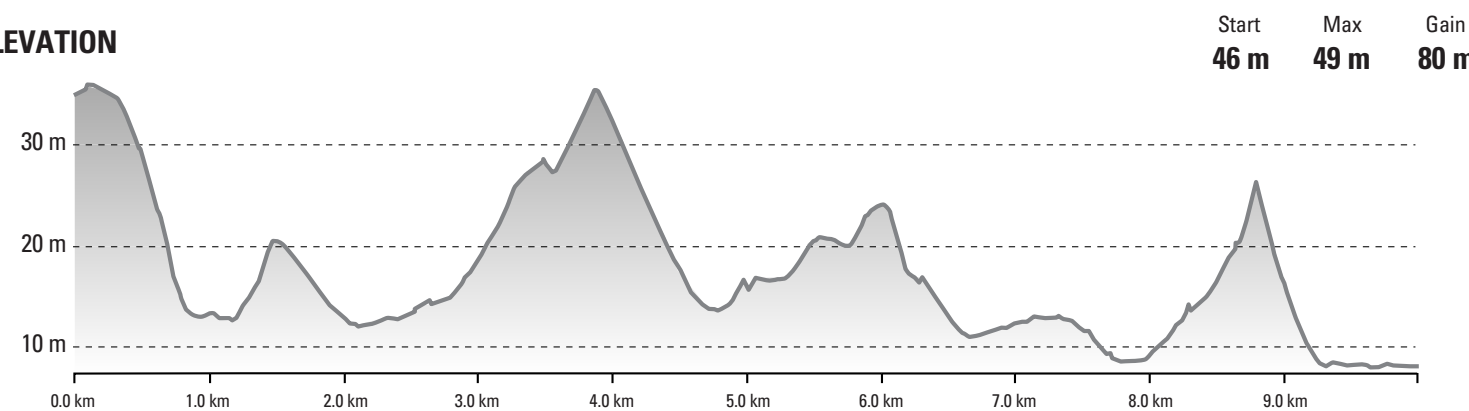
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# IN-PERSON RACE: 10K COURSE MAP



## ELEVATION



PRESENTED BY



## LEGEND

- FIRST AID**
  - WASHROOMS**
  - WATER STATION**
  - MUSIC**
- 
- 10K ROUTE**
  - DISTANCE IN KM**





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**8:00 AM EVA AIR 2.5K MINI SUN RUN START**  
Pacific Blvd. (across from BC Place Stadium)

**8:30 AM VANCOUVER SUN RUN FINISHERS 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 2024 VANCOUVER SUN RUN  
AND ELITE RACE**  
Georgia at Burrard Street

**9:00 - 9:10 AM PINK & YELLOW WAVE START**

**9:15 - 9:30 AM GREEN WAVE START**

**9:35 - 9:50 AM OASIS WHITE WAVE START**

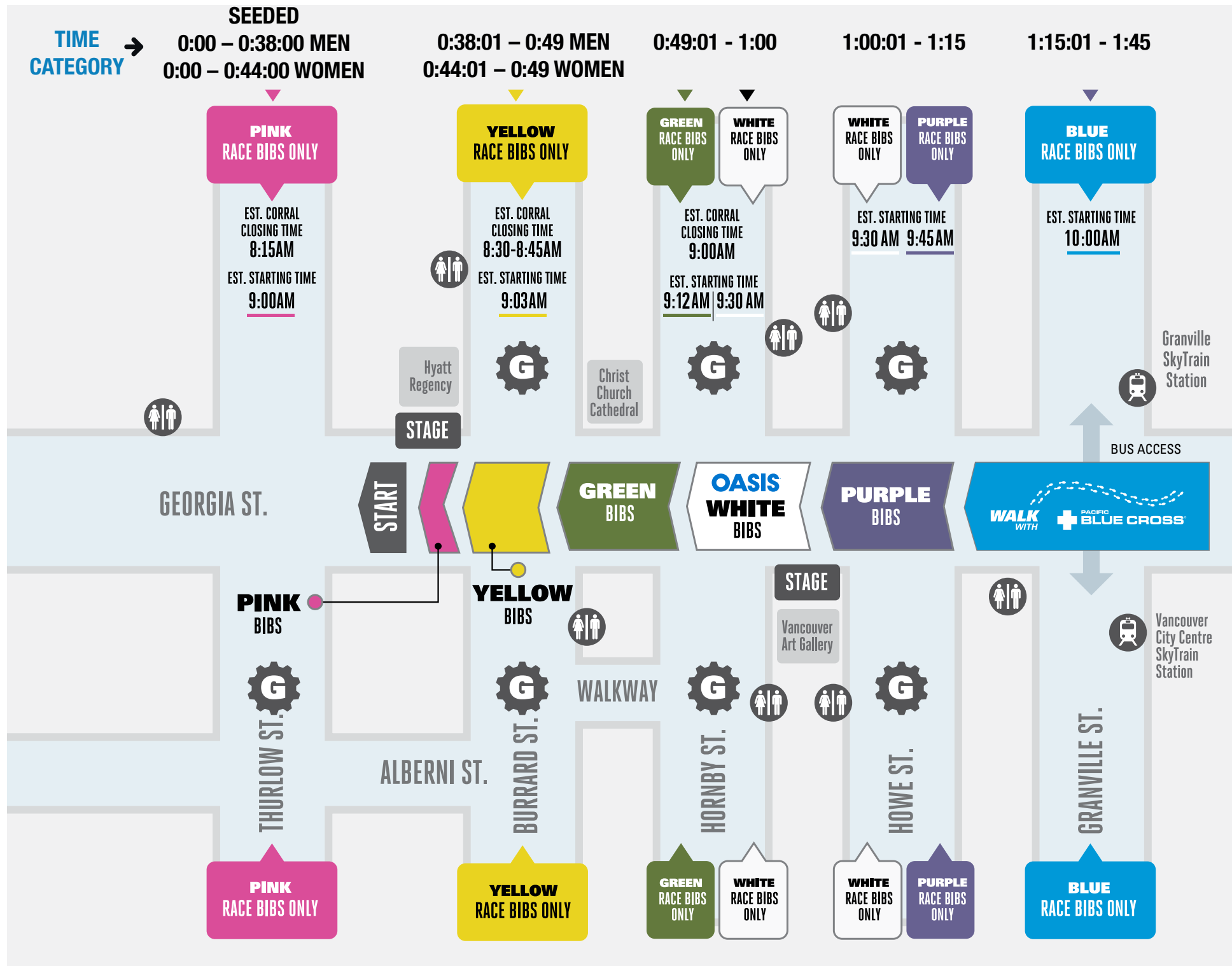
**9:55 - 10:05 AM PURPLE WAVE START**

**10:10 AM WALK WITH PACIFIC BLUE CROSS WAVE START**

**11:00 AM AWARDS CEREMONY**

# START AREA MAP - 10K

SKYTRAIN STATION   
 BUS ACCESS   
 WASHROOM   
 STAGE   
 GEAR CHECK



VANCOUVER **40** YEARS OF RUNNING • APRIL 21, 2024  
**SUNRUN**  
 PRESENTED BY  
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**GETTING TO THE START LINE**

**Taking transit.**

Take Translink, including SkyTrain, SeaBus and certain bus routes, opens early on race day. Skytrains starting to run earlier. Call 604-953-3333 or visit [www.translink.ca](http://www.translink.ca) for details. To avoid line ups, pre-pay your fare with Compass Cards or FareSavers, visit [translink.ca](http://translink.ca) for more information.

**Driving**

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 35 for further details.

**Cycling to the start line**

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.

**Mobi Bikes**

Take Mobi by Rogers! 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>

**Ferries and Aquabus**

False Creek Ferries and Aquabus Ferries will also be running extra ferries on Sun Run morning, visit [www.granvilleislandferries.bc.ca](http://www.granvilleislandferries.bc.ca) and [www.theaquabus.com](http://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 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.

**GEAR CHECK**

Transport your warm, dry clothes from the start to the finish zone for just \$5. Pay at the Purolator gear check trucks, located at start zone access streets, before 8:30 a.m. on race morning. The EVA Air 2.5K Mini Sun Run has their own gear check near the Mini Sun Run start line at Pacific Blvd. Use the perforated gear check tag on your race bib to identify your gear; volunteers will be on hand to provide a plastic bag for your items. Gear must be picked up by 1pm. [Pickup location is just past the Finish line on Pacific Blvd.](#) Show your race number to claim your gear. Do not check valuables. The Vancouver Sun Run is not responsible for lost or stolen items.

**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 am. Please be patient while the groups ahead of you begin the race. 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 MyLaps 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.

**MULTIGRAPHICS PACERS**

Look for our experienced Pacers Team wearing yellow shirts to help you crush you goals. They will be running in various paces and will be in the Green, White & Purple Corrals.

**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 end of Burrard Street Bridge, 6th Ave @ Laurel Street 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. **ate, find your name on our "results" page and click on the certificate icon located on the bottom right banner.**

**LOST CHILDREN**

Complete the form on the back of your child's EVA Air 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.

**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.vancouver.sunrun.com](http://www.vancouver.sunrun.com)

**POST-RACE PARTY**

Enjoy the DJ performing at the Yaletown BIA Main Stage. Stop by the sponsor booths, try delicious samples, enjoy a cup of alkiss water. Plenty of bananas from Peko 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.vancouver.sunrun.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.](http://www.vancouver.sunrun.com) Please allow a few days for the photos to be uploaded as we are a large event. 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.vancouver.sunrun.com](http://www.vancouver.sunrun.com)) on April 21 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.



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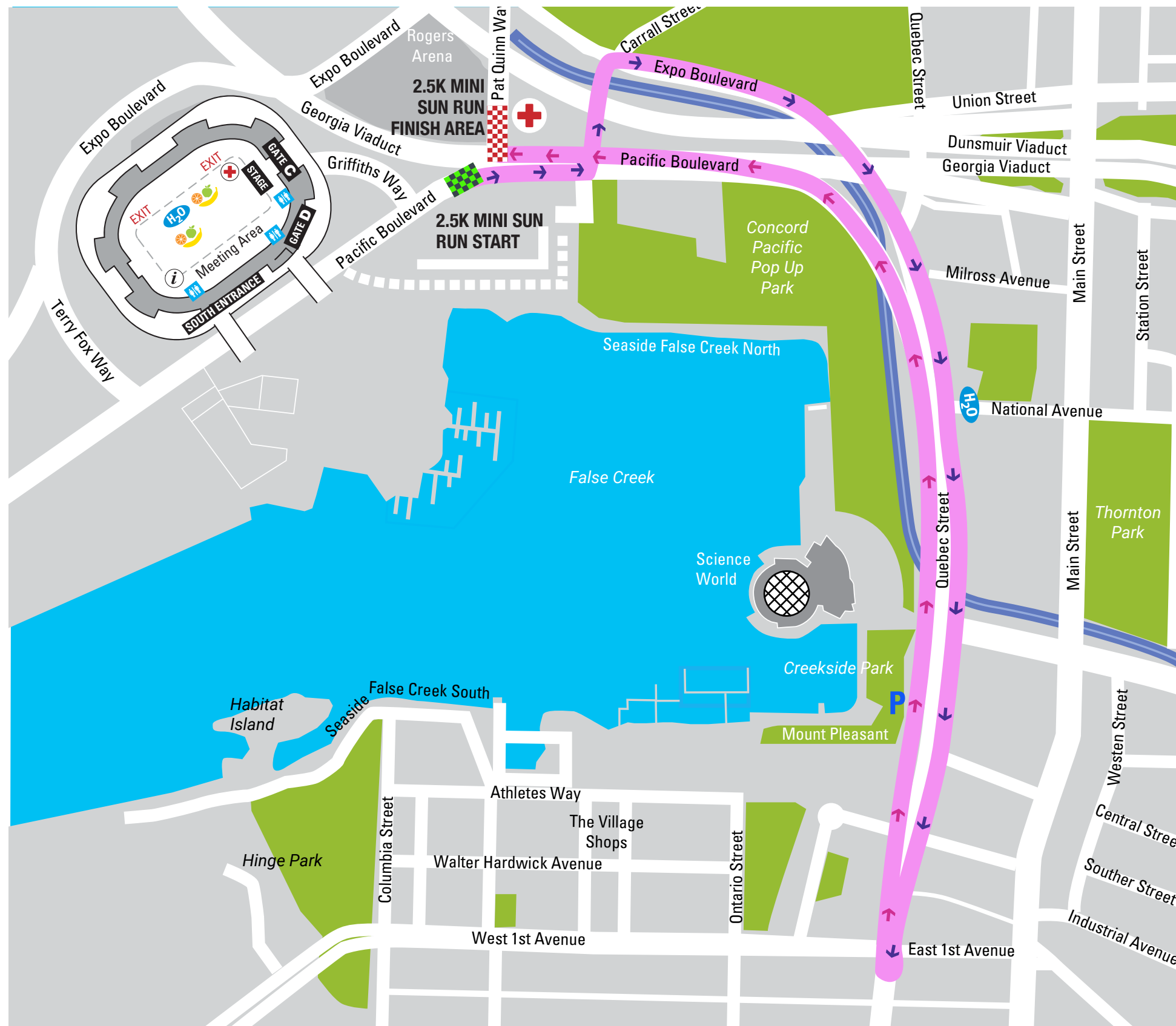


**LOCATIONS:** ABBOTSFORD · BRENTWOOD · CHILLIWACK · COQUITLAM · DOWNTOWN VANCOUVER · LANGLEY · MAPLE RIDGE · NORTH VANCOUVER · RICHMOND · SOUTH BURNABY · SOUTH SURREY/WHITE ROCK · SURREY (CENTRAL CITY) · SURREY (NEWTON) · TSAWWASSEN/LADNER  
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

# 2.5 K Mini Sun Run

**Sunday, April 21, 2024 • 8:00AM**

**EVA AIR 2.5K MINI SUN RUN**



**LEGEND**

-  **Water Station**
-  **First Aid Station**
-  **Fruit Stands**
-  **2.5K Mini Sun Run Route**
-  **Information**



# Your Wings to Asia

## Proud Presenting of Mini Sun Run



EVA Wins SKYTRAX 5-Star Airline Certification Eighth Year in a Row



The EVA Air 2.5K Mini Sun Run 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:** EVA Air 2.5K Mini Sun Run

**START TIME:** 8:00 A.M.

**LOCATION:** On Pacific Blvd at 777 Pacific Blvd, Vancouver – outside host venue, BC Place Stadium



A STAR ALLIANCE MEMBER

**VANCOUVER SUN RUN EXPO EXHIBITION HALL A**

**Friday, April 19th**

**12pm – 7pm**

**Saturday, April 20th**

**10am – 5pm**



**VANCOUVER  
SUN RUN EXPO  
EXHIBITION  
HALL A**

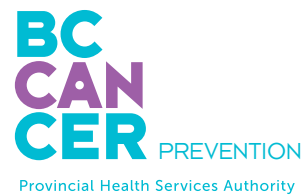


We are excited to welcome these new activation partners to the expo and race day party!

Be sure to stop by and say hi



THE UNIVERSITY OF BRITISH COLUMBIA  
Sport and Exercise Medicine Clinic  
Department of Family Practice



blume



## SUN RUN EXPO AND PACKAGE PICK-UP FOR IN-PERSON & REGISTRANTS (INDIVIDUAL AND EVA AIR 2.5K MINI SUN RUN CATEGORIES)

Join us under the sails at Vancouver Canada Place East 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 is for Individual 10K and EVA Air 2.5K Mini Sun Runners ONLY.** Those who are in teams must see their Team Captain for their race package.

The Vancouver Sun Run Expo & Race Package Pick-Up is located at 999 Canada Place in Exhibition Hall A. Entrance at Street Level during the following days and times:

- Friday, April 19, 2024 – 12 p.m. – 7 p.m.
- Saturday, April 20, 2024 – 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@vancouver.sunrun.com](mailto:info@vancouver.sunrun.com)

### IMPORTANT – RACE BIB LOOK UP!

BEFORE going to the Vancouver Sun Run Expo 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 19th.

### CHECK YOUR BIB

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

### SPECIAL NOTES

#### **10K Team Division and OASIS Youth Team Challenge:**

**Team Members (both in-person and virtual)** – please pickup your race package (tech shirt, race bib with timing tag) from your team captain.

**Team Captains** – Team shirts and Race Bibs with Timing tag will be delivered directly to you by April 16, 2024.

#### **Virtual Participant (Individual Category):**

Your shirt will be mailed to you directly (as part of your registration fee). You'll receive your race package between April 8-12.

# False Creek RASPBERRY ALE



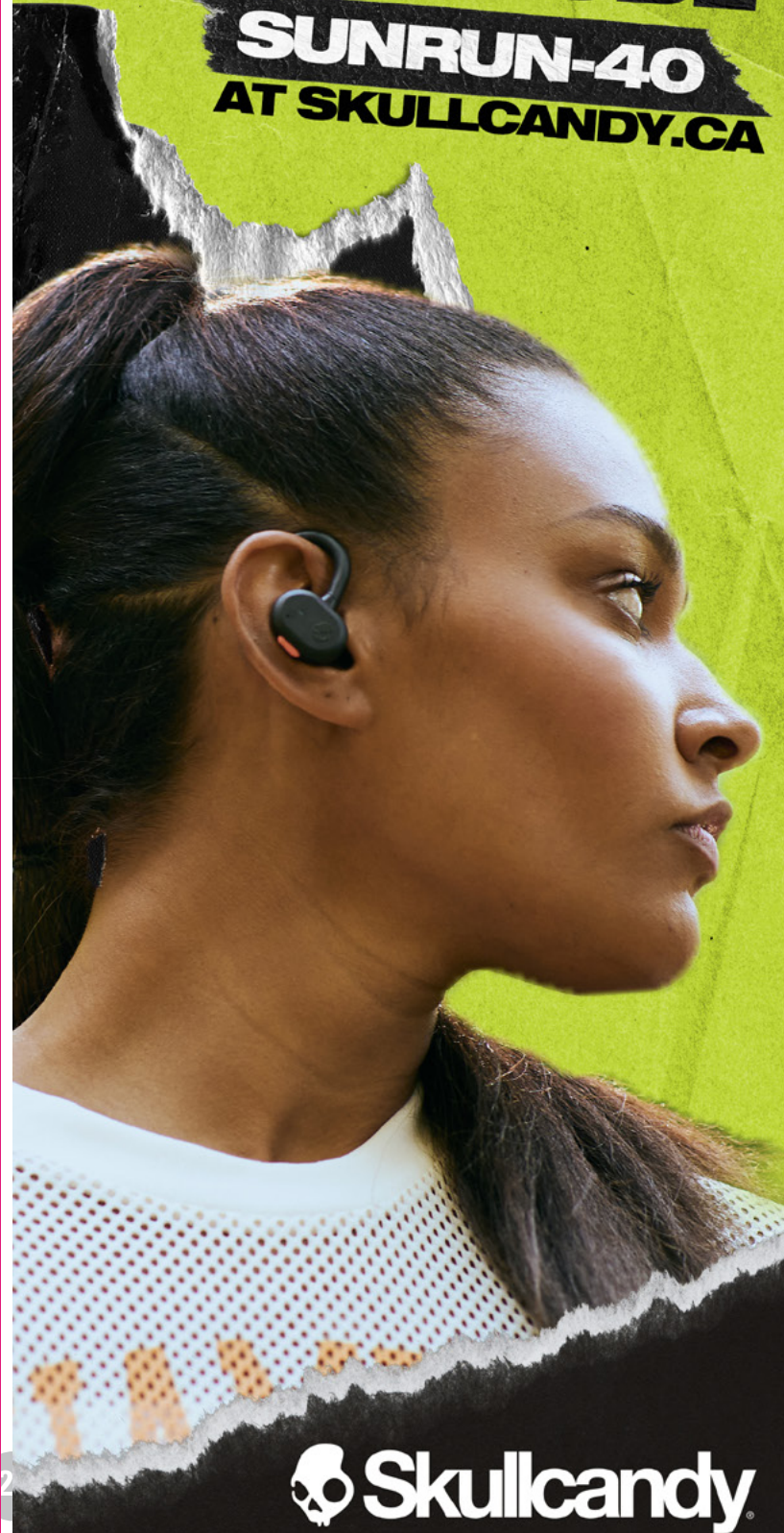
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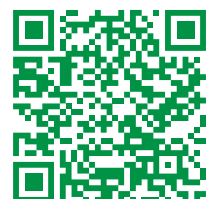


# YALETOWN LOVES ❤️ RUNNERS

## OFFICIAL ENTERTAINMENT SPONSOR for the Vancouver Sun Run

Run to free live music and performances along the Race Route and the Main Stage at BC Place on April 21, 2024.

Need some upbeat tracks for your run?  
Listen to [our curated playlist](#) on Spotify.



### SUN RUN ENTERTAINMENT SCHEDULE

THE NEUROTICS	8:00-10:30	START: Main Stage - Georgia & Burrard
VINYL DRIVE	8:00-10:30	START: in front of the Art Gallery
ROCK PAPER MOON	8:50-10:30	Robson & Denman
TOP LINE VOCAL COLLECTIVE	9:00-11:00	Beach Avenue at Burnaby
STUDIO CLOUD 30 SINGERS	9:00-11:00	Beach Ave at Cardero
HARMONY HOUSE COMMUNITY CHOIR	9:00-11:30	On Pacific at Burrard Bridge
BC REGIMENT BAND SOCIETY	9:15-12:00	In front of Seaforth Armoury
MONKEY PANTS	9:00-12:00	3rd at Burrard
THE RADIO GRANDE	9:15-12:00	3rd at Fir
SCARY LIZARDS	9:30-11:45	Median on 4th/6th Ave near Hemlock
THE CREOLE JAZZ BAND	9:15-12:00	West 6th Ave at Laurel
FEVER IN THE BUNKHOUSE	9:30-12:30	Under Cambie Bridge on 6th
JENNIFER HERSHMAN	9:30-12:30	3rd Ave at Alberta
SANDCASTLE THEORY	9:15-12:30	Columbia at West 6th Ave
EAGLE SONG from the SQUAMISH NATION	9:30-12:30	Quebec at W 6th Ave
X-KALIBRE 25th year!	9:30-12:30	On Quebec near Science World
THE SUITS Mini Sun Run	7:30-8:45am	Pat Quinn Way at Pacific
Wrap Party	9:00-1:00pm	BC PLACE



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](http://YALETOWNINFO.COM/VancouverSunRun)





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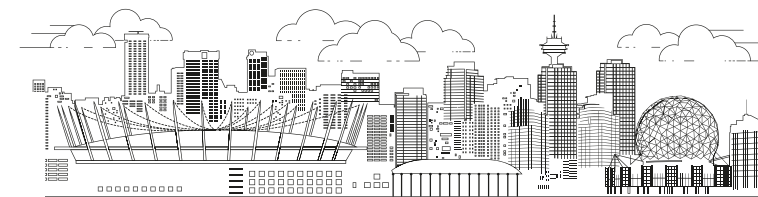


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[www.bcathletics.org](http://www.bcathletics.org)

## Welcome to our NEW Water Station Sponsors



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



**Proud event sponsor of the 2024 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.

Learn more about how Purolator delivers for your community at [purolator.com](http://purolator.com)



Promises delivered\*

**Sun Run road closures in effect SUNDAY, APRIL 21**

Run begins at Georgia and Thurlow, continues west on Georgia to Denman, south on Denman to beach Ave, southeast on Beach to Pacific, south over the Burrard Bridge, south on Burrard to 3rd Ave, east on 3rd to Fir, south on Fir to 4th Ave, east on 4th to 6th Ave, east on 6th Ave under the Cambie Bridge to 3rd Ave, east, 3rd Ave to Columbia, South on Columbia St to 6th Ave, East on 6th Ave to Quebec Ave, North on Quebec Ave to Terminal and continue on Pacific BLVD to Griffiths Way to finish.

**EVENT TIMES:**

- Mini Sun Run** – 08:00
- Competitive Wheelchairs** –08:40
- Main Race** – 09:00
- Roads to re-open** 13:30

**START AREA:** Georgia, from Seymour to Bute  
**FINISH AREA:** Pacific Blvd – BC Place Stadium to Pat Quin Way

**CLOSURES:**

<b>Georgia</b> – from the Causeway to Pender	08:00 – 11:00
<b>Denman</b> – from Georgia to Beach Ave	08:00 – 11:00
<b>Beach Ave</b> – from Denman to Jervis	08:00 – 11:30
<b>Pacific Ave</b> – From Jervis to Hornby	08:00 – 11:30
<b>Burrard St</b> – Davie to the Burrard Bridge	08:00 – 11:30
<b>Burrard Bridge</b> – full closure	08:00 – 11:30
<b>Burrard Bridge</b> –	08:00 hrs to 12:00 hrs
<b>W 6th Ave East Exit</b>	08:30 – 12:00
<b>Burrard Street</b> – Bridge to West 3rd	08:30 – 12:00
<b>W 3rd Ave</b> – Burrard to Fir	08:30 – 12:00
<b>Fir St</b> – W 3rd Ave to W 4th Ave	08:30 – 12:00
<b>W 4th Ave/W 6th Ave</b>	08:30 – 12:30
<b>Pine to 3rd &amp; Alberta</b>	
<b>Cambie Bridge</b> – Pacific Ave Exit ramp	05:00 – 13:30
<b>Cambie Bridge</b> – 6th Ave East	08:30 – 12:30
<b>West 3rd Ave</b> – 2nd Ave to Columbia	08:30 – 12:30
<b>Columbia</b> – From 3rd to 6th ave	08:30 – 13:00
<b>6th Ave</b> – From Columbia to Quebec	08:30 – 13:00
<b>Quebec</b> – From 6th to Terminal	08:30 – 13:30
<b>Pacific Blvd</b> – From Terminal to Griffiths Way	08:00 - 13:30

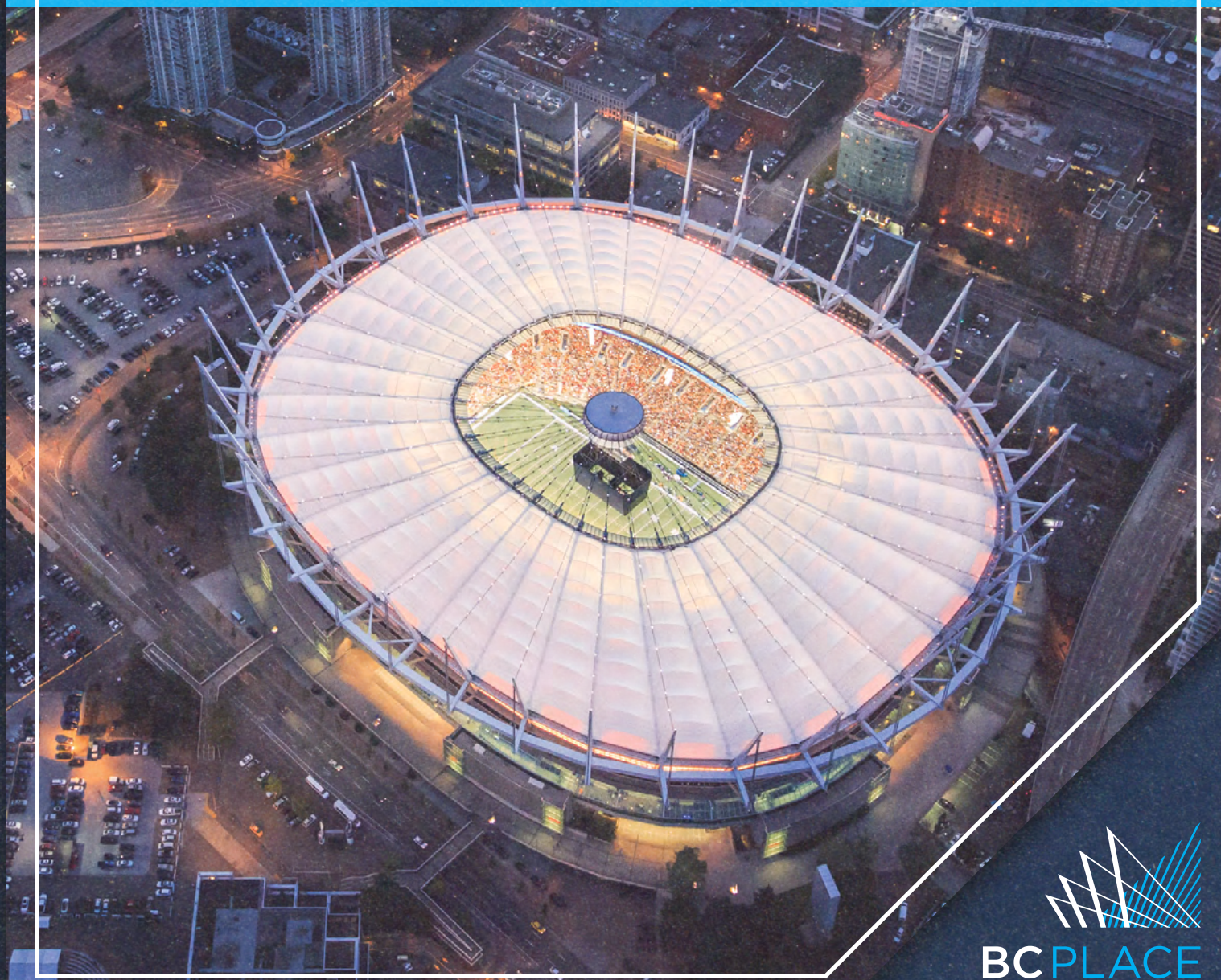


**MINI SUN RUN – Road Closures**

<b>Pacific Blvd</b> – from Nelson to Carrall	05:00 – 13:30
<b>Pacific Blvd</b> – from Pat Quin Way to Quebec	07:00 – 13:30
<b>Quebec</b> – from National to Prior	07:30 – 09:00
<b>Pat Quin Way</b> – from Expo Blvd to Pacific Blvd	05:00 – 13:30
<b>Carrall</b> – from Keefer to Pacific Blvd	07:00 – 09:00
<b>Carrall</b> - From Expo to Pacific Blvd	07:00 – 13:30
<b>Expo Blvd</b> – from Quebec to Pat Quin Way	07:00 – 09:00
<b>E/bound Pacific Blvd. Exit Ramp</b> - from Cambie Bridge	05:00 – 13:30
<b>Cambie Bridge</b> – Pacific Ave Exit	05:00 – 13:00

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# Sun Run Charity Program supported by



# HAPPY 40<sup>TH</sup> ANNIVERSARY Vancouver Sun Run!

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Learn more about how YVR connects and supports the communities we serve at [yvr.ca/community](http://yvr.ca/community)



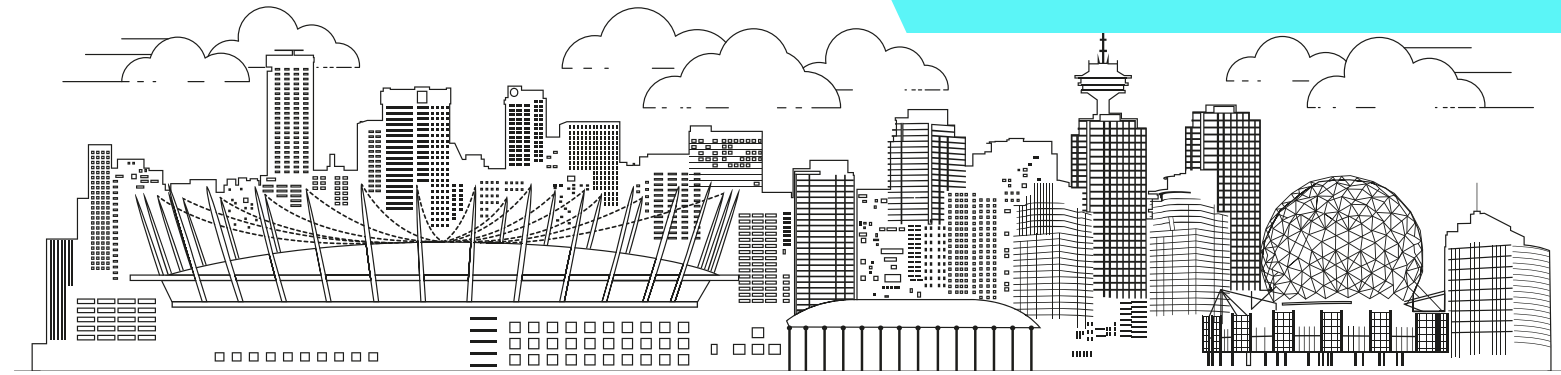
## A HISTORY OF GOOD CAUSES

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 \$3.4 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 2024 CHARITABLE PARTNERS ARE:

- BC Cancer Foundation
- BC Epilepsy Society
- Big Brothers of Greater Vancouver
- Charlford House Society for Women
- The Children's Foundation
- Family Network for Deaf Children
- Family Services of Greater Vancouver
- The Greater Vancouver Food Bank
- Heart & Stroke
- Hope Air
- Make a Wish Canada
- Postmedia Raise a Reader
- Ronald McDonald House BC & Yukon





# SIP FRESH, STAY REFRESHED!

## WHAT IS THE VIRTUAL SUN RUN

The Virtual Sun Run 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 19-21, 2024.

## WHEN IS THE 2024 VIRTUAL SUN RUN

This year's Virtual Experience starts on Friday, April 19th and ends at Noon on Sunday, April 21st

## 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 19-21) or wherever you want (by your house or the nearby park)!

## WHERE DO I PICK UP MY PACKAGE?

### Individual 10K and EVA Air 2.5K Mini Sun Run:

Participants will receive their package between April 8-12.

### OASIS Youth Team Challenge and 10K Team Division:

Team Members - Please contact your Team Captain for your race package.

Team Captains - You will receive your Team Packages by April 16th 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 19. Please also share with us your race day photos via social media by tagging us @vancouversunrun and #VirtualSunRun.

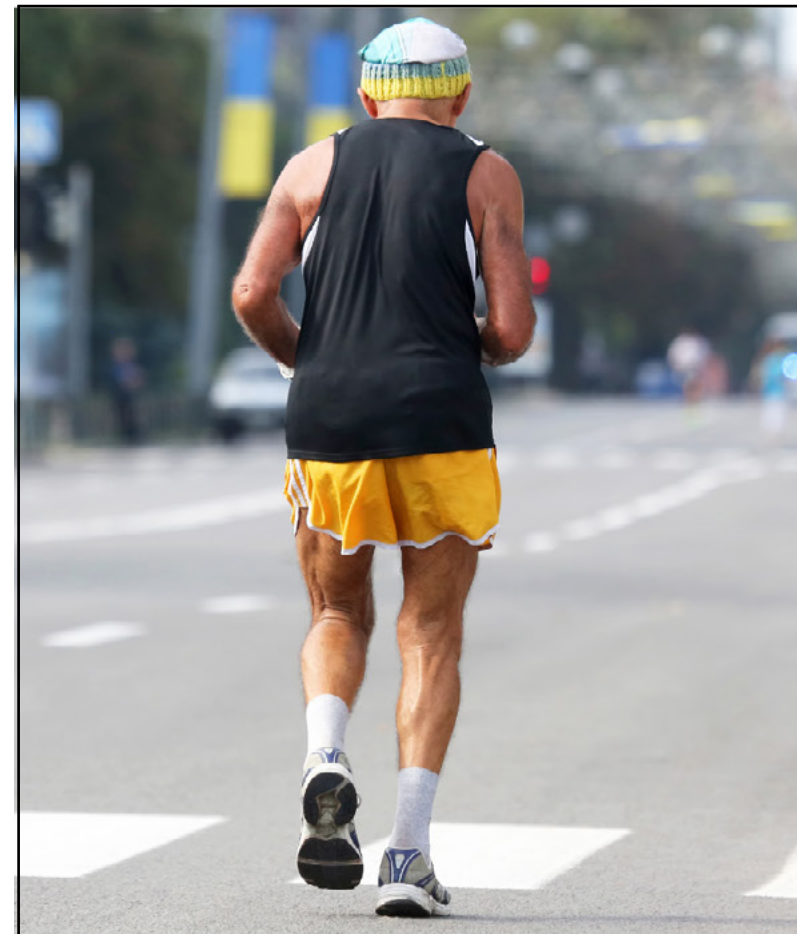
We'd love to see all your finisher selfies and photos!

For more race details, visit [vancouversunrun.com](http://vancouversunrun.com)



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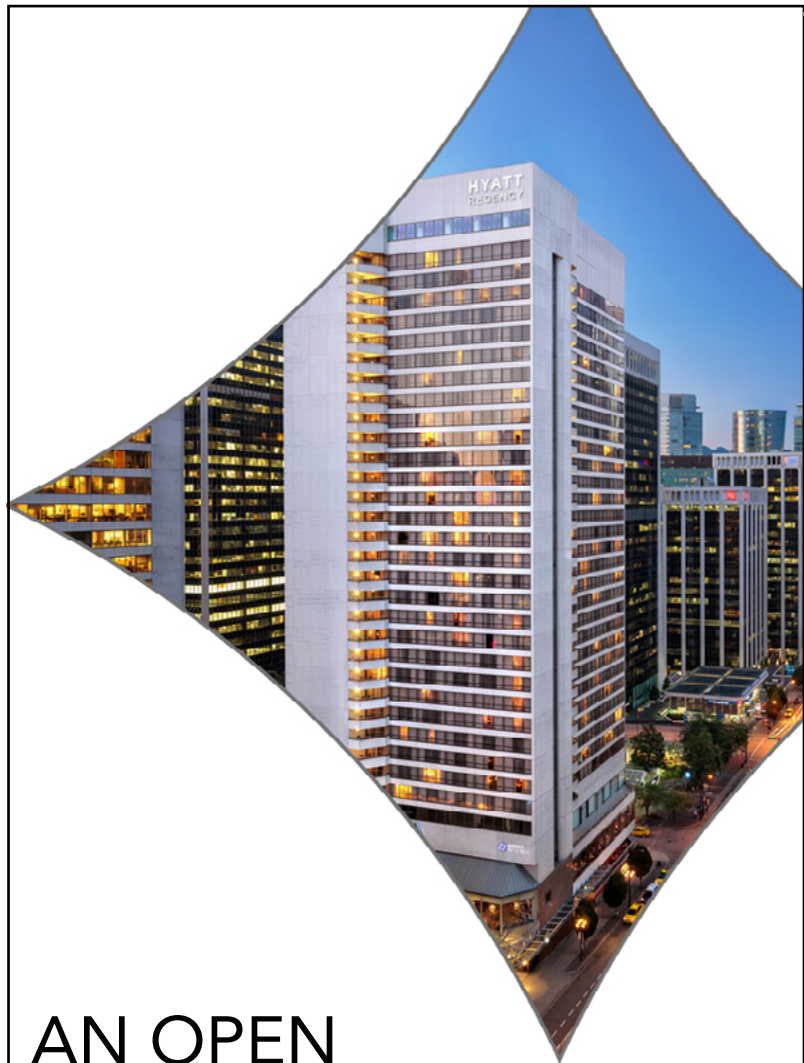
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