

# **JOIN CANADA'S LARGEST START LINE**

***Community Fun for Everyone.***



## **RACE INFORMATION**

**IN-PERSON:** April 27, 2025

**VIRTUAL:** April 25-27, 2025

↓ SEE INSIDE FOR  
**IMPORTANT RACE  
INFORMATION AND  
SPECIAL OFFERS**

VANCOUVER  
**SUNRUN**  
APRIL 27, 2025

PRESENTED BY

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f X Instagram #VanSunRun



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

MORE  
*than*  
WORDS

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Dear Vancouver Sun Run Participants, Sponsors, and Volunteers,

It's hard to believe that over 40 years have passed since the first Vancouver Sun Run hit the streets. Since 1985, runners, walkers, wheelchair participants and supporters have embraced this incredible Sunday event.

On behalf of the Vancouver Sun Run team, I'm thrilled to welcome you to the 41st annual Vancouver Sun Run, proudly presented by Herband and Naturals.

The Vancouver Sun Run was founded by Canadian Olympians Diane and Doug Clement alongside Dr. Jack Taunton who sadly passed last October having lost his battle with cancer. Jack's presence will be missed this year at Canada's biggest start line. Thanks to Jack, Doug and Diane, this race has grown from a few thousand to over 40,000 participants.

The Vancouver Sun Run is Canada's largest 10K run and a cherished Vancouver tradition. Each year, thousands gather to run, walk, or wheel their way through our beautiful city, cheered on by enthusiastic supporters and dedicated volunteers.

As the Editor-in-Chief of the Vancouver Sun, I am honoured that our publication continues to be associated with this iconic event that champions health, fitness, community spirit, and charitable giving.

We're excited to lace up once more to celebrate 41 years of racing in Vancouver, creating new memories and honouring the passion that began this journey.

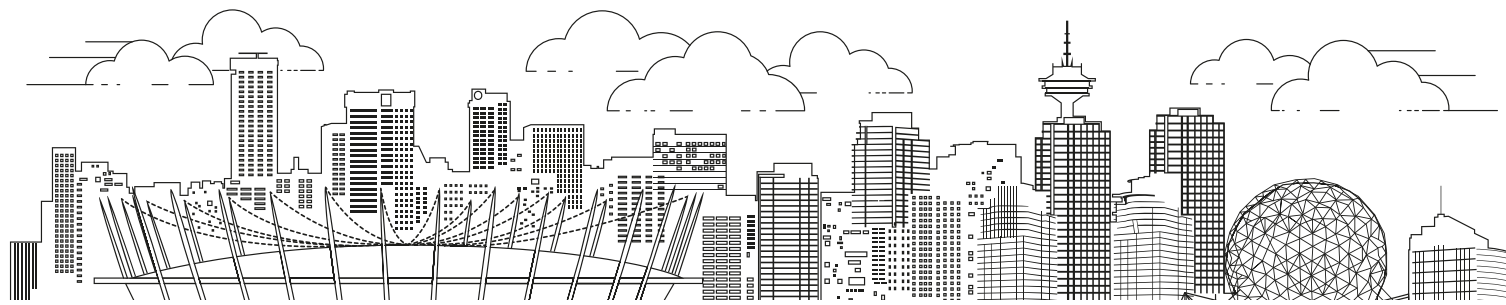
On behalf of the organizers, steering committee, and everyone at the Vancouver Sun, we can't wait to see you at Canada's biggest start line on April 27. Wishing you all the best on run day!

Sincerely,

**Harold Munro**

Editor-in-Chief, The 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 41st 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! It's 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 24.

## WHEN

**Friday, April 25 to Sunday, April 27, 2025:** Virtual Sun Run

**Sunday, April 27, 2025 (In Person Race)**

8:00 a.m. for the EVA Air 2.5K Mini Sun Run race (located by BC Place, see page 26-29)

9:00 a.m. for the 10K race (located along Georgia St, see page 17-21)

## 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 18 & 19 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.

# HerbaLand



## FUEL YOUR RUN

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EDITION

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*Repeat.*

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for corporate bookings



*West Georgia*

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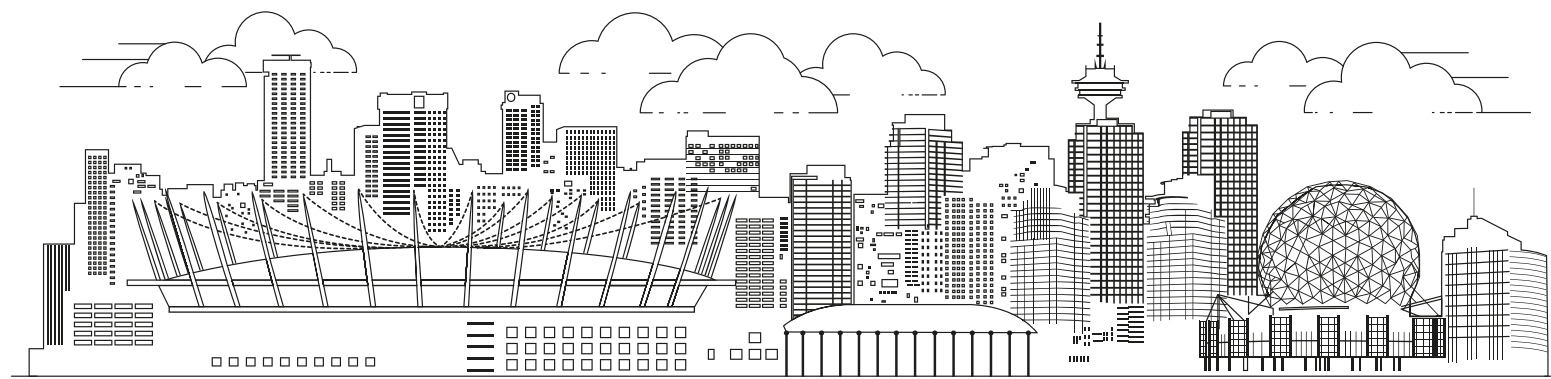
*Vancouver Airport*

3233 ST EDWARDS DR, RICHMOND

**MOXIES**

Valid April 28<sup>th</sup> - August 31<sup>st</sup> 2025  
Some restrictions apply | See store for details

## RACE CATEGORIES



### 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. All members receive a tech shirt branded with their team name/logo on the back.

### SUNRYPE YOUTH TEAM CHALLENGE

Boost your club or school's spirit and encourage physical activity among the group. Over \$3,500 cash prize are awarded to various categories including: first, second and third largest high school 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.

### WALKING DIVISION

The Walking Division 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.

### VIRTUAL RUN

Whether you're looking for a great run, a fun family walk or a way to get your team together for a common goal, the virtual experience has something for everyone! Register to participate in the Virtual Sun Run and be part of the fun from anywhere in North America.





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ORTHOTICS  
=  
RACE READY

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**Vancouver Sun Run**

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**VANCOUVER SUN RUN EXPO EXHIBITION HALL A**

Friday, April 25th      11am – 7pm  
Saturday, April 26th      9am – 4pm



PRESENTED BY



**VANCOUVER  
SUN RUN EXPO  
EXHIBITION  
HALL A**







23

24

25

26

XL / XXL SHIRTS  
LARGE SHIRTS  
XS / S SHIRTS  
MEDIUM SHIRTS

22 21 20 19 18 17 16

31 32 33 34 35 36

27 28 29 30

52 51 50 49 48 47

VOLUNTEER CHECK-IN

EXIT

RACE SOLUTIONS  
CHIP CHECK  
BLUE BIBS

37  
39  
40  
41  
42

TEAM PACKAGE PICKUP  
LATE REGISTRATION  
BIB LOOK UP

PURPLE BIBS  
PINK & YELLOW BIBS

MERCHANDISE BOOTH  
WHITE BIBS  
GREEN BIBS  
MINI SUN RUN

SPONSOR BOOTHS

- |                         |                             |
|-------------------------|-----------------------------|
| 16 Marsquest            | 32 Evo Car Share            |
| 17 Decathlon            | 33 Vita Coco                |
| 18 BC Athletics         | 34 Adidas                   |
| 19 Club 16              | 35 Wellwise                 |
| 20 Popeye's Supplements | 36 ISPARC                   |
| 21 Sentinel Storage     | 37 Granville Island Brewing |
| 22 Athletic Brewing     | 39 Vancouver Warriors       |
| 23 Kintec               | 40 BC Cancer                |
| 24 Subaru               | 41 L'Oréal Paris            |
| 25 Herband Naturals     | 42 Journie Rewards          |
| 26 EVA Air              | 47 Moxies                   |
| 27 SunRype              | 48 No Frills                |
| 28 Pedalheads           | 49 Flourish Pancakes        |
| 29 Yoggu                | 50 UFC Coconut Water        |
| 30 Blume                | 51 Inform Imaging           |
| 31 Vancity              | 52 T100                     |

CROWD HOLDING AREA

EXHIBIT HALL A  
ENTRANCE

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**We are excited to welcome  
these activation partners to the  
expo and race day party!  
Be sure to stop by and say hi**



## **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 25, 2024 – 11 a.m. – 7 p.m.
- Saturday, April 26, 2024 – 9 a.m. – 4 p.m.

Your package will consist of a souvenir technical shirt and race bib number. 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](mailto:info@vancouversunrun.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 25th.

### **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 Sunrype 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 to the address on your team form by April 17, 2025.

#### **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 14-17.



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# SUN RUN 2025 ARE YOU READY TO SHINE?

Get race-ready at Club16:

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- ✓ Expert Personal Trainers
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Why Wait? The Race Starts **NOW!**



*She's* **FIT!**

**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 2025 VANCOUVER SUN RUN  
AND ELITE RACE**

Georgia at Burrard Street

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

**9:12 - 9:30 AM GREEN WAVE START**

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

**9:45 - 10:00 AM PURPLE WAVE START**


**10:00 AM WALKING DIVISION (BLUE WAVE START)**

**11:00 AM AWARDS CEREMONY AT BC PLACE**




10K COURSE MAP


LEGEND




FIRST AID




WASHROOMS




WATER STATION



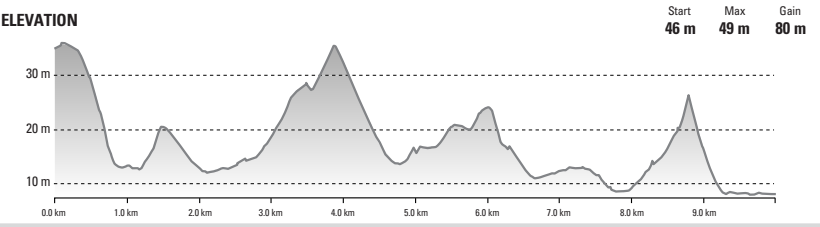
MUSIC



10K ROUTE



DISTANCE IN KM

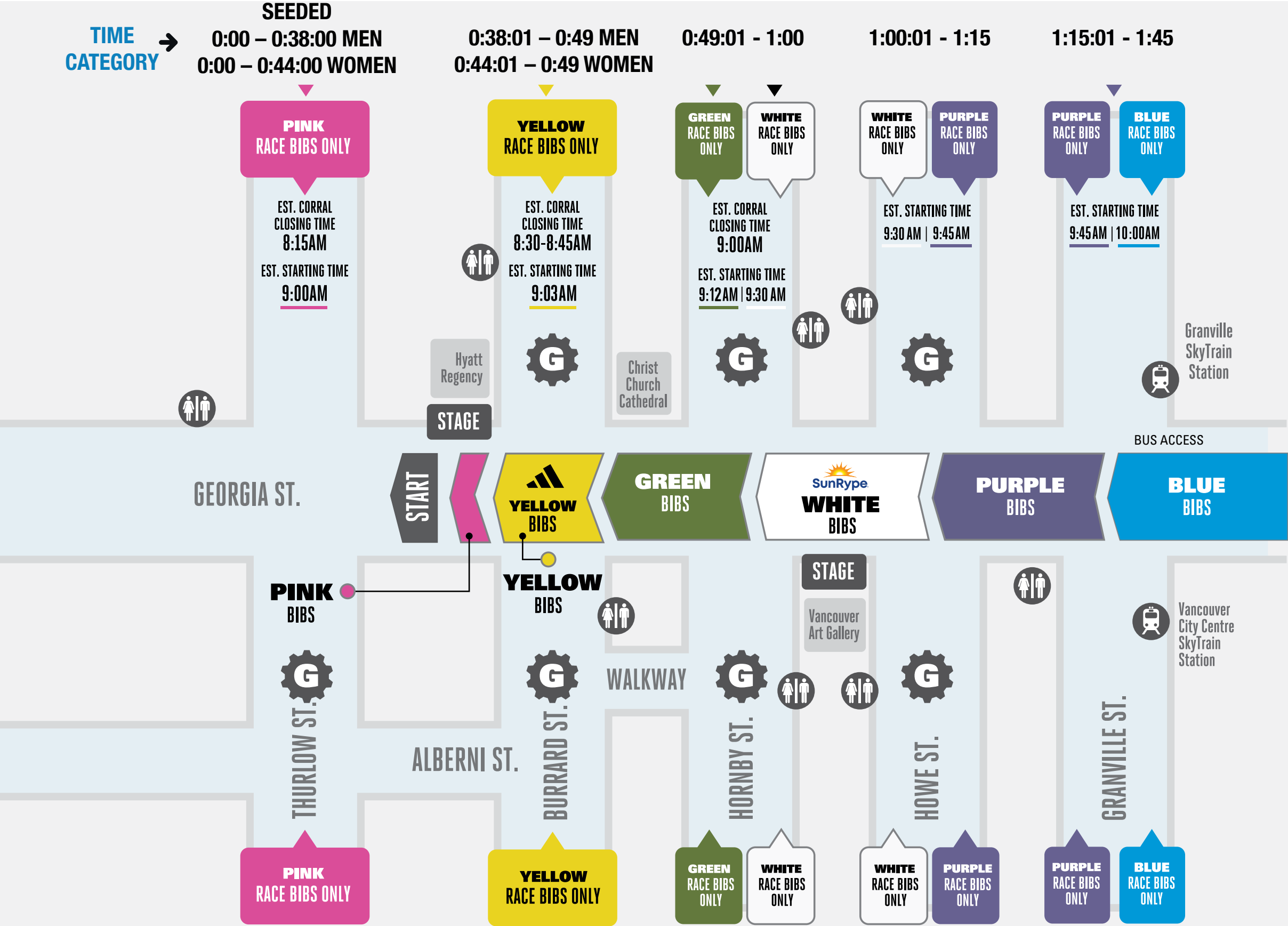


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# START AREA MAP – 10K

IN-PERSON 10K START LINE MAP



SKYTRAIN STATION

BUS ACCESS

WASHROOM

STAGE

GEAR CHECK



GETTING TO THE START LINE

Taking Transit

Skytrains and Seabus are running earlier on race morning, as well as West Coast Express. 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/Road Closures

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 parking in Downtown Vancouver. Look for parking near BC Place Stadium and jog to the start zone. 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 39 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. There are 100 bike parking spaces available at BC Place - Gate C.

Mobi Bikes

Take Mobi by Rogers! The bikes can be unlocked from one station and returned to designated 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.

Hullo Ferries

Hullo is BC’s new passenger only fast ferry service connecting you from downtown Vancouver to Nanaimo in only 70 minutes. With up to 14 daily sailings, super convenient downtown locations, and high-comfort modern vessels, they’ll have you traveling with ease. They’re offering a special early morning sailing departing Nanaimo at 7:00am on April 27th so you can arrive at Canada’s largest starting line with time to spare. Save 15% on travel between April 25-29 with the code “SUNRUN15” - excludes parking and extra services - [www.hullo.com](http://www.hullo.com)

Meeting Friends

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 crowded in Sun Runners.

Gear Check

Transport your warm, dry clothes from the start to the finish zone for just \$5 (cash or credit card accepted). 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 will be inside BC Place.** 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 20 & 21 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 Walking Division / Blue Corral Zone

Multigraphics Pacers

Look for our experienced Pacers Team wearing yellow shirts and signs 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.

Lost Children

**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.** 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.

Finish Line

Quickly move through the finish line area - 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](http://www.vancouversunrun.com)

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!

Wrap Party

Enjoy the entertainment 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. Have fun!

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.](http://www.vancouversunrun.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.vancouversunrun.com](http://www.vancouversunrun.com)) on April 27 to print off your very own copy. To download your certificate, find your name on our “results” page and look for the “e-cert” tab.







# SUNRUN Pacers

Let our experienced Sun Runners help you crush your race goals!

Visit [vancouversunrun.com/pacer-group](https://vancouversunrun.com/pacer-group) to meet the 2025 Pacers Team!



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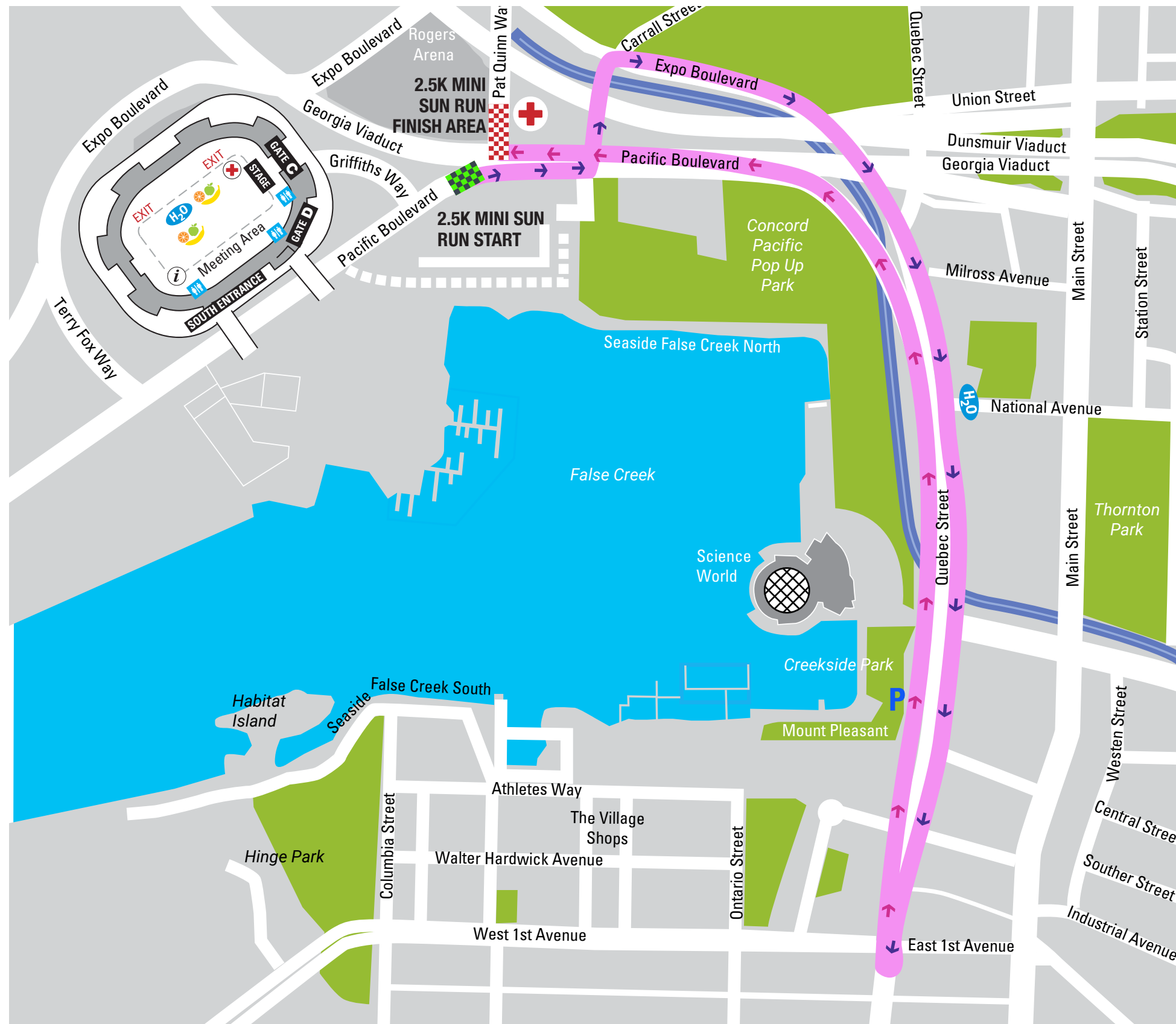
**FIT FOR  
RACE DAY**



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# EVA AIR 2.5 K Mini Sun Run








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**SUN**  
**RUN**

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## LEGEND

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

**EVA AIR**   
A STAR ALLIANCE MEMBER 





# We Give It Our All, for Every Smile

10,000 Professionals – 1 Goal



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](#)



ALL-NEW 2025

# FORESTER

Driven to Go the Distance



VANCOUVER  
**SUNRUN**  
APRIL 27, 2025  
OFFICIAL AUTOMOTIVE PARTNER

# THANK YOU TO OUR



# SUBARU VOLUNTEER CREW



With over 40,000 participants, volunteers are needed to assist with every aspect of the race weekend from start to finish. This race would not be possible without them. Give them a high-five, a cheer and a thank you as you pass them during the race or when you see them at the Wrap Party at BC Place.



TRY THE PERFECT PAIR  
*Honey Gold &  
Raspberry Bold*



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A CAN!

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OFFERING

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SPONSOR  
OF VANCOUVER SUN RUN

BC PLACE





## 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 27, 2025.

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	9:15-12:00	3rd at Burrard (Chevron)
FARMER'S HANKY TRIO	9:15-12:00	3rd at Fir (in front of Lotus)
SCARY LIZARDS	9:15:11:45	Median on 4th/6th Ave near Hemlock
THE CREOLE JAZZ BAND	9:15-12:00	West 6th Ave at Laurel pullout
FEVER IN THE BUNKHOUSE	9:30-12:00	Under Cambie Bridge on 6th
JENNIFER HERSHMAN	9:30-12:30	3rd Ave at Alberta on median
SANDCASTLE THEORY	9:3-12:30	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	7:30-8:45 a.m.	Pat Quinn Way at Pacific
TEN TOULJERS Wrap Party	9:00-1:00 p.m.	BC PLACE







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GAME!

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- Volleyball
- Beach Volleyball
- Floor Hockey
- Dodgeball
- Flag Football
- Pickleball
- Multi-Sport
- Softball

Register Now  
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RUN  
FOR  
THOSE  
WHO  
CAN'T

JOIN  
US **MAY 4<sup>TH</sup> 2025**

[WWW.WINGSFORLIFEWORLDRUN.COM](http://WWW.WINGSFORLIFEWORLDRUN.COM)



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## RACE ETIQUETTE



**PIN YOUR NUMBER ON THE FRONT OF YOUR SHIRT**

**YOUR BIB:** Pin your number on the **FRONT** of your shirt or outermost clothing and keep it visible at all times, and especially at the finish. **DO NOT COVER YOUR RACE NUMBER WITH ANY CLOTHING** or you will not receive a race time, as the number contains your timing tag. Announcers, photographers, timers and medics use it to help identify you.



**STICK TO THE COLOUR ZONE AND WAVE START TIME THAT YOU HAVE BEEN ASSIGNED**

**COLOUR ZONES & TIMES:** Stick to the color zone and wave start time that you have been assigned. Do not start the race before your assigned wave start time so as not to impede quicker participants.



**DON'T BLOCK OTHER RUNNERS AT ANY TIME**

**WALKERS STAY RIGHT:** Don't block other runners at any time. Slower runners and walkers must remain on the right side of the road to allow quicker runners to pass on the left. At aid stations, move to the side if you slow down or stop.



**DON'T BLOCK THE FINISH LINE**

**FINISH LINE:** Don't block the finish line. Once you cross the finish line, keep moving to clear the way for other runners.







Helping you reach your goal, one kilometre at a time

Proud event sponsor of the 2025 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](https://www.purolator.com)

SUNDAY, APRIL 27, 2025 – SUN RUN SCHEDULE OF EVENTS & CLOSURES

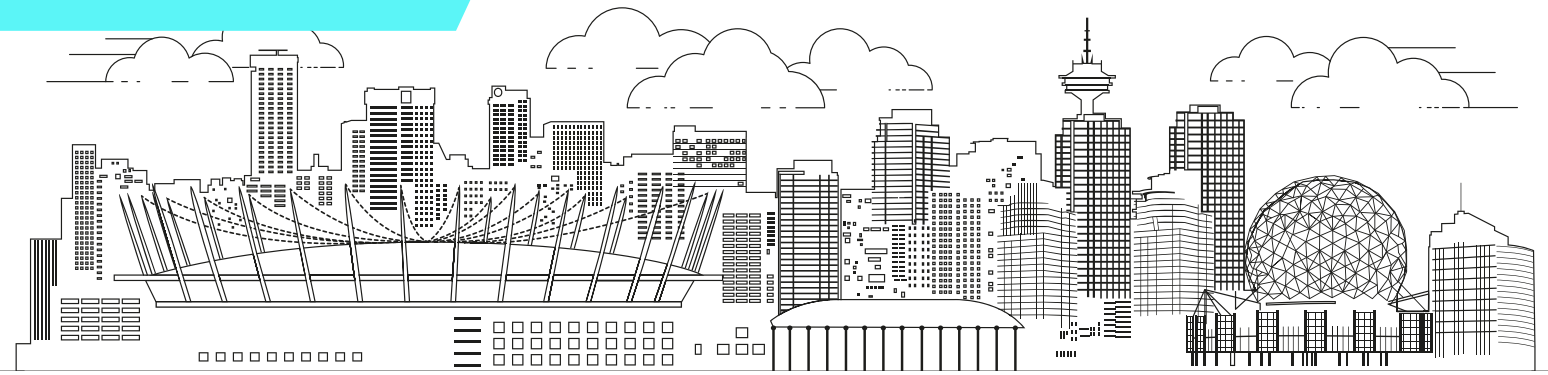
MINI SUN RUN .....	8:00 a.m. – 9:00 a.m.
WHEELCHAIR START .....	8:50 a.m.
10K MAIN RACE .....	9:00 a.m. – 1:30 p.m.
SANITATION CLEAN UP .....	9:15 a.m. – 2:00 p.m.

The following streets are to be closed at the times shown:

<b>Georgia Street</b>	
• Seymour to Bute – (start area) .....	5:00 a.m. – 11:30 a.m.
• Bute to the Causeway (including all streets crossing Georgia) .....	8:00 a.m. – 11:00 a.m.
• Access to Lions Gate Bridge: Pender Street westbound.....	8:00 a.m. – 11:00 a.m.
<b>Georgia Street - Pender to Lions Gate Bridge</b>	
• Single Lane Traffic from Pender Street to Lions Gate Bridge Open from .....	8:00 a.m. – 11:00 a.m.
<b>Howe/Hornby/Burrard/Thurlow:</b> Closed from Dunsmuir to Robson .....	5:00 a.m. – 11:00 a.m.
<b>Denman:</b> Denman - Georgia to Beach Avenue .....	8:00 a.m. – 11:00 a.m.
<b>Beach Avenue:</b> Davie to Jervis .....	8:00 a.m. – 11:30 a.m.
<b>Pacific Street:</b> Jervis to Burrard .....	8:00 a.m. – 11:30 a.m.
<b>Burrard Bridge:</b> Close to all traffic .....	8:00 a.m. – 12:00 noon
<b>West 3rd Avenue</b> Burrard to Fir .....	8:30 a.m. – 12:00 noon
<b>Fir Street</b> W 3rd Avenue to W 4th Avenue .....	8:30 a.m. – 12:00 noon
<b>6th Avenue East exit from Granville Bridge:</b> Closed to all traffic .....	8:30 a.m. – 12:00 noon
<b>West 4th Avenue/W 6th Avenue</b> Pine to Cambie .....	8:30 a.m. – 12:00 noon
<b>West 3rd Avenue</b> 2nd Avenue to Columbia .....	8:30 a.m. – 12:30 noon
<b>Columbia</b> From 3rd to 6th Avenue .....	8:30 a.m. – 1:00 p.m.
<b>6th Avenue</b> From Columbia to Quebec .....	8:30 a.m. – 1:00 p.m.
<b>Quebec</b> From 5th to Terminal .....	8:30 a.m. – 1:30 p.m.
<b>Quebec</b> From 2nd to Prior Street .....	7:30 a.m. – 9:30 a.m.
<b>Pacific Blvd &amp; Expo Blvd</b>	
• From Terminal to Griffiths Way .....	7:30 a.m. – 1:30 p.m.
• Nelson to Pat Quinn Way .....	5:00 a.m. – 1:30 p.m.
<b>Cambie Bridge - Pacific Blvd Eastbound Exit</b>	
• Exit ramp to Pacific Blvd Eastbound .....	5:00 a.m. – 1:30 p.m.



## VIRTUAL RUN



### WHAT IS THE VIRTUAL 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 25-27, 2025.

### WHEN IS THE 2025 VIRTUAL RUN

This year's Virtual starts on Friday, April 25th and ends at Noon on Sunday, April 27th

### 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 25-27) 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:

Race Packages will be delivered by April 17, 2025

#### Sunrype 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 17th 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 25. 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](https://vancouversunrun.com)

GO THE  
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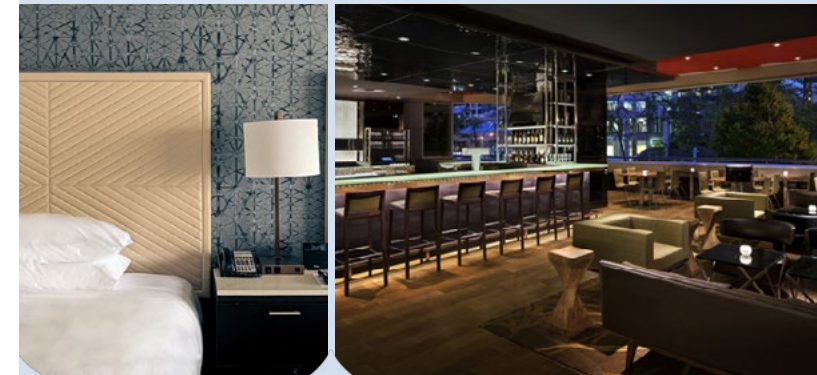


SPECIAL OFFER

## **Hearty Breakfast Buffet**

Enjoy our Hearty Breakfast Buffet  
with a **\$5 discount**  
on event day

Participant badge or number required for this exclusive offer!



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**COMMUNITY**

## Sun Run Charity Program Supported by

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STORAGE**



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.

### OUR 2025 CHARITABLE PARTNERS ARE:

- BC Cancer Foundation
- BC Epilepsy Society
- Big Brothers of Greater Vancouver
- Charlford House Society for Women
- City Dream Centre
- Crohn's Colitis
- Family Network for Deaf Children
- Family Services of Greater Vancouver
- Greater Vancouver Food Bank
- Heart & Stroke
- Hope Air
- Postmedia Raise a Reader
- Saints Rescue
- Stanley Park Ecology







# ENVIRONMENTAL & SOCIAL RESPONSIBILITY

Environmental sustainability,  
in partnership with Vancity

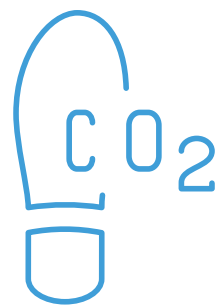
The Vancouver Sun Run is committed to driving positive change and strengthening our community, while also reducing our impact on the environment. As part of this commitment, we are proud to welcome **Vancity as our inaugural Official Sustainability Partner.**

Vancity is a proven and respected leader in environmental and social responsibility. Their values-based banking practices are exemplified through their sustainable daily operations, environmentally conscious investment advice, and commitment to being net-zero by 2040.

Together with Vancity, we aim to build a more sustainable future for the Vancouver Sun Run and our greater community.

Learn more about our event's initiatives below. We're proud of the work that our spectators, volunteers, participants, and staff have done to ensure the Vancouver Sun Run continues to be a leader in event sustainability year after year.

## Reducing the carbon footprint of our event



In partnership with Vancity, our goal is to make the Vancouver Sun Run even more climate conscious.

Building on ongoing efforts to improve our environmental impact, here are some of the key initiatives we're implementing this year:

- Using compostable cups at all water stations.
- Transitioning from diesel to battery powered generators at 15 locations along the race route
- Planting a tree in the Cariboo region for every tech T-shirt that is declined by Vancity team participants.
- Diverting waste from landfills through our work with Green Chair (last year we achieved 86.5% waste diversion!).



# Banking that supports you in the long run.

Join Vancity and do more for you,  
your community, and the planet.

Proud sustainability partner.

**Vancity**



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750 BURRARD STREET  
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# Global News Hour at 6

with Chris Gailus & Sophie Lui

We are BC's News.

[Globalnews.ca](http://Globalnews.ca)



# THANK YOU

## MEDIA PARTNERS





# ***THANK YOU***

***FOR BEING A PART OF THE  
2025 VANCOUVER SUN RUN!***

VANCOUVER  
**SUN**  
**RUN**

***APRIL 27, 2025***

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