

JOIN CANADA'S LARGEST START LINE

Community Fun for Everyone.



RACE INFORMATION

IN-PERSON: April 19, 2026

VIRTUAL: April 17-19, 2026

↓ SEE INSIDE FOR
IMPORTANT RACE
INFORMATION AND
SPECIAL OFFERS

VANCOUVER
SUNRUN

APRIL 19, 2026

PRESENTED BY

HerbaLand
NATURALS

HerbaLand
NATURALS



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

PHOTO BY ROBERT SHAER / PNG

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Dear Vancouver Sun Run Participants, Sponsors, and Volunteers,

There is a unique magic that takes over our city every April. For over four decades, the Vancouver Sun Run has transformed our streets into a vibrant celebration of health, community, and personal achievement. As we prepare for the 42nd annual Vancouver Sun Run, proudly presented by Herband Naturals, that spirit is stronger than ever.

Since 1985, this event has evolved from a local road race into a world-class tradition. This year, as we look toward the start line, we carry with us the enduring legacy of our founders: Canadian Olympians Diane and Doug Clement, and the late Dr. Jack Taunton.

Whether you are an elite runner chasing a personal best, a family walking together, or one of the thousands of dedicated volunteers who make this day possible, you are part of something extraordinary. The Vancouver Sun Run is more than just Canada's largest 10K; it is a testament to what we can achieve when we come together.

As Editor-in-Chief of the Vancouver Sun, I take great pride in our publication's long-standing role in this iconic event. We are committed to fostering the community spirit and charitable giving that define the Sun Run experience.

We invite you to join us once again to fill the streets of Vancouver with energy and purpose. Let's make the 42nd year our most memorable yet, creating new milestones and celebrating the journey that brought us here.

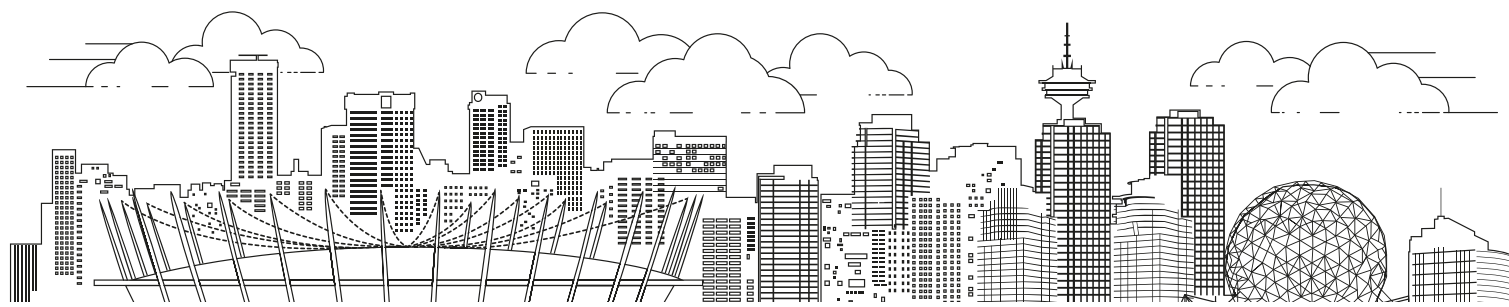
On behalf of the organizers, the steering committee, and the entire team at the Vancouver Sun, I look forward to cheering you on at the start line on April 19, 2026.

Enjoy the training, and we will see you on race 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 42nd Vancouver Sun Run Presented by HerbaLand Naturals 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 4th 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. 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 25.

WHEN

Friday, April 17 to Sunday, April 19, 2026: Virtual Sun Run

Sunday, April 19, 2026 (In Person Race)

8:00 a.m. for the EVA Air 2.5K Mini Sun Run race (located by BC Place, see pages 22-23)

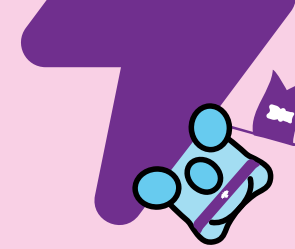
9:00 a.m. for the 10K race (located along Georgia St, see pages 10-11)

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.



Fuel every step of the run with

HerbaLand



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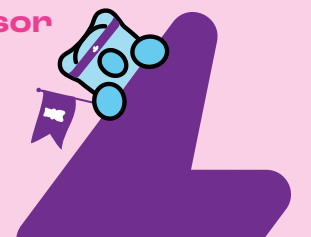


ENERGY GEL.



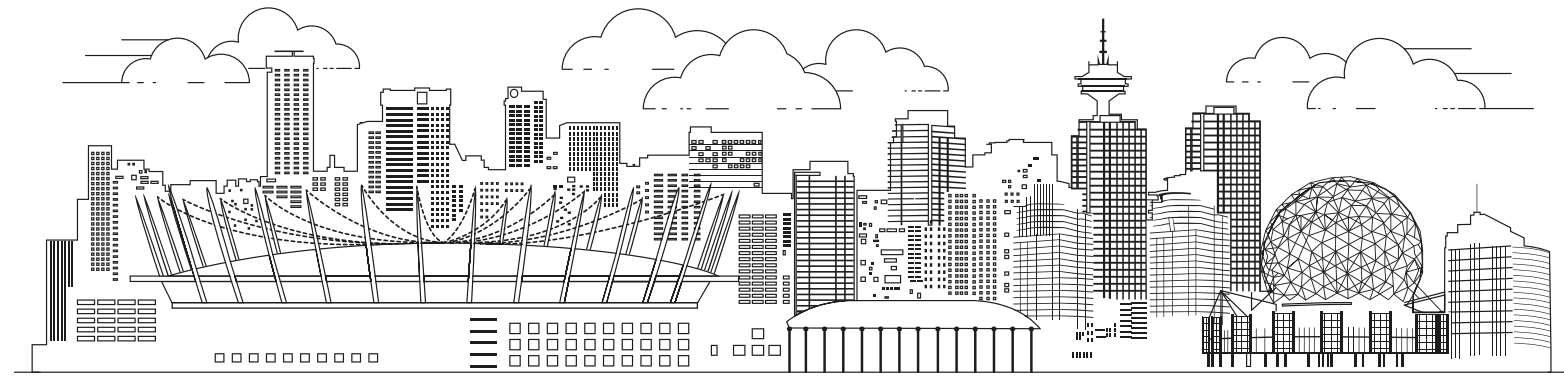
HerbaLand, Proud Sun Run Presenting Sponsor

www.herbaland.ca | [@herbalandnaturals](https://twitter.com/herbalandnaturals)



TRAINING → VANCOUVER SUN RUN → RECOVERY

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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.

EVA BIZFAM 10K TEAM DIVISION

The EVA BizFam 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.

OASIS 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 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.

RACE ETIQUETTE



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.



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.



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.



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

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We even won the cool Ookla® Speedtest® thing.



NOVUS

The feel-good network



novusnow.ca/sunrun2026

10K COURSE MAP

VANCOUVER SUN RUN 10KM COURSE MAP

APRIL 19, 2026

LEGEND

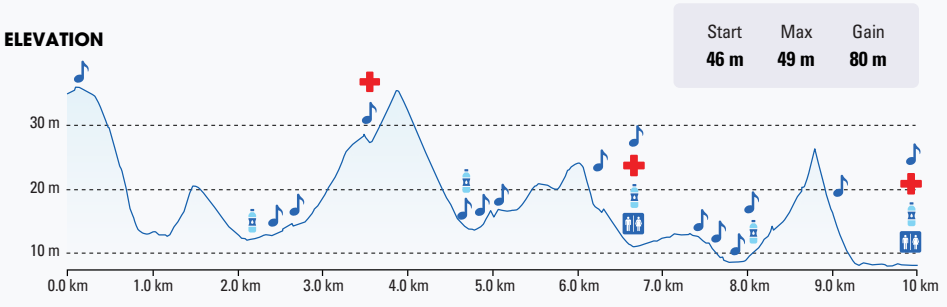
-  **FIRST AID**
-  **WASHROOMS**
-  **WATER STATION**
-  **MUSIC**
-  **CHEER STATION**
-  **10K ROUTE**
-  **DISTANCE IN KM**



Vancouver Sun Run Start Line

Vancouver Sun Run Start Staging Area

Vancouver Sun Run Finish Line



HerbaLand
NATURALS



TRUST YOUR GUT AND GO FOR IT.

**NEW
PREBIO
FIBRE**



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 2026 VANCOUVER SUN RUN
AND ELITE RACE PRESENTED BY HERBALAND**
Georgia at Burrard Street

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

9:12 - 9:30 AM GREEN WAVE START

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






9:45 - 10:00 AM PURPLE WAVE START

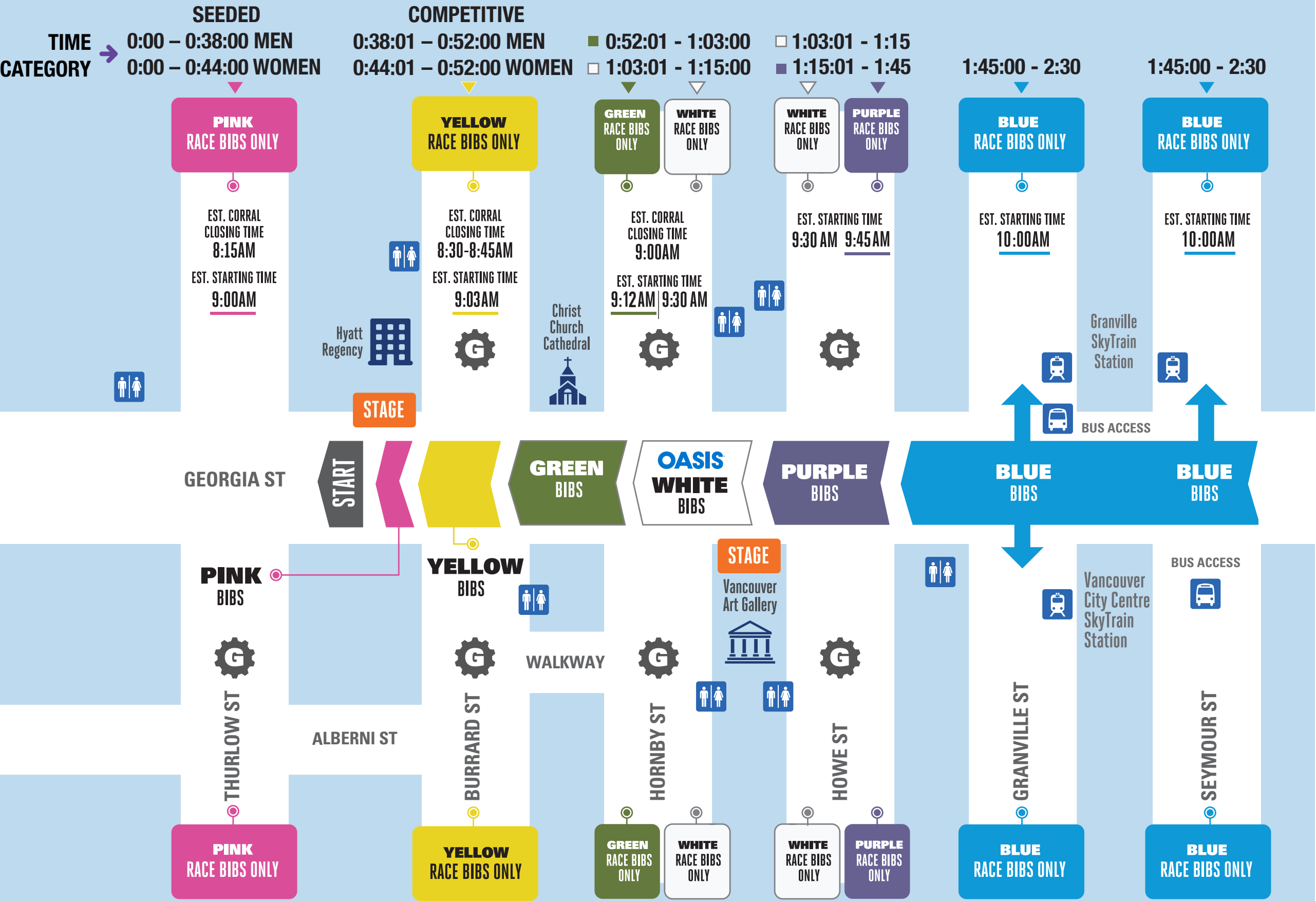
10:00 AM BLUE WAVE START

11:00 AM AWARDS CEREMONY AT BC PLACE

10K START AREA MAP

LEGEND

-  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 for details. To avoid line ups, pre-pay your fare with Compass Cards or FareSavers, visit 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 [Pages 44-45](#) for further details.

EVO

If you want to drive, but don't want to worry about picking your car up after, Evo is a great option to get you to the start line. Be sure to create your account before Race Day, so you are ready to go.

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.

Ferries and Aquabus

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

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.

Live Stream

Relive the excitement of race day! The Official Sun Run Live Stream is an easy way for your loved ones to cheer you on as you cross the finish line. Tune in live starting at 8:30AM on Sunday April 19th on the @VanSunRun YouTube channel.

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. 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 outside BC Place stadium, off of 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 Walking Division / Blue Corral Zone

Multigraphics Pacers

Look for our experienced Pacer Team wearing yellow shirts and signs to help you crush your 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.vancouver.sunrun.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!

Post Race 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 No frills 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.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) on April 19 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 vancouver.sunrun.com/pacer-group to meet the 2026 Pacers Team!



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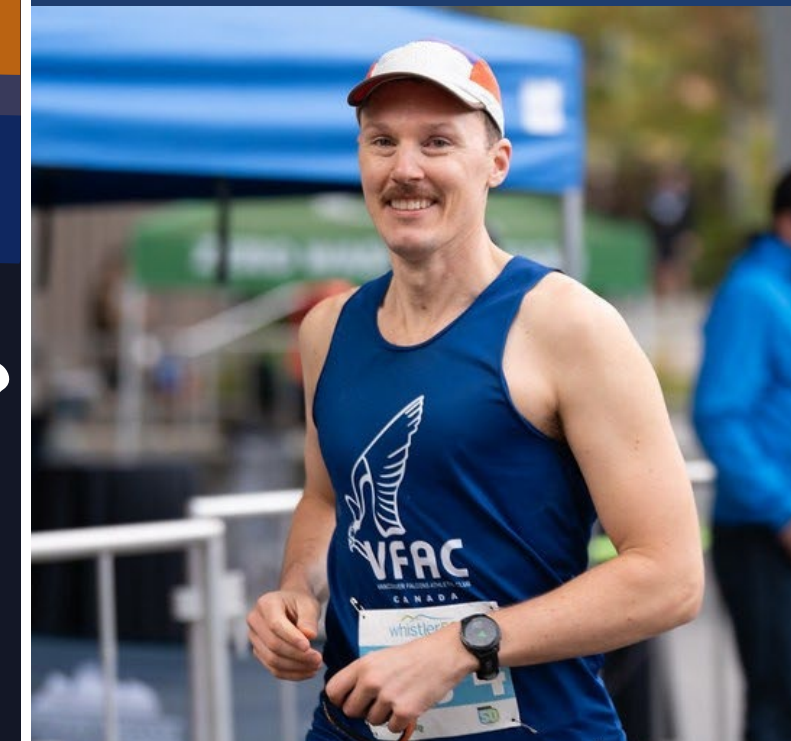
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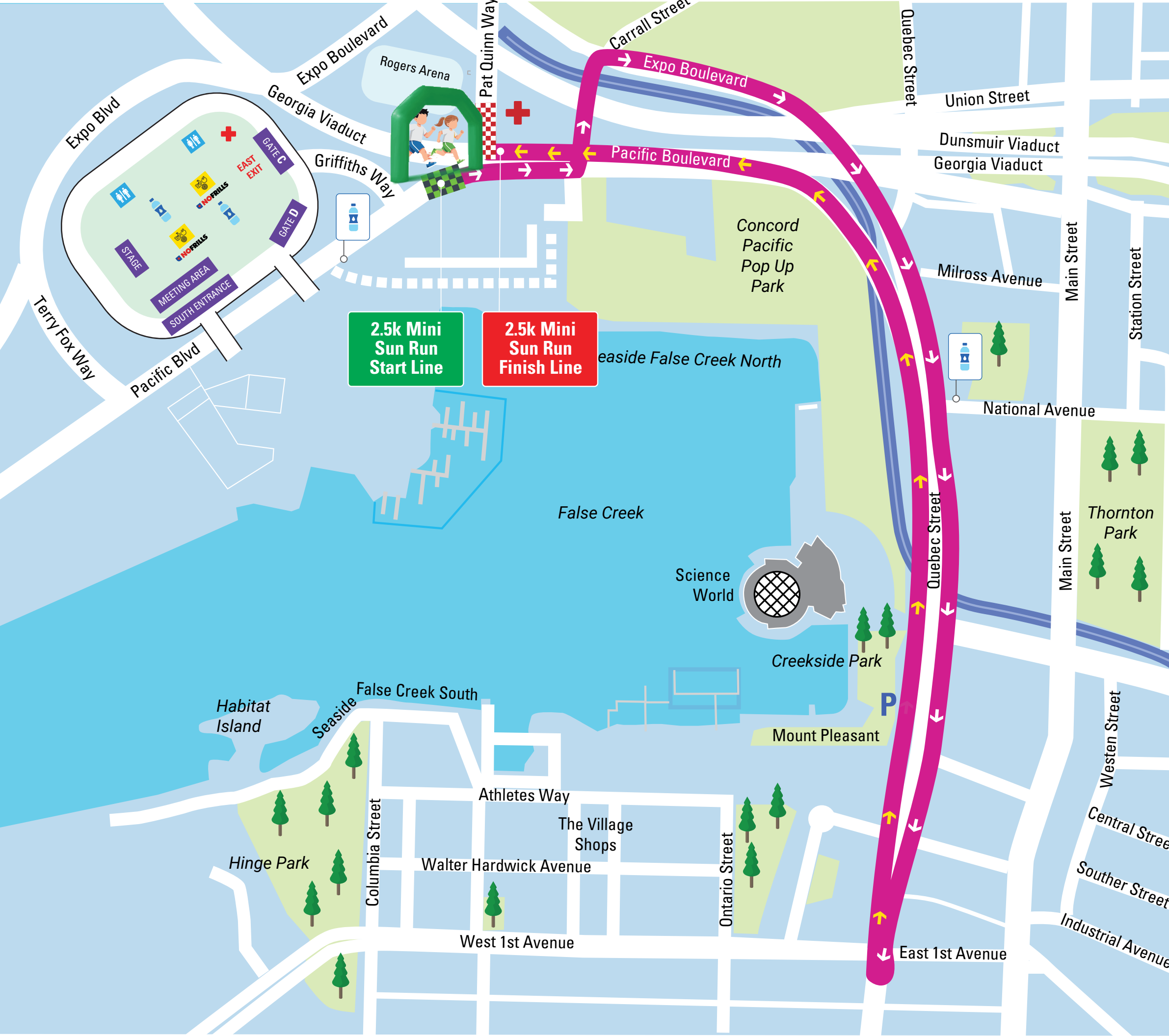


Proud Sponsor of the Vancouver Sun Run 2026

Meet the people who bring the Sun Run spirit to life.








EVA AIR 2.5K COURSE MAP



2.5k Mini Sun Run Start Line

2.5k Mini Sun Run Finish Line

LEGEND

-  WATER STATION
-  FIRST AID STATION
-  WASHROOM
-  NO FRILLS FOOD STATIONS
-  EVA AIR 2.5K MINI SUN RUN ROUTE



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](#)



**VANCOUVER
SUN RUN EXPO
EXHIBITION HALL A**

**Friday, April 17th
11am - 7pm**

**Saturday, April 18th
9am - 4pm**



Helping you reach your goal, one kilometre at a time



We are excited to welcome these official suppliers to the expo and race day party! be sure to stop by and say hi



Proud event sponsor of the **2026 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



SUN RUN EXPO AND PACKAGE PICK-UP FOR IN-PERSON REGISTRANTS

Join us under the sails at Vancouver Convention Centre 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 17, 2026 – 11 a.m. – 7 p.m.
- Saturday, April 18, 2026 – 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@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, Your bib# will be emailed to you or available online starting at 5pm on April 16.

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

EVA BiZFam 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 couriered to the address on your form by April 14. If you've chosen OFFICE PICKUP (April 13-15) or EXPO PICKUP (April 17-18), you will be sent details the prior week.

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 7-14.



SUBARU RUNNER'S RIDE

Subaru is bringing back the Runner's Ride. If you're visiting the Expo, you can test drive the latest Subaru electric vehicle, and if you live in Vancouver, you can even catch a ride home. Stop by the Subaru booth for more info.

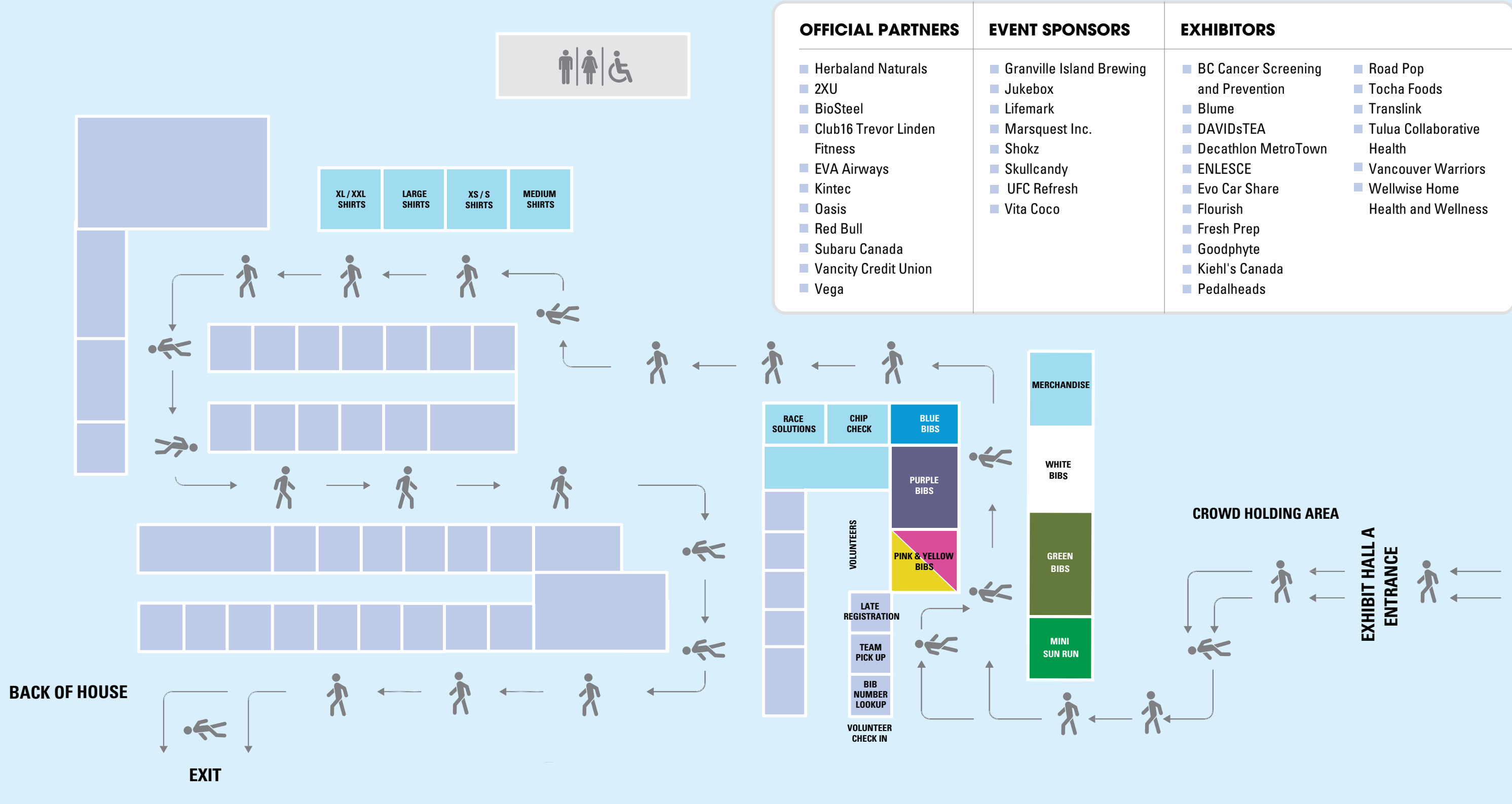
VANCOUVER SUN RUN EXPO 2026

VANCOUVER CONVENTION CENTER - EAST EXHIBIT HALL A

APRIL 17 - 18, 2026

Friday, April 17th 11am - 7pm

Saturday, April 18th 9am - 4pm



OFFICIAL PARTNERS

- Herbaland Naturals
- 2XU
- BioSteel
- Club16 Trevor Linden Fitness
- EVA Airways
- Kintec
- Oasis
- Red Bull
- Subaru Canada
- Vancity Credit Union
- Vega

EVENT SPONSORS

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- Lifemark
- Marsquest Inc.
- Shokz
- Skullcandy
- UFC Refresh
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EXHIBITORS

- BC Cancer Screening and Prevention
- Blume
- DAVIDsTEA
- Decathlon MetroTown
- ENLESCE
- Evo Car Share
- Flourish
- Fresh Prep
- Goodphyte
- Kiehl's Canada
- Pedalheads
- Road Pop
- Tocha Foods
- Translink
- Tulua Collaborative Health
- Vancouver Warriors
- Wellwise Home Health and Wellness



RUN ON Ø

Ø SUGAR HYDRATION.



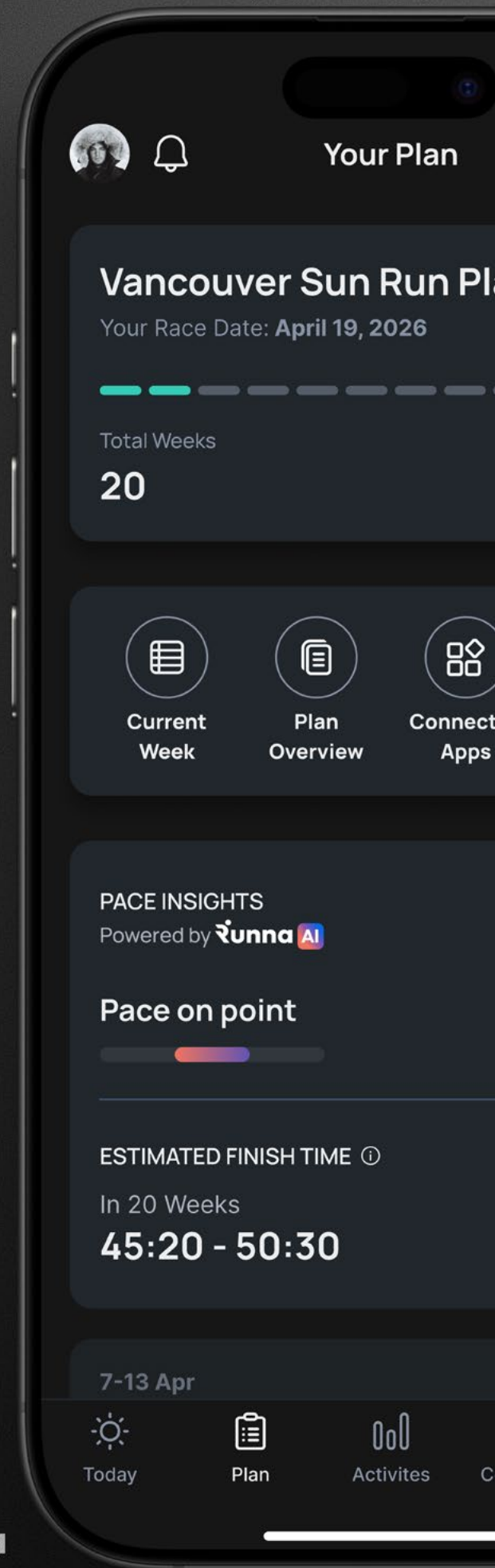
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SUN RUN ENTERTAINMENT SCHEDULE PRESENTED BY YALETOWN

THE NEUROTICS	8:00-10:30	START: Main Stage - Georgia & Burrard
VINYL DRIVE	8:00-10:30	START: In front of Vancouver 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 (Chevron)
FARMER'S HANKY TRIO	9:15-12:00	3rd at Fir (in front of Lotus)
SCARY LIZARDS	9:00-11:45	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	9:15-12:00	Under Cambie Bridge on 6th
JENNIFER HERSHMAN	9:30-12:30	3rd Ave at Alberta on median
SANDCASTLE THEORY	9:15-12:30	Columbia at West 6th Ave
CARUMBA	9:30-12:30	Quebec at W 6th Ave
X-KALIBRE	9:30-12:30	On Quebec near Science World
ROCK 'N' BEAU Mini Sun Run Band	7:30-8:20 a.m. 9:00-9:30 a.m.	Pat Quinn Way at Pacific Inside BC Place
THE SUITS Post Race Party	9:30-1:00 p.m.	BC PLACE

Y A L E T O W N

BE IN THE MIX

YALETOWNINFO.COM



PROUD VANCOUVER
ENTERTAINMENT
SPONSOR OF **SUNRUN**
APRIL 19, 2026 PRESENTED BY
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2026
CROSSTREK
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OFFICIAL AUTOMOTIVE PARTNER

VANCOUVER
SUNRUN

APRIL 19, 2026

PRESENTED BY

HerbaLand
NATURALS

THANK YOU TO OUR



SUBARU











VOLUNTEER CREW



With over 55,000+ 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.



LEGEND

-  alkiss WATER |  PHARMACY BY YOUNG
-  FIRST AID STATION
-  **NOFRILLS** FOOD STATIONS
-  ACCESS TO POST-RACE FESTIVITIES AT BC PLACE STADIUM
-  ACCESSIBLE/STROLLER ENTRANCE/EXIT
-  INFORMATION
-  **GEAR CHECK**
Located on the South side of BC Place Stadium off of Pacific Blvd
-  SPONSOR BOOTH
-  10K COURSE ROUTE

**RUN
FOR
THOSE
WHO
CAN'T**



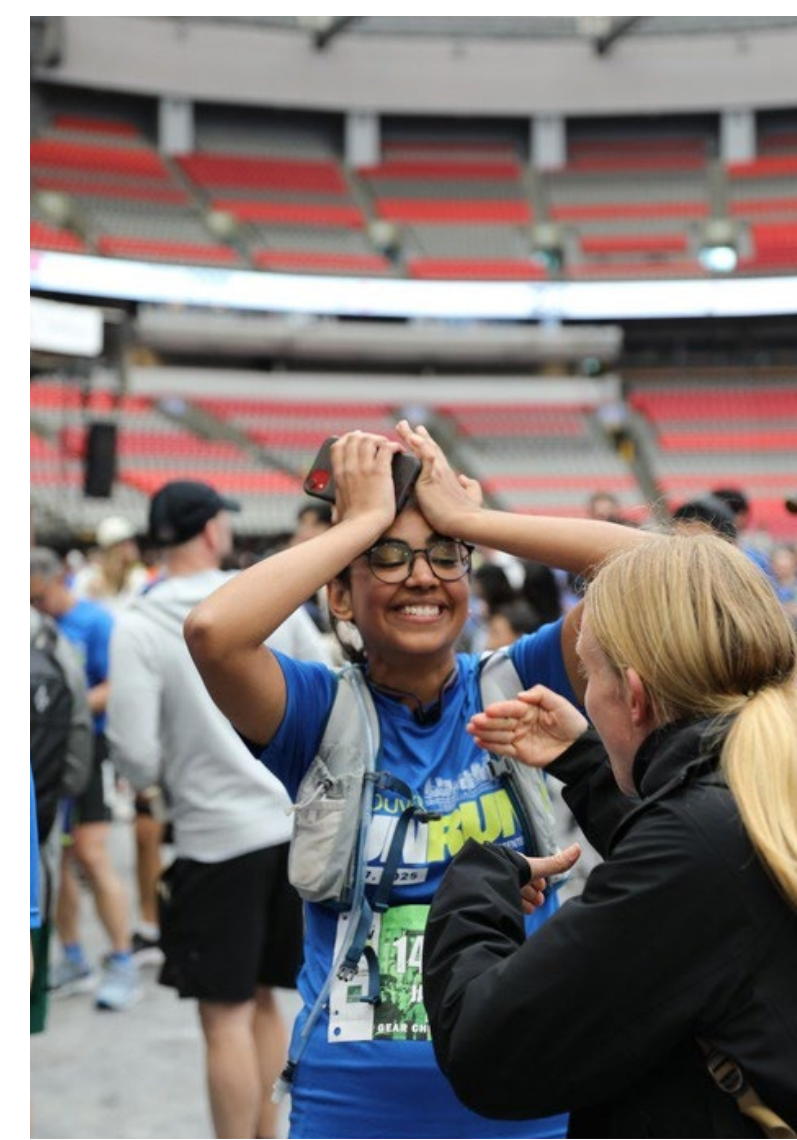
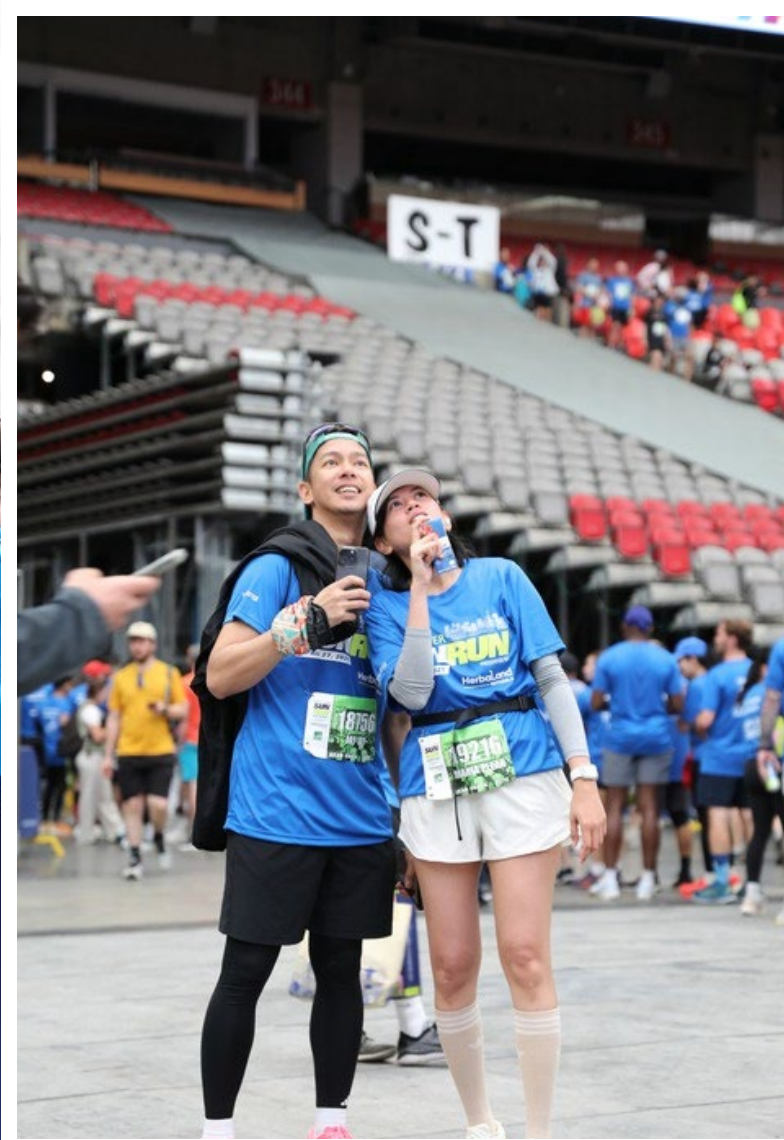
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MAY 10TH, 2026

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WIINGS FOR OTHERS.**



BC PLACE

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SENTINEL STORAGE

Sun Run Charity Program Supported by

SENTINEL 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 2026 CHARITABLE PARTNERS ARE:

- BC Cancer Foundation
- BC Epilepsy Society
- Big Brothers of Greater Vancouver
- City Dream Centre
- Crohn's Colitis
- Dr. Peter Centre
- Family Network for Deaf Children
- First Nations Health Foundation
- Greater Vancouver Food Bank
- Heart & Stroke
- Inspire Health
- Kettle Society
- Kidney Foundation
- Mom2Mom
- Postmedia Raise Reader Vancouver Sun
- Stanley Park Ecology



SUNDAY, APRIL 19, 2026

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.
SANITATION CLEAN UP	9:15 a.m. – 2:00 p.m.

WEST END

Georgia St	
• Seymour to Bute – (start area)	5:00 a.m. – 12:30 p.m.
• Bute to Stanley Park Causeway (including all streets crossing Georgia)	8:00 a.m. – 12:30 p.m.
• W Georgia/W Pender W/bound to Lions Gate Bridge access from Pender St only	8:00 a.m. – 12:30 p.m.
Howe/Hornby/Burrard: Dunsmuir to Robson	5:00 a.m. – 12:30 p.m.
Denman: W Georgia St to Beach Ave	8:00 a.m. – 12:00 p.m.
Gilford St at W Georgia: North/South access w/ VPD assist. <i>For locals and Taxi/ Car Shares</i>	8:00 a.m. – 12:00 p.m.
Beach Ave: Davie to Jervis	8:00 a.m. – 12:30 p.m.
Pacific St: Jervis to Burrard	8:00 a.m. – 12:30 p.m.
Burrard Bridge/Street: Closed to all traffic	8:00 a.m. – 12:30 p.m.

KITSILANO/FAIRVIEW

W 3rd Ave: Burrard to Fir	8:30 a.m. – 12:30 p.m.
Fir St: W 3rd Ave to W 4th Ave	8:30 a.m. – 12:30 p.m.
6th Ave E/bound Exit to 4th Ave, Granville Bridge: Closed to all traffic	8:30 a.m. – 12:30 p.m.
W 4th Ave/W 6th/W 2nd: Pine St to Moberly St	8:30 a.m. – 12:30 p.m.



FALSE CREEK AREA

W 2nd Ave E/bound	
• Moberly St to Alberta St	8:30 a.m. – 1:00 p.m.
• <i>Local access only</i> Alberta St to Quebec	8:30 a.m. – 1:00 p.m.
W 2nd Ave W/bound: <i>Local access only</i> Quebec to Moberly	8:30 a.m. – 1:00 p.m.
Cambie Bridge - Pacific Blvd E/bound exit: Off-ramp closed to all traffic	5:00 a.m. – 2:00 p.m.
W 3rd Ave: 2nd Ave to Columbia St	8:30 a.m. – 1:00 p.m.
Columbia St: 3rd Ave to 6th Ave	8:30 a.m. – 1:00 p.m.
6th Ave: Columbia St to Quebec St	8:30 a.m. – 1:00 p.m.
Quebec St	
• 6th Ave to Expo Blvd (S/bound)	8:30 a.m. – 1:30 p.m.
• 2nd Ave to Terminal (N/bound)	7:30 a.m. – 9:00 a.m.
Pacific Blvd	
• Nelson St to Carrall St	5:00 a.m. – 2:00 p.m.
• Carrall St to Quebec St	7:00 a.m. – 2:00 p.m.
• <i>Local traffic only</i> Nelson St to Smithe St	5:00 a.m. – 2:00 p.m.
Pat Quinn Way (Abbott St): Expo Blvd to Pacific Blvd	5:00 a.m. – 2:00 p.m.
Carrall St	
• Keefer St to Expo Blvd (existing closure)	24 hrs.
• Expo to Pacific Blvd	7:30 a.m. – 2:00 p.m.
Expo Blvd: Closed from Quebec St to Pat Quinn Way	7:30 a.m. – 9:00 a.m.
Smithe St: From cul-de-sac to Pacific	5:00 a.m. – 2:00 p.m.

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SUNRUN
APRIL 19, 2026 PRESENTED BY
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The Vancouver Sun Run presented by Herbaland is thrilled to welcome back Vancity as our Official Sustainability Partner for the second year in a row. For over 80 years, Vancity has proven that banking can be done differently. As a respected leader in environmental and social responsibility, they've continually put their members and communities first by proudly divesting in fossil fuels, advocating public policy changes, funding sustainability projects, and setting ambitious targets to reduce the emissions from their loan portfolio and operations to net zero by 2040.

Together with Vancity, here are some of the key initiatives we're focusing on at this year's Vancouver Sun Run:

- Using compostable cups at all water stations.
- Transitioning 99% of diesel-powered generators to battery powered along the race route.
- Planting a tree for every tech T-shirt declined by event participants, in partnership with veritree. We've already surpassed last year's benchmark of 2,991 and can't wait to see how high we can go.
- Diverting waste from landfills through Green Chair. Last year, we saved 83.7% of event waste and want to create an even bigger impact this year.

We're proud of the work that our spectators, participants, and staff have done to ensure the Vancouver Sun Run continues to be a leader in event sustainability. Learn more about how Vancity is driving change at vancity.com/Impact.

How can you reduce your carbon footprint at this year's event?

- Only take what you need! Lots of uneaten food is thrown away at events. This applies to water stations, too.
- Use reuseable bottles and avoid disposable energy gel packs. Traditional gel packs can't be recycled, so consider reusable versions or alternatives.
- Look out for waste and recycling stations along the route. For hard-to-recycle items, Green Chair is offering all participants and spectators free recycling for batteries, cell phones, small electronics, and lightbulbs.



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SUNRUN
APRIL 10, 2026 PRESENTED BY

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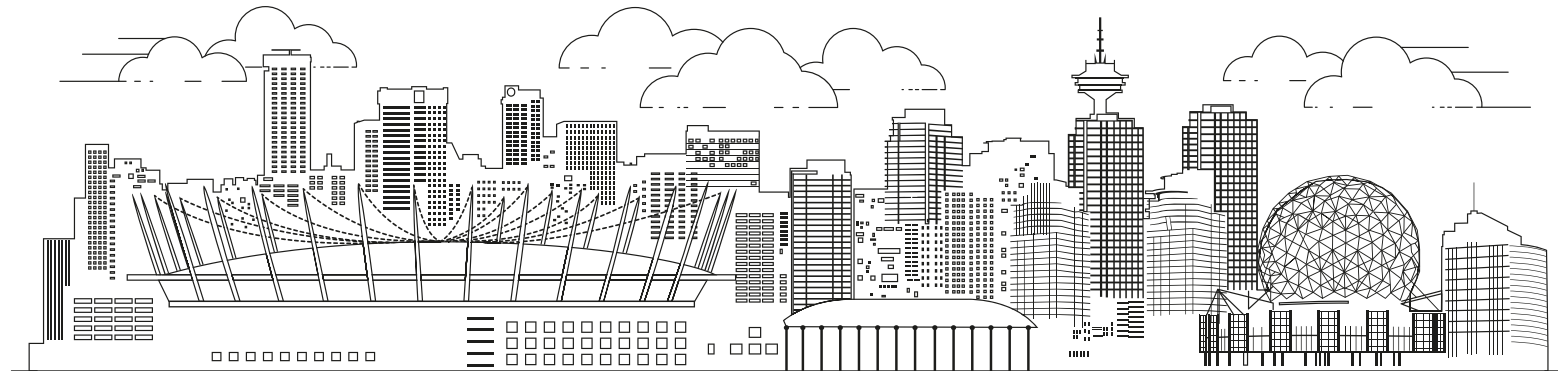


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VIRTUAL RUN



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 17-19, 2026.

WHEN IS THE 2026 VIRTUAL RUN

This year's Virtual starts on Friday, April 17th and ends at Noon on Sunday, April 19th

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 17-19) 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 mailed via Canada Post so you'll receive it by April 15

OASIS Youth Team Challenge and EVA 10K BizFam Team Division:

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

Team Captains - You will receive your Team Packages by April 7th 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 17. 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

Watch the 2026 Vancouver Sun Run Live Stream

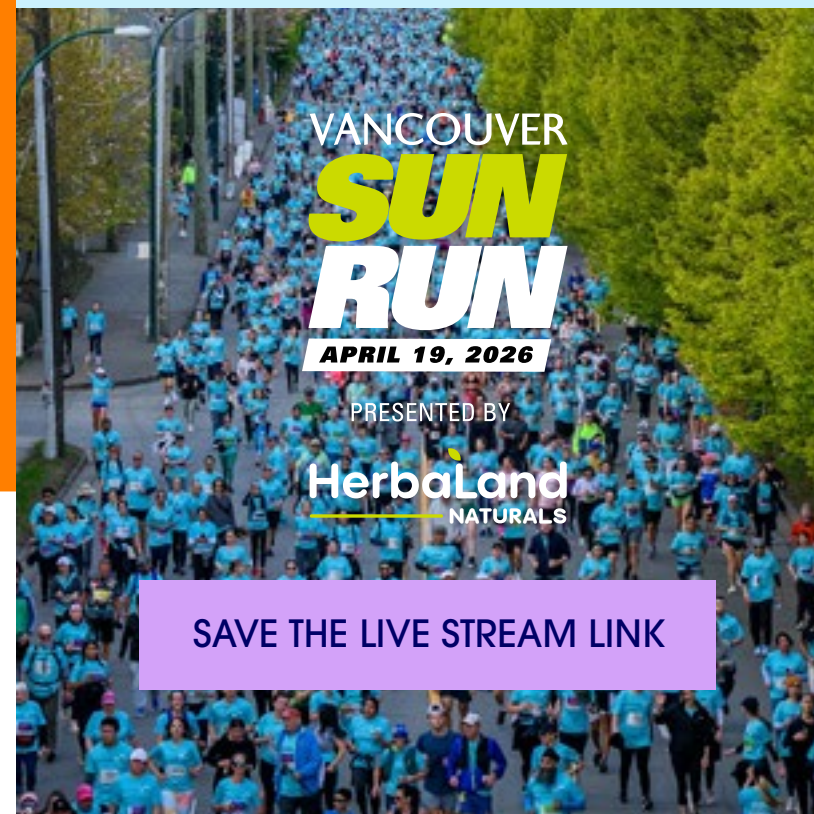
Powered by Novus

8:30AM | Sunday April 19th, 2026

Relive the excitement of race day! The Official Sun Run Live Stream is an easy way for your loved ones to cheer you on as you cross the finish line.

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VANCOUVER
**SUN
RUN**
APRIL 19, 2026

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