

Thanksgiving Memory Walk & Run

Alzheimer Society
CALGARY **30+**
years

www.thanksgivingwalkrun.ca

Race package pick up

Fri. Oct. 10th 11:00 a.m. -7:00 p.m.

Sat. Oct. 11th 11:00 a.m. – 2:00 p.m.

Sun. Oct 12th 8:30 a.m – 9:15 a.m.

[@ Eau Claire Market](#)

(Also accepting pledges and donations)

Dropping off your pledges

In addition to the race package pick up times above, you can also drop off your pledges at the main office during open hours (Mon. to Thurs. 8:30 a.m. – 4:30 p.m.; Fri. 8:00 a.m. – 4:00 p.m.). The address is [201 – 222 58 Ave S.W.](#)

The colour theme is red

Pull out your red tops, jackets, pants, posters, toques (and even face paint) and show us what you've got! You'll receive a commemorative, re-usable red tote bag with your race package, too.

View the route maps

[5 km walk*](#)

[5 km run](#)

[10 km run](#)

*Please note: The 5 km walk route is wheelchair-friendly, stroller-friendly and pet-friendly. (For the safety of yourself and others, it's not advisable to take pets or strollers on the running routes.)

Running or walking for a certain someone?

Bring a photo or special message for Memory Lane

[Download and print a poster for Memory Lane here.](#)

Event day details

9:30 a.m. – Welcome and warm up

10:00 a.m. – All 3 events begin!

[1st countdown - 10 km run]

[2nd countdown – 5 km run]

[3rd countdown – 5 km walk]

11.30 a.m. – Award presentations, prize draws and 50/50 winner announced

Stay in the know

Follow us on [Facebook](#) and [Twitter](#) and share what's happening.

#YYCALZ #WhyIRun #WhyIWalk