

**GET  
SHIT  
DONE  
RUN**

# **ATHLETE GUIDE**

**April 28th, 2024**

**Bottomlands Park \*beside Telus Spark**

**The Get Shit Done Run is proudly presented by RnR Premier Events**



**GETSHITDONERUN.COM**

**RNRPREMIEREVENTS.COM**

# **GET SHIT DONE RUN**

We cannot thank you enough for your interest in our race. The goal is always to have an extremely well-organized event, with amazing swag, a good, easy-to-follow course, and great food and atmosphere post-race!

The Get Shit Done Race series was started in 2019 because of a dream. With putting on grassroots 5km and 10km events/races, Richelle wanted desperately to take a shot at race directing the half distance. Taking the theme from Rose's famously designed waterbottles, the Get Shit Done Run was born. The goal for the Get Shit Done Run is to have a course where they can GET SHIT DONE whether this is your first event, first shot at the distance, or a shot at a personal best!

RnR Premier Events puts on a number of events in and around Alberta each year and we are proud to bring you a professional event, put on local gals who have supported this community for the past 18 years. We certainly cannot do it without the people within the community and we thank you for your continued support.

# PACKAGE PICK UP

*This is a mandatory PRE-RACE package pickup.  
**Please note, there will be NO package pick up on race day.***

*You may have a friend or family member pickup your package.*

*We will not be providing bags so please bring a bag with you if you are picking up multiple race packages.*

**Location:**

***Plintz Real Estate (338 24th Ave SW, Calgary)***

**Times:**

***Friday, April 26th from 2pm – 6pm***

***Saturday, April 27th from 10am – 4pm***

*\*packages are not available outside these times. Staff will not be on-site prior to these times.*



# DIRECTIONS TO THE RACE

*The Get Shit Done Run is located on the Nose Creek Pathway (North of the Telus Spark Centre) just off of St Georges Drive NE.*

*Parking is \$7 for the day in the Telus Spark Parking Lot.*

*You can also park down the street for free and walk the 100m.*

*Parking at venue site is for staff and vendors only*





# Race Day

7:00am - bag check opens

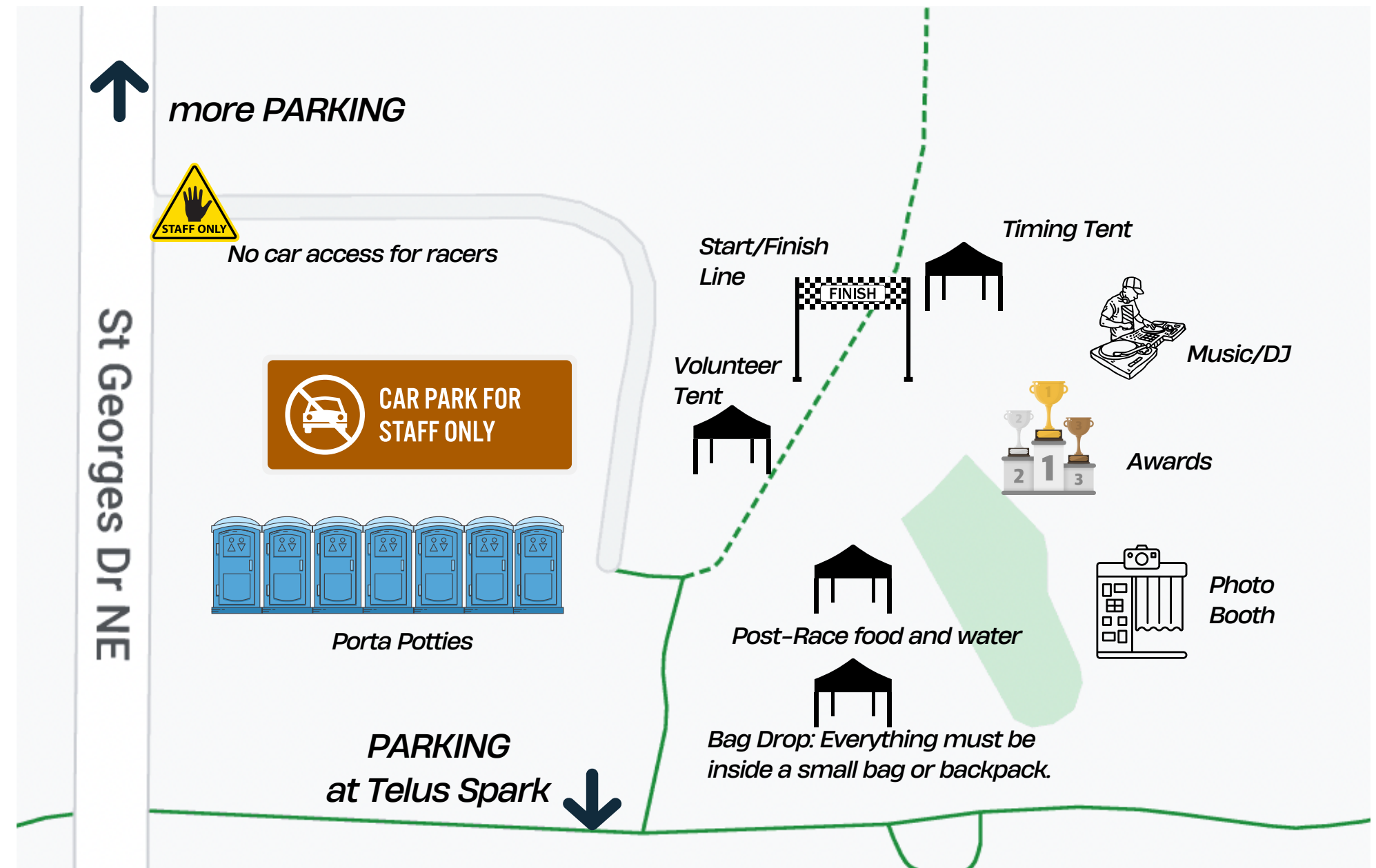
7:30am - 21km start

8:00am - 10km start

9:30am - 5km start

10:30am - awards ceremony

11:00am - bag check closes



# Race Day Food

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## *21km Aid Stations:*

*5km – water, Xact Electrolytes*

*10km – water, Xact Electrolytes, Xact Energy Fruit Bars*

*16km – water, Xact Electrolytes*

## *10km Aid Station:*

*5km – water, Xact Electrolytes*

## *5km Aid Station:*

*2.5 km – water*

*Finish Line Food: we will have the famous large pretzels from Kashew Bakery for each racer at the finish line. We will also have water, exact electrolytes and juice boxes available. Food is for RACERS ONLY. Please come prepared for snacks for your partners and children.*



# GET SHIT DONE RUN 21km

Distance: 21km

Race Start Time: 7:30am

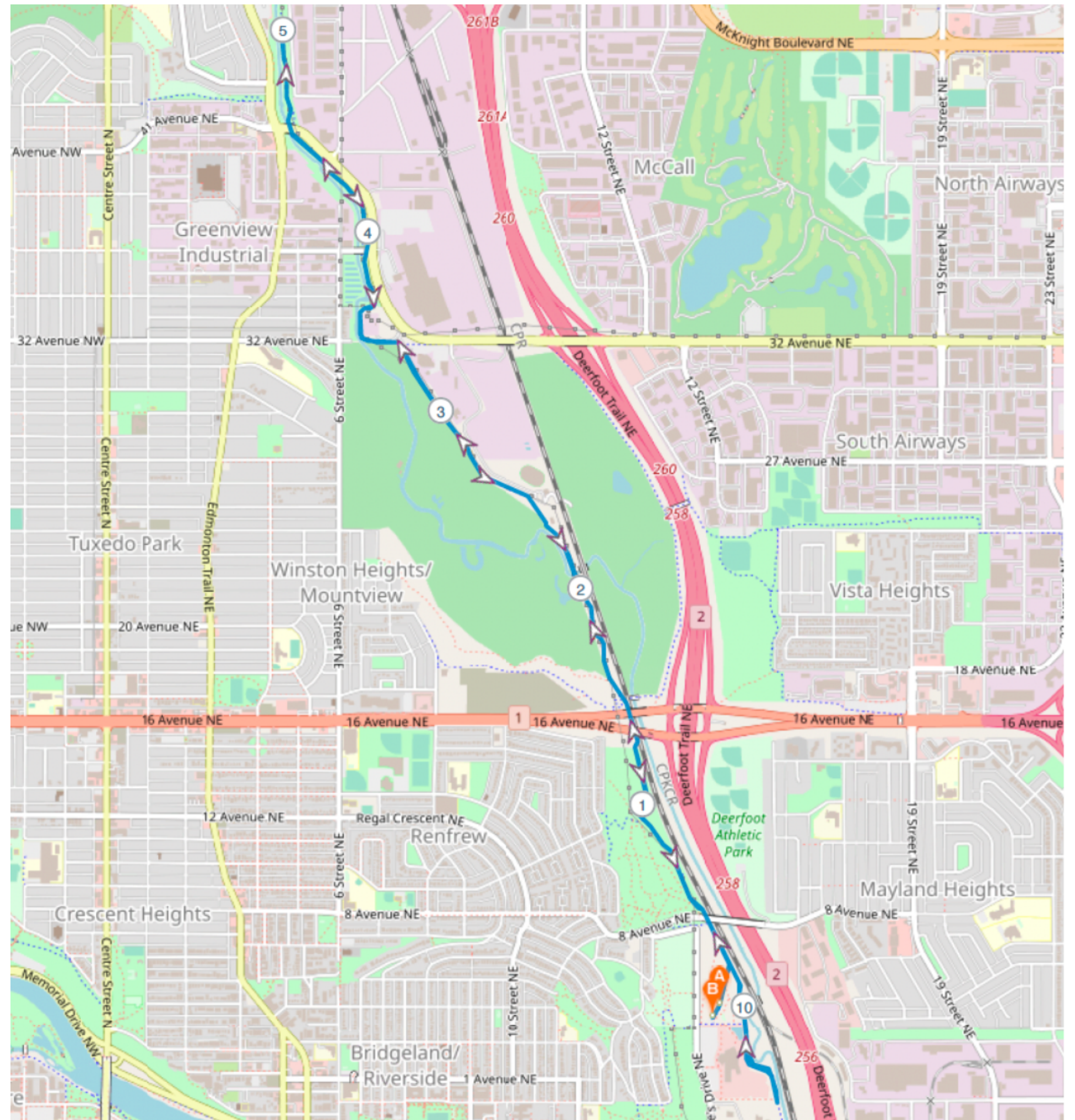
Pacers: 1:30, 1:40, 1:45, 1:50, 2:00,  
2:10, 2:20, 2:30

Aid Stations: 5km and 15km  
Water, Xact Electrolytes

Aid Station: 10km  
Water, Xact Electrolytes, Xact  
Energy Fruit Bars

Porta Potty Locations:  
Start Line, 5km, 15km, Finish Line

Course Cut Off: 10:30am  
3 hours





# GET SHIT DONE RUN 10km

Distance: 10km

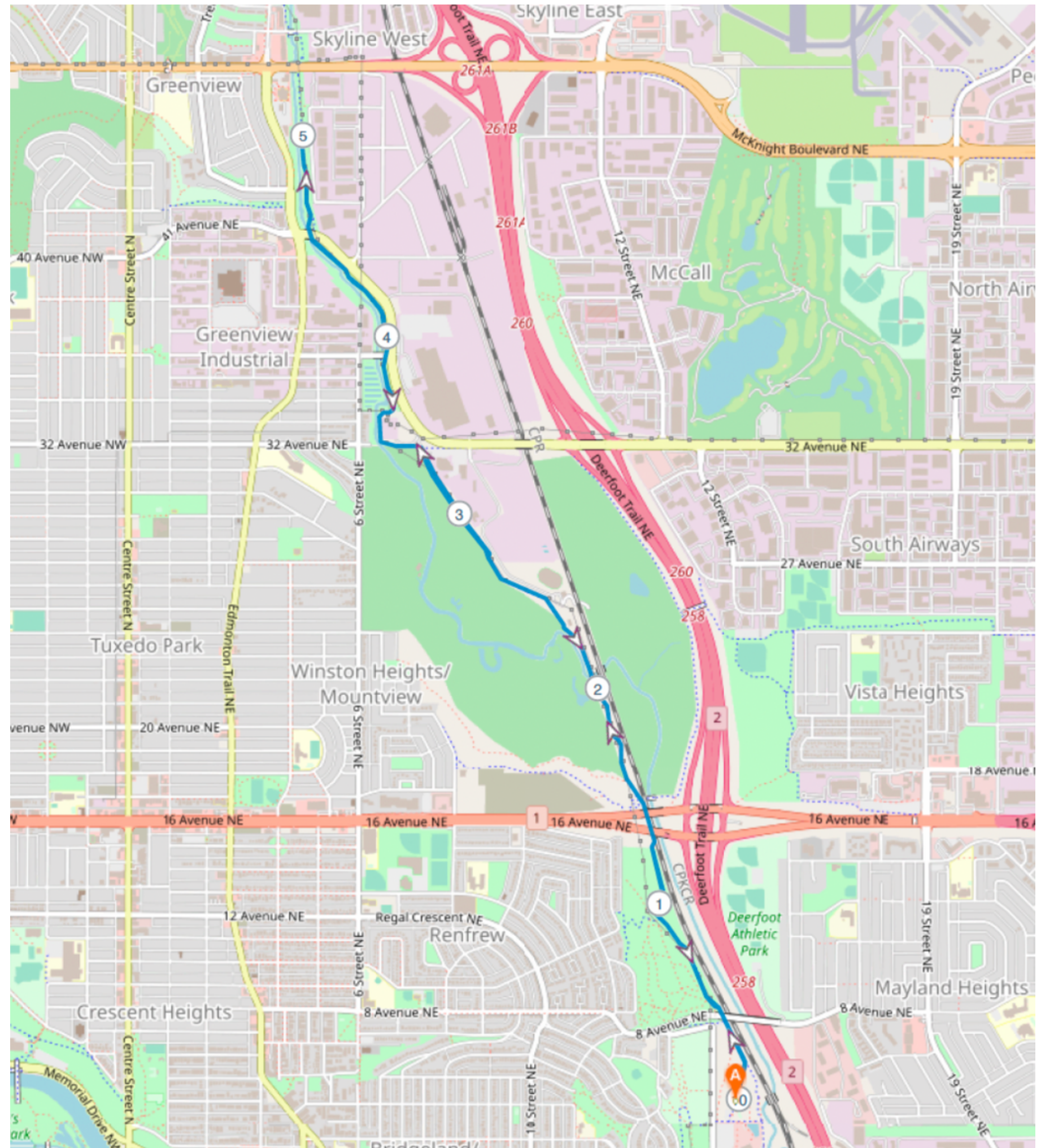
Race Start Time: 8:00am

Pacers: :40, :45, :50, :55, 1:00, 1:05,  
1:10, 1:15

Aid Stations: 5km  
Water, Xact Electrolytes

Porta Potty Locations:  
Start Line, 5km, Finish Line

Course Cut Off: 10:30am  
2 hours and 30 minutes





# GET SHIT DONE RUN 5km

Distance: 5km

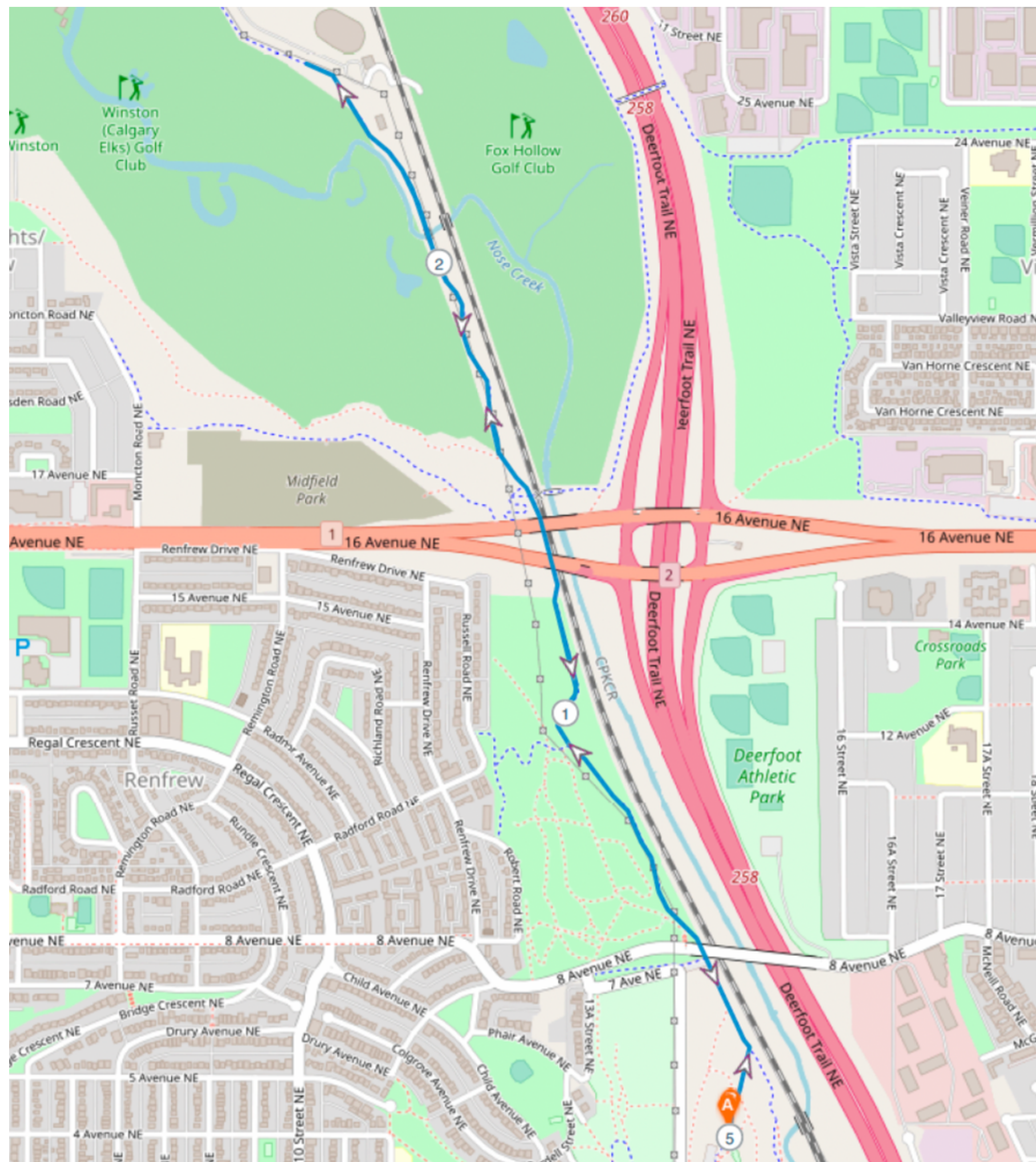
Race Start Time: 9:30am

Pacers: :20, :25, :30, :35, :40

Aid Stations: 2.5km  
Water

Porta Potty Locations:  
Start Line, Finish Line

Course Cut Off: 10:30am  
1 hour



# TRANSFERS

*If you would like to change distances or transfer your entry to another runner, you have until 5pm on April 27th, 2024.*

*Step 1: Go to [GETSHITDONERUN.COM](https://GETSHITDONERUN.COM)*

*Step 2: Click any of the **YELLOW** buttons that say **REGISTER***

*Step 3: On the right hand side below the Get Shit Done Run logo, click **TRANSFER***

*Step 4: Choose **TRANSFER TO A NEW SUB-EVENT** to **TRANSFER TO A NEW PARTICIPANT***

*Step 4: follow prompts to complete transfer.*



REGISTER

STORE

BUY AS A GIFT

TRANSFER

Transfer your registration

What kind of transfer do you want to initiate?



Transfer to a new sub-event



Transfer to a new participant



# Awards

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*There will be awards for the top 3 men and women in each of the the 21km, 10km and 5km events.*

*We will post results at 10:15am and you will have until 10:25am to contest the results.*

*Please see the staff in the Startline Timing tent (ie. NOT the race director) to contest the results if necessary.*

*The awards ceremony will be start at 10:30am*

# Frequently Asked Questions

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*Bathrooms: porta potties will be available at the start/finish area as well as at the 5km turnaround for the 10km and 21km events (the 21km event will again hit this at 16km).*

*Bibs: your bib must be visible at all time on your FRONT while on course. Racers without numbers will be asked to asked to leave the course. You may NOT have an unregistered runner or coach run with you.*

*Timing: official timing will be provided by Startline Timing. Timing is through a microchip on the back of your race bib. DO NOT BEND YOUR BIB or you will not receive an official time.*

*Music: because the course is on pathways you MAY run with music. However you must be able to hear officials and other pedestrians at all times. Please note, you must run with earbuds and MAY NOT play music that is audible to other racers. If officials or volunteers catch you doing so you will be immediately disqualified.*

*Dogs: dogs are NOT allowed on course. We will be monitoring this closely.*

*Strollers: we are a stroller-friendly race course! Please be advised that on-course hydration and finish line cookies are for racers only.*

*Pacers/Guides/Aids/Coaches: all pacers, guides, aids and coaches MUST be registered for the race as well. We will be checking bibs as you cross the start line, and at the turnaround points. Running with an unregistered pacer, guide, aid or coach will result in disqualification.*



# Get Shit Done Run

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**We look forward to seeing  
you Get Shit Done!**

We are always looking for volunteers. If you know someone who would like to volunteer or you can volunteer at package pick up please head to [GETSHITDONERUN.COM](http://GETSHITDONERUN.COM) and click the VOLUNTEER tab

If you cannot find the answer to your question, please email race director, Richelle Love at [tritrichelle@gmail.com](mailto:tritrichelle@gmail.com)