

**GET
SHIT
DONE
RUN**

ATHLETE GUIDE

April 26th, 2026

Bottomlands Park
*beside Telus Spark



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

GETSHITDONERUN.COM

RNRPREMIEREVENTS.COM

WELCOME

GET
SHIT
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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

We ask you come Friday or Saturday unless you are from out of town
(Sunday on site from 7am - 8:30am)

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 Avenue SW)

Times:
Friday, April 24th from 2pm – 6pm
Saturday, April 25th from 10am - 12pm
***packages are not available outside these times. Staff will not be on-site prior to these times.**

Race Day Pick Up:
Sunday, April 27th 7:00am – 8:30am at race site
Location: Start/Finish Race Site
Bottomlands Park (425 St Georges Dr NE)

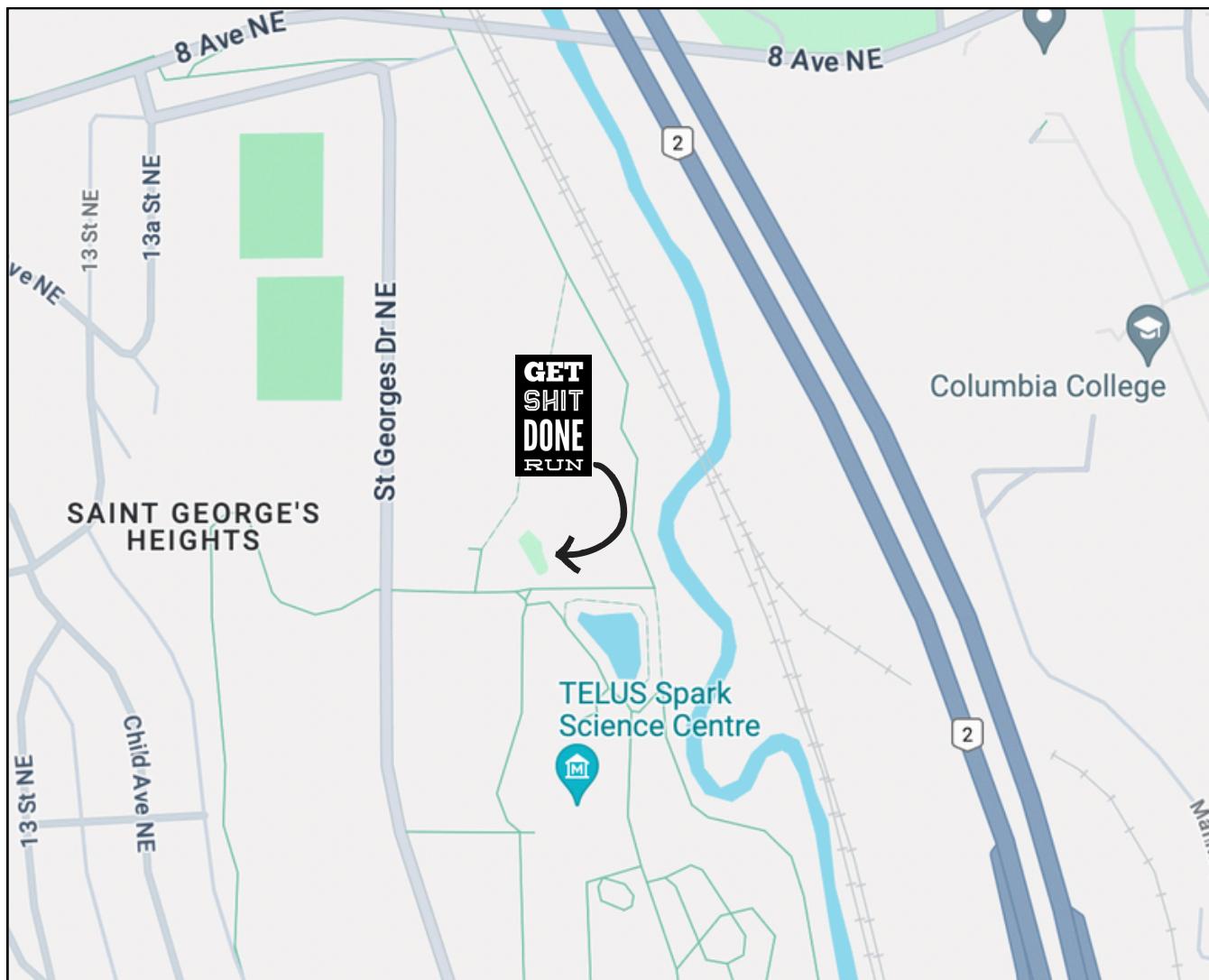
Please note that packages are NOT available outside of these times.
Athletes who wish to pick up their package after 8:30am on April 26th will be charged \$20.

DIRECTIONS TO THE RACE

GET
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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 \$12 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

GET
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7:00am - race site opens

7:00am - 8:30am late package pick up

7:30am - 21.1km distance start

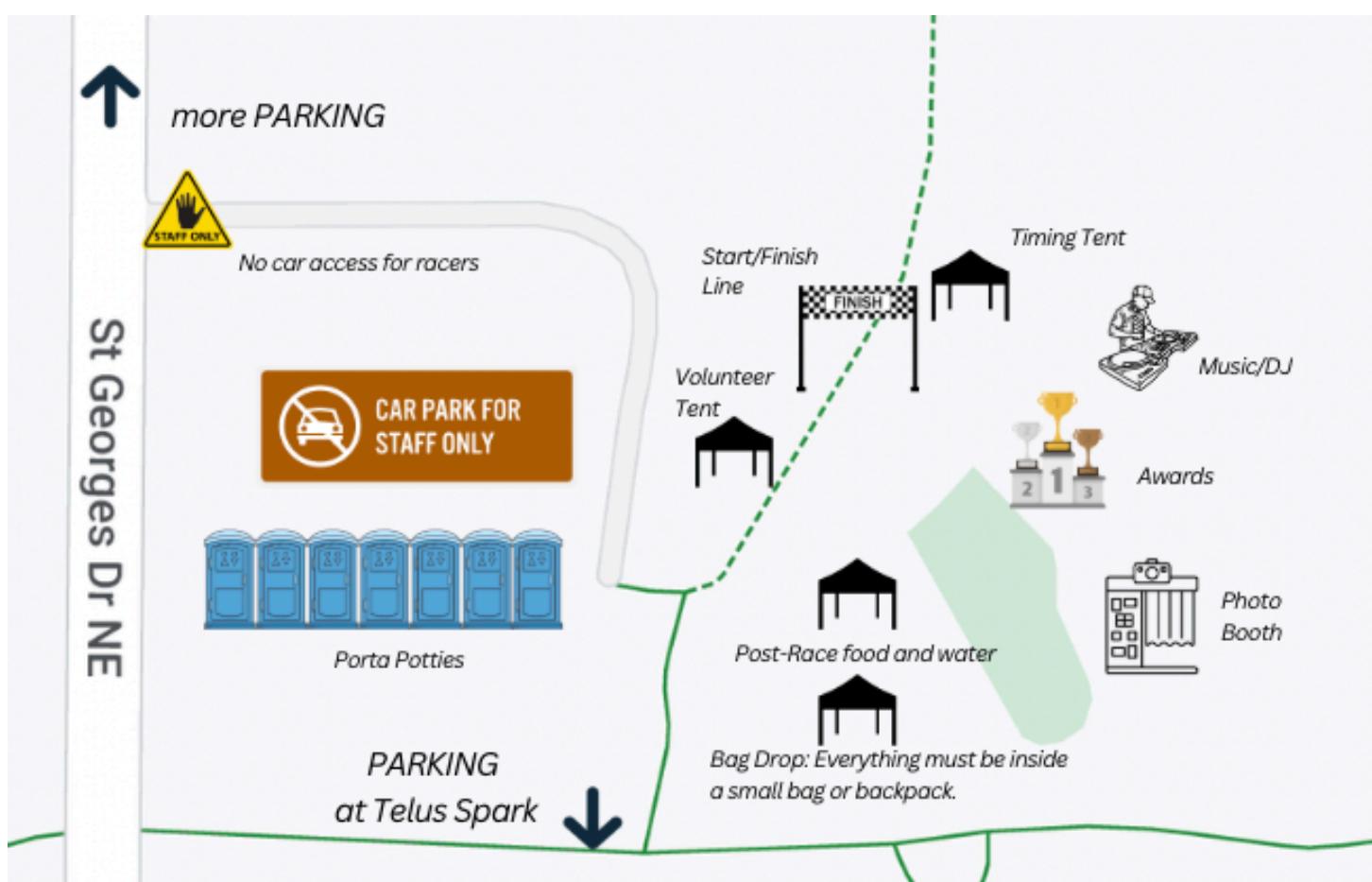
8:00am - 10km distance start

9:45am - 21.1km and 10km awards (top 3 men and women)

10:00am - 5km distance start

11:00am - 5km awards (top 3 men and women)

11:30am - race site closes



GET SHIT DONE RUN 21.1km

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Race Start Time: 7:30am

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

Aid Stations:

5km - water, electrolytes

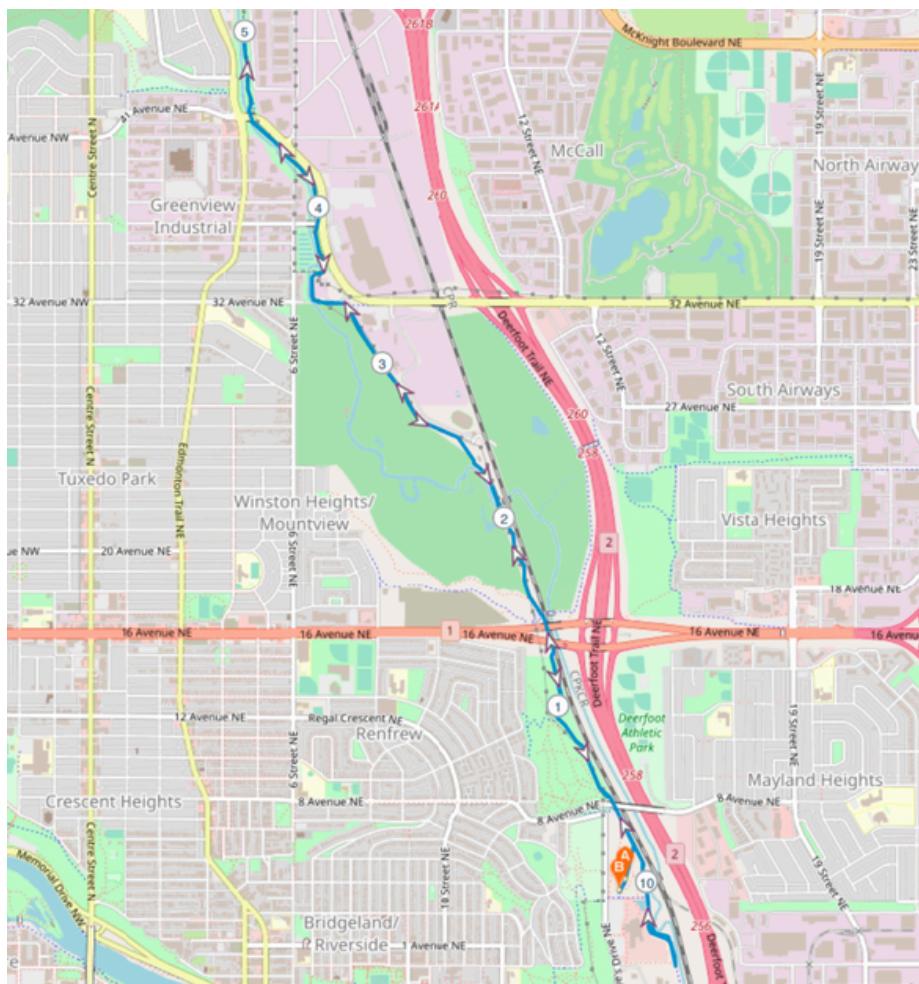
10km - water, electrolytes, gels

16km - water, electrolytes

Porta Potty Locations:

Start Line, 5km, 10km, 15km, Finish Line

Course Cut Off: 10:30am (3 hours)



GET SHIT DONE RUN 10km

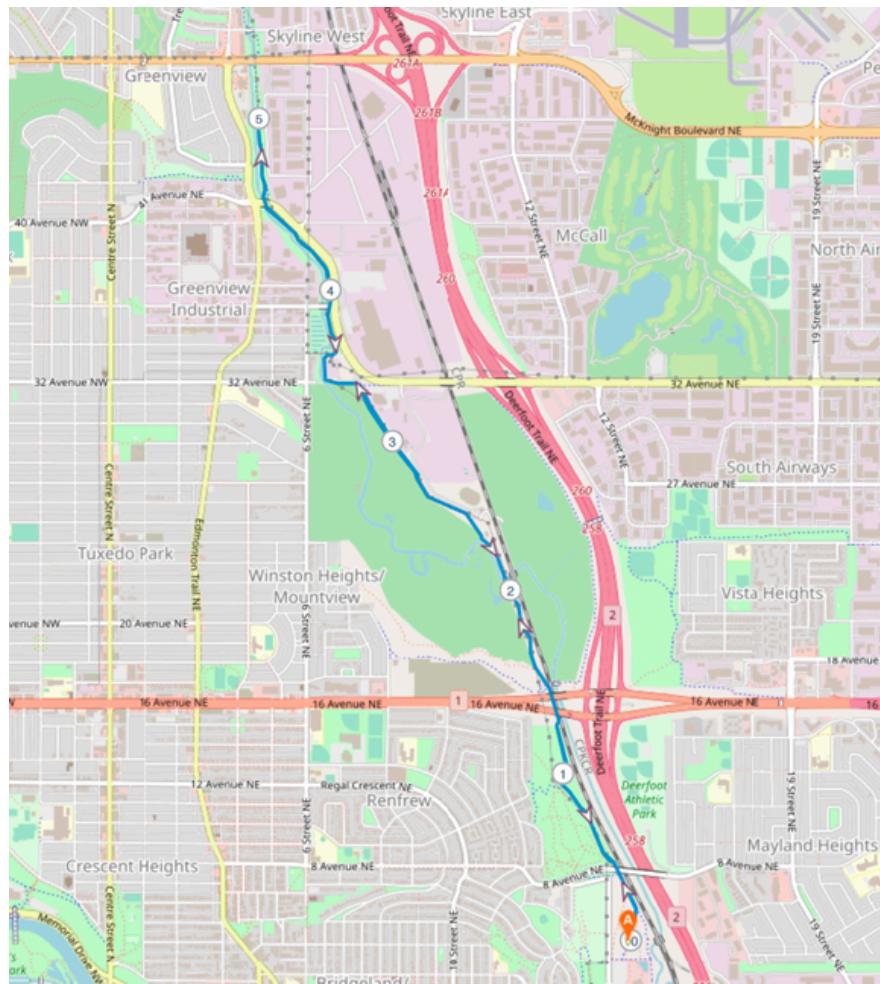
Race Start Time: 8:00am

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

Aid Stations:
5km - water, electrolytes

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

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



**GET
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GET SHIT DONE RUN 5km

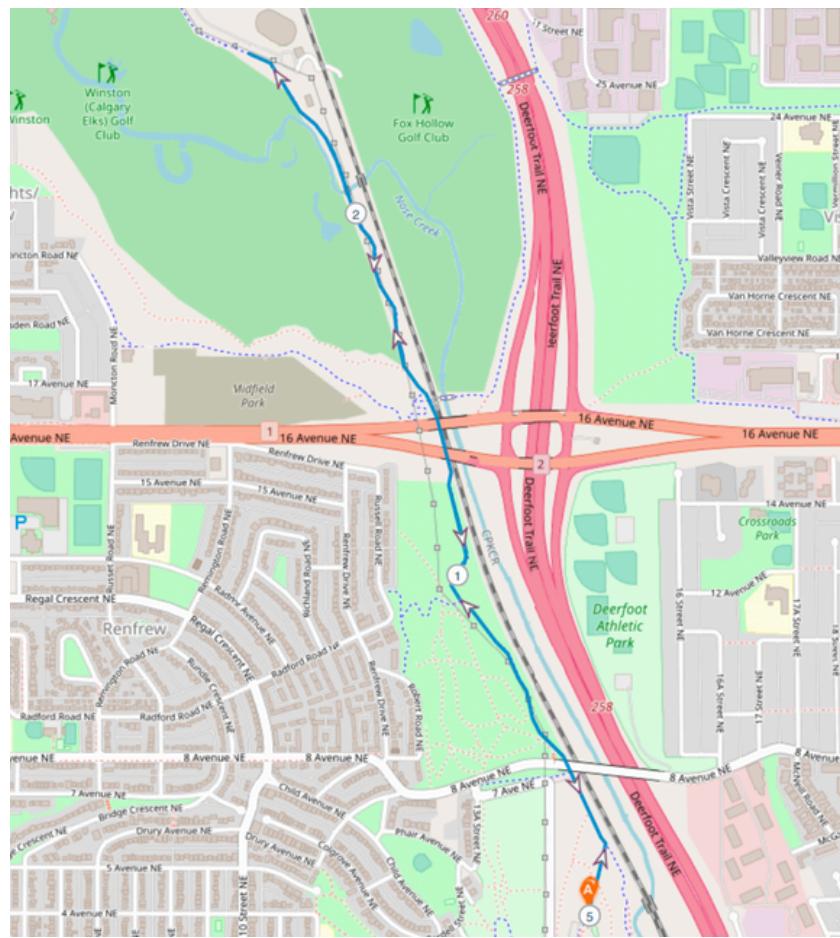
Race Start Time: 10:00am

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

Aid Stations:
2.5km - water

Porta Potty Locations:
Start Line, Finish Line

Course Cut Off: 11:00am (1 hour)



TRANSFERS

If you would like to change distances, switch to virtual, or transfer your entry to another runner, you have until midnight on April 25th, 2026.

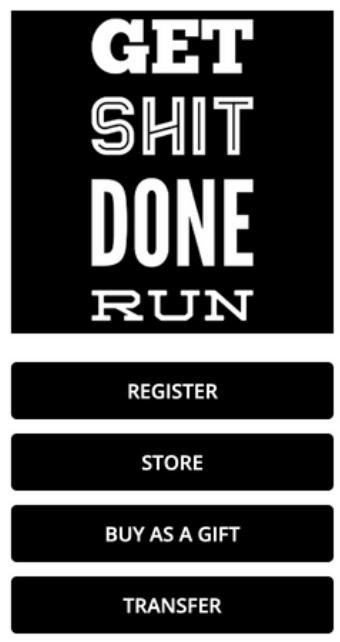
Step 1: Go to GETSHITDONERUN.COM

Step 2: Click 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.



RESULTS/ FINISH LINE

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Final/Official results will take a few minutes after the last person crosses the finish line to be official.

If there is an issue with your time, please see the staff in the Startline Timing tent (ie. NOT the race director) to contest your results/if you believe your time is wrong.

If there is an issue with your time after you have left race site, please email info@startlinetiming.com (again, NOT the race director as we do not have the ability to edit or change results - only Startline Timing does).

There will be awards for the top 3 men and women in each of the 21km, 10km and 5km events. If you miss your podium award, you will forfeit your award and it will **not** be mailed or available for pick up at a later time.

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, electrolytes and juice boxes available.

Food is for RACERS ONLY.

Please come prepared for snacks for your partners and children.

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) and there will be one near the turnaround for the 21km.

Bibs: your bib must be visible at all time on your FRONT while on course. Racers without numbers will be 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.

We look forward to seeing you Get Shit Done!



Three Peaks Clinic Massage Therapists will be on site pre and post event giving Free 15 minute Sports Massages for optimal race performance and recovery for event participants. Consultation to prevent injury and increase performance, strengthen or training tips as well as proper recovery advice to get you to your premier function.



This year we are excited to have CE Sport Therapy joining us! They will be on site on race day offering free hands on mini treatments to anyone with pain or an injury. Check out their tent on race day. And in addition they are offering free Running Pain Mini Treatments in their clinic for our participants anytime between now and May 7th! Take advantage of this offer if you are trying to train through an injury right now and want to be at your best on race day or even afterwards if you find yourself having pain in the days following the race!

If you cannot find the answer to your question,
please email
info@rnrpremierevents.com

VOLUNTEERS

We are always looking for volunteers. If you know someone who would like to volunteer or you can volunteer at package pick up please haed to GETSHITDONERUN.COM and click the VOLUNTEER tab.