

## Important Race Day Information – BVD Brampton Half Marathon 2026

Welcome, participants!

We're thrilled to have you join us for the BVD Brampton Half Marathon 2026 organized by Inspirational Steps-and race day is almost here!

On behalf of Inspirational Steps, thank you for being part of this incredible community event where every stride supports wellness, inspiration, and meaningful community causes.

We've poured our hearts into planning an event that reflects the spirit of inspiration, community, and fitness-and we can't wait to see it all come to life on race day!

Whether this is your first race, your hundredth finish line, or you're here to support friends, family, charities, or community organizations, we're honored to have you with us.

As we worked to expand and improve this year's race routes to reduce looping and create a better participant experience, some sections of the course will include sidewalks, paved trails, and varying pathway surfaces. We appreciate your understanding, cooperation, and attentiveness throughout these sections as we work to deliver the safest and most enjoyable event possible for everyone.

Please review the important race day details below so you can arrive prepared and ready for an unforgettable experience.

This guide includes:

- Race kit pickup details
- Event schedule and arrival times
- Parking and spectator information
- Course instructions and race etiquette
- Water stations, awards, medical support, and more

If you have any questions before race day, please contact us:

Email: [run@bramptonmarathon.org](mailto:run@bramptonmarathon.org)

Phone: 416-708-7072 or 647-893-3656

Additional race information is available at:

[www.bramptonmarathon.org/race-day-info](http://www.bramptonmarathon.org/race-day-info)

We will be cheering you on every step of the way.

— The Inspirational Steps Team

## RACE KIT PICK UP

We strongly recommend picking up your race kit before race day to avoid delays and give yourself time to fully enjoy the event experience. If someone is collecting your kit on your behalf, they must provide proof of your registration.

Please bring:

- Valid photo ID
- A printed or digital copy of your registration confirmation

### Early Pickup Giveaways and Prizes

Join the race weekend excitement early with giveaways, prizes, and surprises during advance pickup. It is also a great opportunity to meet fellow runners and connect with the event team before race day.

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### ADVANCE PICKUP

**Date:** Friday May 22 and Saturday May 23, 2026

**Time:** 10:00 AM to 5:00 PM

**Location:** Custom Wear Screen Printing  
7171 Torbram Road, Unit C17  
Mississauga, ON L4T 3W4

Please note that the unit is located in the third building at the back.



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### RACE DAY PICKUP

Please arrive early to allow enough time for parking, warm up activities, announcements, and walking to the start area.

**Location:** Race Kit Pick-up desk in the gathering area (please see site layout below)

**Half Marathon participants:** Pickup opens at 7:00 AM

**All other participants:** Pickup opens at 7:30 AM

## RACE DAY INFORMATION

Date: Sunday May 24, 2026  
Location: Paved parking area outside Terry Fox Stadium  
Chinguacousy Park, Brampton, ON L6S 6G7

### EVENT SCHEDULE

#### **Morning Schedule and Half Marathon**

7:00 AM – Registration and race kit pickup opens  
7:10 AM – Opening ceremony, land acknowledgement, and O Canada  
7:15 AM – Welcome and warm-up for Half Marathon participants  
7:30 AM – Participants head to the start line on Bramalea Road  
7:30 AM – Goodwood entrance closes  
7:40 AM – Half Marathon starts

#### **10K Race**

7:50 AM – Sponsor and dignitary acknowledgements  
8:00 AM – Welcome for 10K participants  
8:05 AM – Warm-up and stretching  
8:15 AM – Participants head to the start line  
8:25 AM – 10K starts

#### **5K Race**

8:25 AM – Welcome for 5K participants  
8:30 AM – Warm-up and stretching  
8:35 AM – Participants head to the start line  
8:55 AM – 5K starts

#### **1K Youth, 1K Seniors, and 400m Dash**

9:10 AM – Sponsor and dignitary acknowledgements  
9:30 AM – Welcome and gathering for 1K and 400m participants  
*(please see lap counting for the half marathon and the walk up distance for the short distance races section for start line details)*  
9:30 AM – Awards ceremony and charity recognition  
9:50 AM – Warm-up at the start area  
10:00 AM – 1K Youth race followed by 1K Seniors race  
10:20 AM – 400m Kids and Toddlers race

#### **Post Race**

10:45 AM – Final finisher and finish line photos  
11:00 AM – All participants still on Bramalea Road at this time will be asked to move to the west sidewalk so the road can be opened  
11:00 AM – Equipment begins moving from roadway to boulevard  
12:00 PM – Group photo and thank you gathering  
1:00 PM – Site reopens for general parking

**PROGRAM SCHEDULE MAY CHANGE DUE TO SAFETY OR CITY PERMIT REQUIREMENTS.**

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## PARKING & ARRIVAL

Please allow extra travel time due to expected road closures and increased traffic in the area. Due to increased participation this year, overflow parking is strongly recommended.

**Goodwood Road Parking Lot** - Vehicle access permitted before 7:20 AM.

Important: Vehicles parked in this area cannot leave until after 11:00 AM due to road closures.

**Central Park Drive Parking Lots** - Participants may park in the west side parking lots and walk to the stadium using the marked event routes.

**Overflow Parking** - Additional parking is available at Bramalea City Centre south of Queen Street. Participants can safely walk to the stadium using the creek trail under the Queen Street bridge. The walk is under 10 minutes and avoids major road crossings.

## PARTICIPANT GATHERING AREA

All participants must gather in front of the stage located in the paved parking area north of Terry Fox Stadium. Race welcomes, warm-ups, announcements, and final instructions will take place there before participants are escorted to the official start lines.



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## BAG CHECK

Bag check service will be available at the GGSCF booth or tent. Participants are encouraged to leave valuables secured in their vehicles and check only essential items such as jackets, keys, or small personal belongings. Storage space may be limited during poor weather conditions. All items are left at the participant's own risk. To reclaim, the person must show the number on their bib.

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## BIB INSTRUCTIONS

- Bibs must be worn on the front at stomach level and remain visible throughout the race
  - Bibs are colour-coded by race distance
  - Notify course officials immediately if your bib is lost or damaged during the race
  - Your bib helps volunteers and timing officials accurately track laps and finishing times, so please always wear it securely and visibly.
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## WASHROOMS

Public washrooms are available inside Chinguacousy Park facilities. Additional portable washrooms will also be available near the gathering area and along the course route.

Please refer to race maps for locations.

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## PARTICIPANT RULES AND ETIQUETTE

We want every participant to have a safe, enjoyable, and encouraging experience.

- **Starting Positions** - Competitive runners should line up near the front, followed by run/walk participants, walkers, and participants with strollers.
  - **On The Course**
    - On Bramalea Road, stay in the west two lanes (the southbound traffic lanes typically used by cars. The east two lanes are assigned to other users. The east most lane is assigned to be used by emergency vehicles and those helping with the event. The next lane over is to be used by wheelchair participants who will go up to North Park Road and then return southbound in this lane. It will also be used by bike marshals.
    - Just like driving on the road, stay to the right and pass on the left.
    - Follow instructions from volunteers, course marshals and police
    - Respect pylons and emergency access lanes
    - Yield to emergency or authorized vehicles where directed by officials
  - **Course Courtesy** - Please avoid walking in large groups that block the course. If you need to stop or rest, move safely to the boulevard so others can continue past. Encourage fellow participants along the route and help create a positive and uplifting atmosphere for everyone.
  - **Fair Play - Please** help maintain a fair and respectful race environment by following the official course and instructions from race officials.
  - **Finish Line** - After crossing the finish line, continue moving through the exit chute to allow space for other finishers.
  - **Celebrate your accomplishment**, collect your medal, grab refreshments, and reconnect with family and friends at the gathering area.
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## SPECTATOR RULES AND ETIQUETTE

We love seeing friends, families, and supporters come together to cheer participants on throughout the day. Positive energy and encouragement from spectators truly help motivate participants throughout the course.

- Only registered participants are permitted on the course
- Spectators must always remain off the course
- Lawn chairs, picnic blankets, and weather appropriate gear are encouraged
- One parent may accompany children ages 6 and under during the 400m race if needed
- Please dispose of litter properly
- Spectators may take photos from the grass boulevard areas
- Nonparticipants are not permitted inside the fenced start and finish chute during races as it interferes with others trying to finish

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## TIMING CHIP

Chip timing will be provided for all participants who registered before the cutoff date. Live results will be updated within a few minutes of participants finishing. Official post-race results will also be posted on our website.

- Race Day Live Results: [www.chiptimeresults.com](http://www.chiptimeresults.com)
- Post-Race Results: [www.bramptonmarathon.org/race-day-results/](http://www.bramptonmarathon.org/race-day-results/)
- Please make sure you cross all timing mats at the start line, intermediate checkpoints, and finish line to ensure accurate timing.
- Those who wish to change their race on the day due to illness or injury, please advise us at the registration desk and have your bib marked with the change. Your timing chip is coded to your race, but we will alter the result boards by the following day.

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## LAP COUNTING (21K) AND SHORT DISTANCE RACES (1k and 400m)

To help ensure accurate results and a smooth race experience for everyone, please review the following important information:

- Half Marathon participants will have laps monitored and recorded by race officials to help ensure accurate completion of the course, especially in the event of timing system issues
- The 1K Youth & Senior Race and 400m Kids and Toddlers Race have separate start lines from the Half Marathon, 10K, and 5K events.
- Participants should gather at the main gathering area where volunteers will escort them to their designated start locations.
- For the 400m Kids & Toddlers Race, one parent or guardian may accompany children ages 6 and under if assistance is needed.
- Parents should allow their kids to walk and run, rather than dragging them along. Let them have fun.

We encourage everyone to enjoy the experience, cheer each other on, and help create a fun and welcoming atmosphere for participants of all ages.

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## **WATER STATIONS**

Five water stations will be available throughout the course. Please help keep the course clean by disposing of cups responsibly. Energy gels will not be provided, so participants requiring supplements should bring their own. Water station locations:

- Gathering area
- Bramalea Road and North Park Drive
- Professors Lake
- Williams Parkway and Chinguacousy Trail along the creek park areas
- Finish line

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## **MEDICAL SERVICES**

Participant safety is our highest priority.

Please listen to your body throughout the event and do not hesitate to seek assistance if needed. If you are feeling unwell before the race, please prioritize your health and safety before participating.

- In an emergency, call 911 and notify the nearest volunteer
- First aid services will be available through Saint John Ambulance near the park entrance and Professors Lake
- If you notice a participant in distress, please assist if safe to do so or notify volunteers immediately who can advise the police and other emergency services if you do not have a phone

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## **RESULTS AND AWARDS**

- Chip timing will be provided for all eligible participants
- Results will be available online after the race
- Participants registering after the cutoff date are not eligible for awards or official timing
- Cash prizes will be awarded to the top three overall male and female finishers in the 5K, 10K, and Half Marathon events
- Identification is required to claim cash prizes
- All registered finishers will receive a medal
- Please be patient during award verification as officials confirm final results and lap counts.

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## **COMMUNITY SPIRIT**

Please encourage fellow participants regardless of pace or experience level. A few encouraging words can make a huge difference during someone's race.

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## **ENVIRONMENTAL RESPONSIBILITY**

We encourage participants and spectators to bring reusable water bottles whenever possible. Let us work together to keep the park and community clean and enjoyable for everyone.

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## **HELP DESK AND LOST AND FOUND**

For questions, assistance, or lost and found items, please visit the BAG CHECK area at the GGSCF booth or tent. Parents and guardians may also use this location as a meeting point for separated children.

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## **CHARITY DONATIONS**

Community charities and nonprofit organizations will have booths throughout the event area. We encourage participants and spectators to learn more about the amazing work these organizations do and consider supporting causes that inspire you through donations or volunteering. Some organizations are registered charities and may provide tax receipts for eligible donations.

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## **PARTICIPANTS WITH DISABILITIES OR SPECIAL NEEDS**

Please contact organizers in advance if you require accommodations or assistance so we can do our best to support your participation. Participants requiring support persons are also encouraged to contact us ahead of time. A non-competitive 1000m or 400m wheelchair race may be organized if there is sufficient interest. Participants are also welcome to join other race categories if preferred.

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## **WAIVER/DISCLAIMER**

By participating in or attending the BVD Brampton Half Marathon 2026, participants grant Inspirational Steps permission to photograph, film, or record them for promotional, fundraising, educational, publication, website, and other event-related purposes.

Editing, publication, distribution, broadcast, and use of such materials shall remain the sole property and discretion of Inspirational Steps.

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## **FEEDBACK**

We truly appreciate your support, patience, and encouragement as we continue growing this event each year. This race is powered by volunteers, sponsors, community partners, and people who believe in bringing fitness, inspiration, and positivity together. Your feedback, ideas, and suggestions genuinely help us improve future events. After the race, please take a few moments to complete our post-event survey or email us at [run@bramptonmarathon.org](mailto:run@bramptonmarathon.org).

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## **FUTURE SPONSORS & SUPPORTERS**

As a volunteer-run event, the Brampton Half Marathon relies on the generous support of sponsors and community partners. If you are interested in supporting future events or one of the participating charities, we would love to connect with you. Thank you for helping us build a stronger, healthier, and more connected community.

Phone: 647-893-3656 or 416-708-7072

Email us at [run@bramptonmarathon.org](mailto:run@bramptonmarathon.org)

## RACE PHOTOS AND SOCIAL MEDIA

Race photos will be uploaded to [www.bramptonmarathon.org](http://www.bramptonmarathon.org) within two weeks after the event. We would love to see your race day memories and celebrations. Use the hashtag #InspirationalSteps2026 so the entire community can celebrate together. Be sure to follow our pages for race photos, results, updates, and future event announcements.

Follow and tag us on social media:

Instagram, Facebook, and TikTok: @bramptonmarathon

X: @bramptonrun

## FINAL MESSAGE

Whether you are running your very first race, chasing a personal best, walking with friends and family, volunteering, or cheering from the sidelines, thank you for being part of the BVD Brampton Half Marathon 2026.

Your energy, support, and participation help make this event truly special and help strengthen the spirit of community that makes this event so special.

Take in the atmosphere, encourage one another, celebrate every accomplishment, and most importantly enjoy the experience. We cannot wait to celebrate race day with all of you!

# 21K ROUTE MAP

Organized by:



● Water Station■ Washroom+ First Aid

Date: **Sunday May 24, 2026**  
Event Start: **7:00 am**  
Location: **Chinguacousy Park, Brampton**  
Reporting Location: **Curling Club Parking Lot**

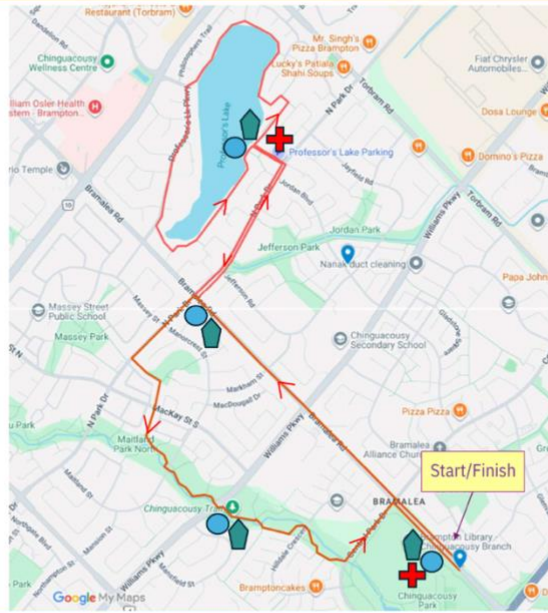
**21K**

Check In Time: **7:25 am**  
Race Time: **7:40 am**  
Cut off Time: **10:40 am**

# 10K ROUTE MAP



Organized by:



Date: **Sunday May 24, 2026**  
 Event Start: **7:00 am**  
 Location: **Chinguacousy Park, Brampton**  
 Reporting Location: **Curling Club Parking Lot**

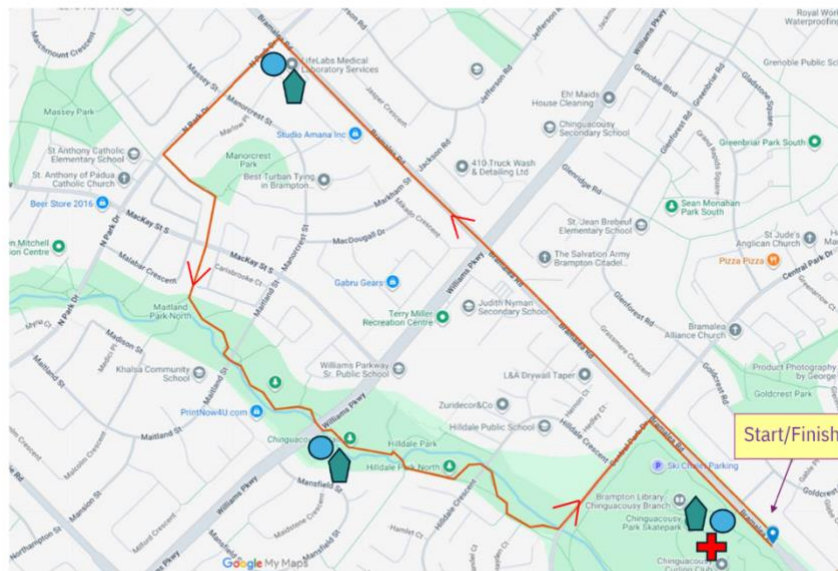
**10K**

Check In Time: **8:10 am**  
 Race Time: **8:25 am**  
 Cut off Time: **10:40 am**

# 5K ROUTE MAP



Organized by:



Date: **Sunday May 24, 2026**  
 Event Start: **7:00 am**  
 Location: **Chinguacousy Park, Brampton**  
 Reporting Location: **Curling Club Parking Lot**

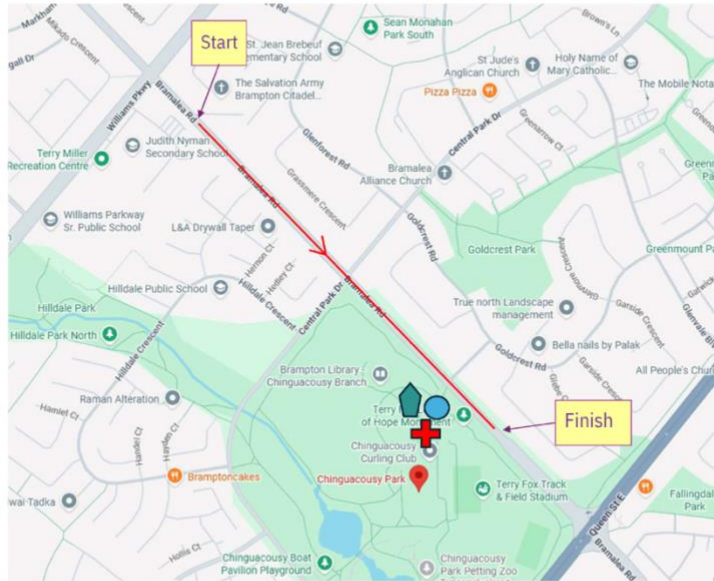
**5K**

Check In Time: **8:35 am**  
 Race Time: **8:55 am**  
 Cut off Time: **10:40 am**

# 1K ROUTE MAP



Organized by:



Date: **Sunday May 24, 2026**  
Event Start: **7:00 am**  
Location: **Chinguacousy Park, Brampton**  
Reporting Location: **Curling Club Parking Lot**

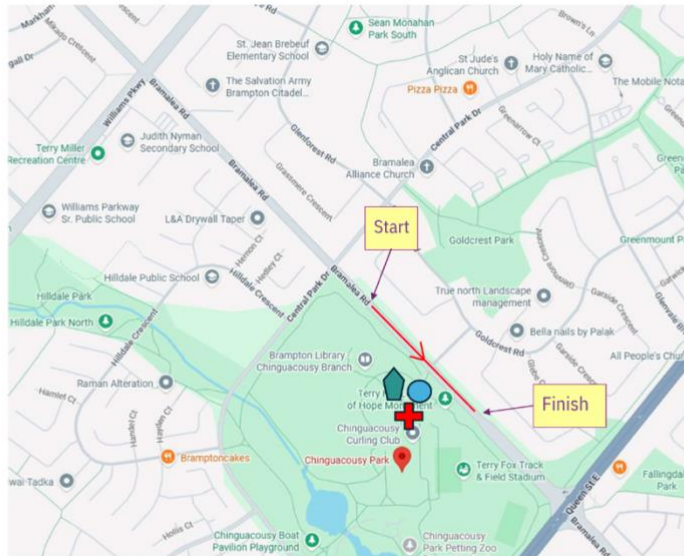
**1K**

Check In Time: **9:30 am**  
Race Time: **10:00 am**

# 400M ROUTE MAP



Organized by:



Date: **Sunday May 24, 2026**  
Event Start: **7:00 am**  
Location: **Chinguacousy Park, Brampton**  
Reporting Location: **Curling Club Parking Lot**

**400M**

Check In Time: **9:30 am**  
Race Time: **10:20 am**