ENDURANCE

HYBRID RACE SERIES

BROUGHT TO YOU BY SHAGANAPPI GM




# ROX THE OLYMPIC OVAL

TRAIN
COMPETE
CONNECT

## F3 HYBRID RACE – STOP 1

CALGARY OLYMPIC OVAL | NOVEMBER 14, 2026

## EVENT SCHEDULE

**7:30 AM — Doors Open**
- Athlete Check-In
- Warm-Up Zone Open
- Vendor Village Open

**8:00 – 8:30 AM — Racing Begins**
- Solo, Doubles & Relay
- 8 Runs + 8 Stations
- Ultra 8 Hour Start (4 Athletes)

**Awards Begin**
- At the end of each category:
  - Solo Age Groups
  - Doubles Age Groups
  - Relay Overall
  - Ultra 8 Hour Challenge

## THE 8 STATIONS

OUR SPONSORS, 8 RUNS, ONE EPIC DAY.

**STATION 1**


SKIERG

**STATION 2**


SLED PUSH/PULL

**STATION 3**


ATHLETE'S CHOICE

**STATION 4**


BURPEE BROAD JUMPS

**STATION 5**


ROWER

**STATION 6**


FARMER'S CARRY

**STATION 7**


SANDBAG LUNGES

**STATION 8**


WALL BALLS

8 RUNS AROUND THE SPEED SKATING TRACK

8 STATIONS ON THE SPRINT PAD

SOLO, DOUBLES RELAY & ULTRA 8 HOUR

ALL LEVELS WELCOME

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CALGARY OLYMPIC OVAL

NOVEMBER 14, 2026

# ATHLETE & SPECTATOR GUIDE

## HOW TO GET HERE




## KEY AREAS (3RD FLOOR)

- Athlete Check-In
- Warm-Up Zone
- Vendor Village
- Team Relay Transition

## WHAT ATHLETES SHOULD BRING

- Water bottle (water fountains on-site)
- Indoor running shoes (clean)
- Layers (it can be cold)
- Snacks
- Small bag for your gear

## SPECTATORS

### FREE ADMISSION

- Come cheer on the athletes
- Check out our sponsors and vendors
- Bring your family, friends and coaches

## RACE FORMAT

- 8 runs around the speed skating track
- Run 1 & 2: In on 3 – 1,350 m (each)
- Runs 3–8: In on 2 – 900 m (each)
- 8 stations on the sprint pad
- Complete stations and runs in order

## ULTRA 8 HOUR CHALLENGE

**4 ATHLETES | START: 8:00 – 8:30 AM**

- Complete as many runs and stations in order as possible in 8 hours.
- Each athlete has their own pit.

## PARKING

- **Lot 9** – Across Collegiate Rd NW
- **Lot 11** – Across Collegiate Pl NW
- Follow on-site signage
- **Consider carpooling or the CTrain (University Station)**

## IMPORTANT REMINDERS

- Arrive early for check-in and warm-up
- Follow all on-site signage
- Respect the venue and keep the track clean
- Be prepared for varying temperatures.
- Have fun, support all althletes and be part of the F3 community!

## AWARDS

### AWARDS BEGIN AT THE END OF EACH CATEGORY

- Solo Age Groups (29 & under, 30–39, 40–50, 50–60, 60+)
- Doubes Age Groups (29 & under, 30–39, 40–50, 50–60, 60+)
- Relay Overall Podium
- Ultra 8 Hour Challenge Awards

## NEED HELP?

Visit the Info Tent or find an F3 Race Crew member on-site.

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# CALGARY OLYMPIC OVAL

## NOVEMBER 14, 2026

8 RUNS • 8 STATIONS

RUN IN ON 3 - 1350M

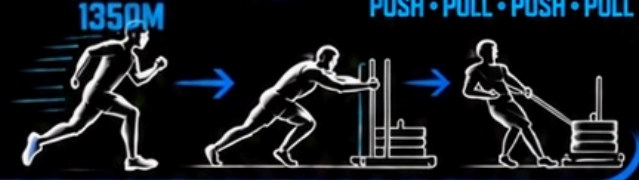
1 SkiErg 1,000M



RUN IN ON 3 - 1350M

2 COMBINED SLED PUSH/PULL

PUSH • PULL • PUSH • PULL



RUN IN ON 2 - 900M

3 ATHLETE'S CHOICE

BOX STEP OVERS 20 REPS



RUN IN ON 2 - 900M

4 BURPEE BROAD JUMPS 80M



RUN IN ON 2 - 900M

5 ROWER 1,000M



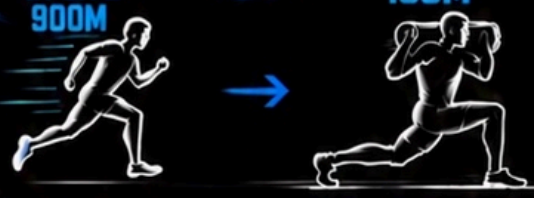
RUN IN ON 2 - 900M

6 FARMER'S CARRY 200M



RUN IN ON 2 - 900M

7 SANDBAG LUNGES 100M



RUN IN ON 2 - 900M

8 WALL BALLS 100 REPS



## 8.1KM TOTAL RUNNING • 8 WORK STATIONS

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# CALGARY OLYMPIC OVAL

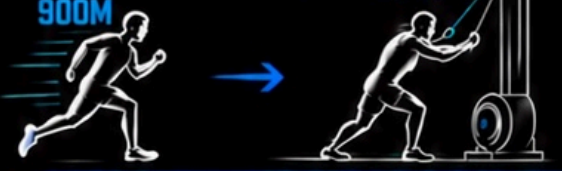
## NOVEMBER 14, 2026

## HALF DISTANCE

8 RUNS • 8 STATIONS

RUN IN ON 2 - 900M

1 SkiErg 500M



RUN IN ON 1 - 450M

2 COMBINED SLED PUSH/PULL

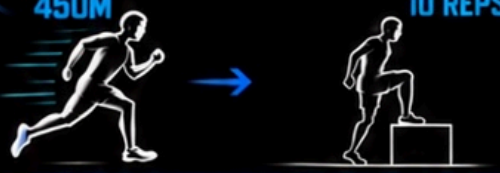
PUSH AND PULL



RUN IN ON 1 - 450M

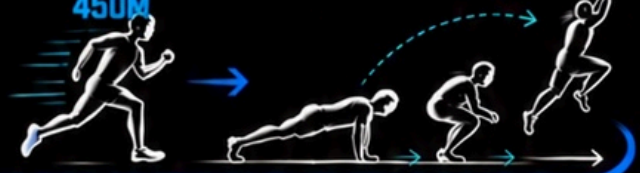
3 ATHLETE'S CHOICE

BOX STEP OVERS 10 REPS



RUN IN ON 1 - 450M

4 BURPEE BROAD JUMPS 40M



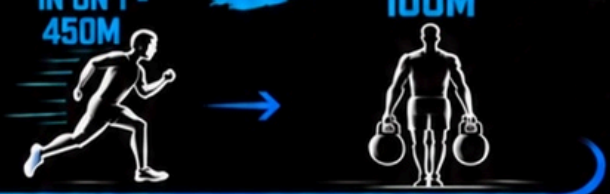
RUN IN ON 1 - 450M

5 ROWER 500M



RUN IN ON 1 - 450M

6 FARMER'S CARRY 100M



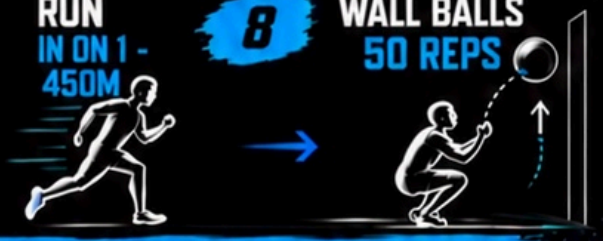
RUN IN ON 1 - 450M

7 SANDBAG LUNGES 50M



RUN IN ON 1 - 450M

8 WALL BALLS 50 REPS

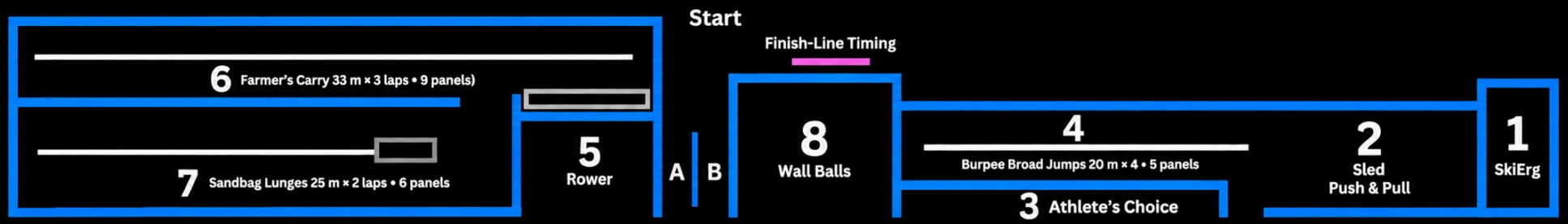


**4.05KM TOTAL RUNNING • 8 WORK STATIONS**

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## HYBRID RACE SERIES • COURSE LAYOUT



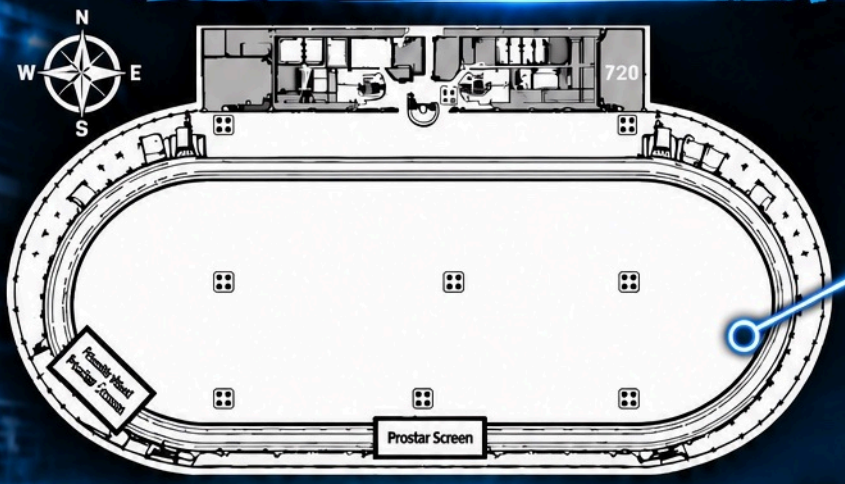

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CALGARY OLYMPIC OVAL
NOVEMBER 14, 2026
RACE DAY
FOOD & WATER INFO
CALGARY OLYMPIC OVAL
ATHLETES – WATER
BRING YOUR OWN WATER BOTTLE.
LOTS OF WATER FILL STATIONS THROUGHOUT THE VENUE.
A DESIGNATED AREA ON COURSE TO PLACE YOUR BOTTLE.
FORGET YOUR BOTTLE?
NO WORRIES — WE'LL HAVE WATER AVAILABLE ON COURSE TOO.
SPECTATORS – FOOD OPTIONS
MacEwan Hall
FOOD OPTIONS AT MacEwan Hall.
A 4-MINUTE WALK INDOORS (FROM THE OLYMPIC OVAL).
OR
University District
HEAD OVER TO THE UNIVERSITY DISTRICT FOR MORE FOOD AND DINING OPTIONS.
UNIVERSITY DISTRICT
CALGARY OLYMPIC OVAL
MacEwan Hall
4 MINUTE WALK INDOORS
Calgary Olympic Oval (Race Venue)
MacEwan Hall (Food Options – 4 min indoors)
University District (Additional Food & Dining)
Indoor Walking Route (≈ 4 Minutes)
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# THE ULTIMATE 8 HOUR ULTRA

## ATHLETE PIT & RECOVERY AREA







## YOUR DEDICATED PIT ZONE

- PERSONAL PIT SPACE (CHAIRS AND COOLERS)
- RECOVERY & REFUEL
- PREP, PLAN & RESET BETWEEN LAPS
- SECURE, DESIGNATED AREA FOR OUR 8-HOUR ULTRA ATHLETES

- COMPLETE AS MANY STATIONS AND RUNS IN ORDER AS POSSIBLE IN 8 HOURS
- 4 ATHLETES ONLY
- SET THE RECORD
- EACH ATHLETE HAS THEIR OWN BIB & PIT

**CALGARY OLYMPIC OVAL | NOVEMBER 14**


ENDURANCE
HYBRID
RACE SERIES
BOTH LIVE NOW
RACE 1
OLYMPIC OVAL
CALGARY
NOVEMBER 14, 2026
RACE 2
BMO CENTRE
CALGARY
JANUARY 30, 2027
BMO CENTRE
REGISTER NOW




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**THANK YOU FOR BEING PART OF THE F3 COMMUNITY**

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