

The WaterWealth Project



Event Guide

2023



Welcome!

Thank you for registering for the 2023 Chilliwack River Salmon Run! All of the details that you'll need to participate in this event can be found here, including site maps, an itinerary, and information about the course itself.

Mission Statement

WaterWealth strives for long-term solutions to protect our shared water wealth through innovation in community engagement and water governance.

We recognize that the long-term protection of the home waters that sustain us all can only be achieved through the recognition of First Nations rights and title. We believe collaborative work, using innovative tools, will bring about the needed change to protect against the imminent threats facing the waters which bind us all.

We want to change how decisions happen so that the water wealth we have grown up with is preserved for our communities, and for the benefit of our children and grandchildren.

We are honored to live, work, and play in the traditional, ancestral and unceded territory of the Stó:lō peoples.

Schedule Of Events

9:00am-10:00am - Welcoming speakers

- The WaterWealth Project
- Elder “T'it'elem Spath”, Eddie Gardner

9:00am - 11:00am - Participant registration

10:00am - 10k Start time

10:30am - 5k Start time

12:00pm - BBQ begins

1:30pm - 2:00pm - Trout Trot (Kid's Run)

2:00pm - Participant placement trophies, medals announced

2:30pm - Closing Words

2:45pm - Raffle Prizes Drawn

3:00pm-4:00pm - Takedown and cleanup

Race Pack Pickup

Participant Race Packs can be picked up from the Registration Booth between 9am and 11am on race day. Please keep in mind that the 10k participants will be starting at 10am, and will need to pick up race packs prior to starting. If you are unable to make it prior to your start time, please reach out to event staff at salmonrun2022@outlook.com to arrange pickup of your race pack before the event.

In your race pack you will receive a race bib with a participant number. This must be attached to your front with the safety pins provided. This should be visible at all times, so that photographers and event staff can identify you on the track.

If you purchased a shirt during registration, you will also receive your official 2023 Chilliwack River Salmon Run T-shirt, sized according to what you chose when you registered. Any other purchases can be picked up at this time, or after your race.

During registration, participants must select either the 5k or 10k option. This way, we can mark your race bib accordingly.

Event Maps

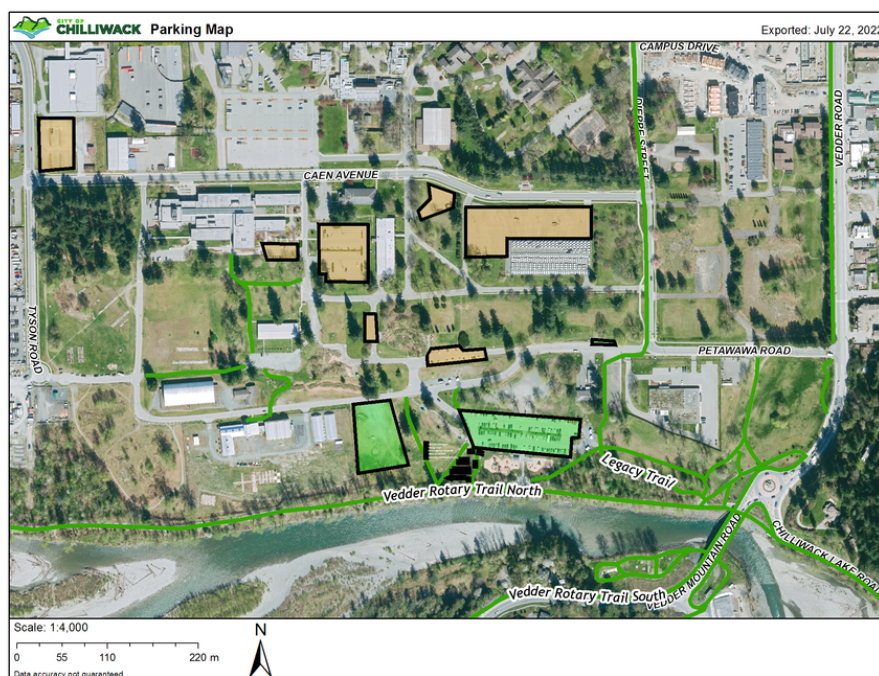


ACCESS

1. From Vedder Rd, turn onto Petawawa Rd.
2. Turn left into the Vedder Dog Park parking lot at 45454 Petawawa Rd.

PARKING

Stalls indicated in **GREEN** are free. Stalls indicated in **ORANGE** are paid parking, with meters located at the University of the Fraser Valley Campus on Caen Ave. Pay by credit card, by using the PayByPhone app, or by phone at 1-866-234-7275.



Event Maps

COURSE



BOOTHS

The Registration booth (blue) can be found at the southwest corner of the parking lot.

Racers (Yellow arrow) will assemble south of the vendor booths.

The First Aid booth (white) is located south of the vendor booths.



20 fabulous vendors and educators will be available on site, marked above in green.

Course Information

Distance and timing

The 2023 Chilliwack River Salmon Run takes place along a 5km section of the Vedder River Rotary Loop Trail. The trail is gravel, and well maintained, with benches and garbage cans located along the route. As this is a public use trail, there may be non-participants using the trail - please be mindful not to block the trail. We also ask that you **avoid running more than 2-across** down the trail to avoid impacting other trail users.

- 5k participants will turn around at the 2.5k marker
- 10k participants will turn around at the 5k marker

This event will be manually timed by volunteers at the start/finish line. **We will not record individual race times**, so please be prepared to set your own timer on your phone if you'd like to know your official race time! Our volunteers will be watching for the first fifteen participants from each race to cross the finish line, and this portion will be recorded to ensure the accuracy of award distribution.

Water and Snacks

There will be water-bottle refill tables at the 2.5km marker, the 5km marker, and at the start/finish line to provide participants with water, fresh fruit, and granola bars.

Course Information

First Aid

We will have first-aid certified volunteers posted at the 2.5km marker, the 5km marker, and at the start/finish line. In addition, there will be a central first aid tent run by St. John's Ambulance located beside the start line.

On Course Toilets

There are 5 public washrooms located along the track.



Helping the Environment:

There will be garbage cans and recycling bins provided at each water station. Please make sure to leave the trail as clean as you found it, so that we can keep this gorgeous area looking its best.

Smoking

Did you know that one cigarette butt can contaminate 1000L of groundwater?

Smoking is prohibited in Chilliwack's public parks and trails. Please refrain from smoking at this event.

Course Information

Headphone use

Headphones prevent you from hearing what's happening around you. With both headphones in, you may miss things like bicyclists trying to pass you, other runners, or even possible emergency instructions. Please consider running without headphones, or with one headphone out.

Start times

The 5k portion of this event will begin at 10:30am.
The 10k portion of this event will begin at 10:00am.

Merchandise

2022
\$10



2023
\$20



\$4.25



\$8



T-shirts, water-bottles, and bumper stickers will be sold in limited quantities at the **Merchandise Booth** during the event!

Thank you!

**It takes a lot of people working together
to bring together a large-scale event,
and we couldn't have done it without...**

Our Team

The steadfast members of
The WaterWealth Project who
have been through it all

Volunteers

The generous community
members who helped us
make this dream a reality

Photographers

The fantastic crew who
makes sure we have some
race-day pictures to brag
about

Guests and Speakers

The like-minded teachers that
help to bring us all together in
support of healthy waterways

Participants

The magnificent participants
that make it all happen

Supporters

Both the supporters cheering
us on day-to-day, and those
who jumped in to help share
the news of this event across
the Fraser Valley

City Staff

The City of Chilliwack staff
who have worked with us in
building this event every step
of the way.

Partners

The groups and organizations
who have helped us grow

and last but not least...

OUR SPONSORS!

naturebee



First Nations Art by Quentin Harris

Garrison Running Co

Adelpha Tech Inc.

Emil Anderson Group



SUPPLEMENTS LOWEST PRICES

Abbotsford 32465 South Fraser Way (604)-776-3025

Chilliwack 8236 Eagle Landing #606 (604)-402-2220



Call Ron for your heating and cooling needs!

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(604) 798-5981



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jolene@woodsideenterprises.ca

MORE INFORMATION:

www.woodsideenterprises.ca

BE PROUD OF YOUR WORK

BE PART OF A TEAM

SHAPE YOUR COMMUNITY

