



90th

1910

Fire Fighters Ten Mile Road Race

2026 Participant Guidebook



May 18, 2026

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Welcome Message from the Race Director

It's my great pleasure to welcome you to the 90th running of the Fire Fighters Ten Mile Road Race in Thunder Bay. Since its humble beginnings in 1910, this event has grown into Canada's longest-running 10-mile tradition, uniting athletes of all ages and abilities on Victoria Day to test their endurance and celebrate community spirit.

As we mark this milestone in 2026, we honour the thousands who've laced up before you. We also honour the volunteers, supporters, and spectators who've kept the tradition alive. Through world wars, economic hardship, and a pandemic, the race has endured—and continues to thrive.

Whether you're chasing a personal best, running your first ten-miler, or simply soaking in the atmosphere, you're now part of a living legacy. On behalf of the organizing committee, thank you for joining us. We wish you strength, joy, and unforgettable memories on the course.



Join us in celebrating 90 years of tradition as this race continues to inspire runners across generations.

Herbert Danaher

About Us

Established in 1910, the 10 Mile Road Race's mission is to organize, promote, and deliver an annual not-for-profit running event that welcomes runners of all calibers, serving as opportunity for personal challenge and friendly competition

Behind the scenes of the Fire Fighters Ten Mile Road Race is a passionate team of 12 volunteers who pour their time, energy, and heart into making this event unforgettable. From the first crisp days of autumn through the final wrap-up weeks after the finish line is closed, their dedication fuels every detail - so you can focus on the finish line and chase your personal best.

Contact Information

Registration: entries@10mileroadrace.org

Relay: relay@10mileroadrace.org

Race Kits: racekits@10mileroadrace.org

Awards: awards@10mileroadrace.org

Volunteers: volunteers@10mileroadrace.org

Director: racedirector@10mileroadrace.org

Our Presenting Partners

Title Sponsor



The Thunder Bay Professional Fire Fighters Association has proudly supported the Ten Mile Road Race for decades. Their commitment to community service and local tradition is at the heart of this historic event.

Presenting Sponsor



Fresh Air is Thunder Bay's home for outdoor adventure, dedicated to helping athletes of all levels stay active. As our Presenting Sponsor, they bring expertise, enthusiasm, and strong community spirit to the race.

Adaptive Event Sponsor



Thunder Bay Orthopaedic champions accessibility and inclusion in sport. As our Adaptive Event Sponsor, they help ensure that athletes of all abilities can participate fully and safely in the Ten Mile Road Race.

Charity Partner



Isthmus Thunder Bay supports local children by providing nutritious weekend meals when school programs are unavailable. As our 2026 Charity Partner, they help ensure every child in our community has the food they need to thrive.

Important Dates in 2026

Feb 1	12:01 AM	Registration Opens
Apr 17	11:59 PM	Last Day to Order a Race T-shirt
May 10	11:59 PM	Online Registration Ends
May 14	4:30 – 7:00 PM	Race Kit Pick Up at Fresh Air
May 17	4:30 – 7:00 PM	Race Kit Pick Up at Columbus Centre
May 17	5:00 – 6:30 PM	Spaghetti Dinner at Columbus Centre
MAY 18 RACE DAY!	8:30 AM – 12:00 PM	Road Closures in effect
	8:50 AM	Wheelchair Athletes start
	9:00 AM	INDIVIDUAL RUNNER START
	9:10 AM	Relay Start
	12:00 AM	Awards Ceremony at Columbus Centre
	12:00 PM	Racecourse Closes



PHOTO BY
NCS MEDIA GROUP
WWW.NCSMEDIAGROUP.CA

Training & Pacers

Training for the Fire Fighters Ten Mile Road Race is available locally, in Thunder Bay, with the



Fresh Air Ten Mile Training Group

Getting you ready for the race since 2005.

- ✓ An 18-week program starting in January
- ✓ Gradually increase from 3 miles to 10 miles
- ✓ Knowledgeable training leader volunteers
- ✓ Pace runners during training AND during the race
- ✓ Runners of all abilities welcome

If you have any questions about this program, contact the organizers at

tenmiletraininggroup@gmail.com

* This training group operates independently from the Fire Fighters Ten Mile Road Race. *



Kit Pick Up

Individual Runners and Relay Teams can pick their kits up at the following locations:

May 14, 2026

Fresh Air

710 Balmoral St.

4:30 to 7:00 pm

May 17, 2026

Columbus Centre

301 May St. S

4:30 to 7:00 pm

These are the ONLY dates & times for kit pick up. If you cannot pick up your kit at these times, you can have someone do that for you.

NO KITS WILL BE AVAILABLE TO BE PICKED UP ON RACE DAY

Pasta Dinner

May 17, 2026

The Pasta Dinner at the Columbus Center is FREE for registered Individual Runners. Your tickets will be attached to your bib. Pasta Dinner tickets can be purchased for Guests and Relay Runners at a cost of \$15.00 each. These tickets will be available at the door on May 17, 2026, during the scheduled dinner.

- **Take-Out Pasta 4:30 PM.** There are only 100 take-out dinners available on a first come, first served basis. These go quickly!
- **Dine-in Pasta Dinner 5:00 - 6:30 PM .** Stay and enjoy a delicious meal with your fellow runners.





Race Day!

May 18, 2026

Arrival: Runners should arrive early to allow time for parking and warm-up. Volunteers in safety vests and shirts will be on hand to guide you.

Pre-Race Atmosphere: The grounds come alive with energy as runners gather, stretch, and prepare. Take a moment to enjoy the camaraderie and the legacy of this historic event.

The Fresh Air Ten Mile Training Group will do a light shake out run and you are welcome to join them.

Start Line: The official race start is **8:50 am for wheelchair athletes** and **9:00 am for individual runners**. Listen for announcements and line up according to your pace to ensure a smooth start.

On the Course: Aid stations and race officials are positioned along the route to provide water, support, and assistance. Spectators will cheer you on from sidewalks, adding to the festive spirit.

The racecourse is closed to traffic from 9:00 am to 12:00 noon. The racecourse closes at 12:00 pm, three hours after the scheduled start.

Finish Line: Crossing the finish is a moment of pride. Volunteers will be ready with finisher medals, refreshments, and guidance. Fellow runners, family, and friends will celebrate your achievement.

Post-Race Gathering After the run, join us in reflecting on your accomplishment and honoring the 90-year tradition that continues to inspire generations. Awards and draw prizes will be presented in Columbus Center at 12:00 pm.

The Ten Mile Racecourse

The Fire Fighters Ten Mile Road Race begins and ends on Simpson Street between Donald and Arthur Street. It is an out and back route that loops through Marina Park.

From the start, head northward, winding through the urban landscape of Fort William. Follow the well marked and closed roadway straight as it transverses into Fort William Road and then into Water Street.

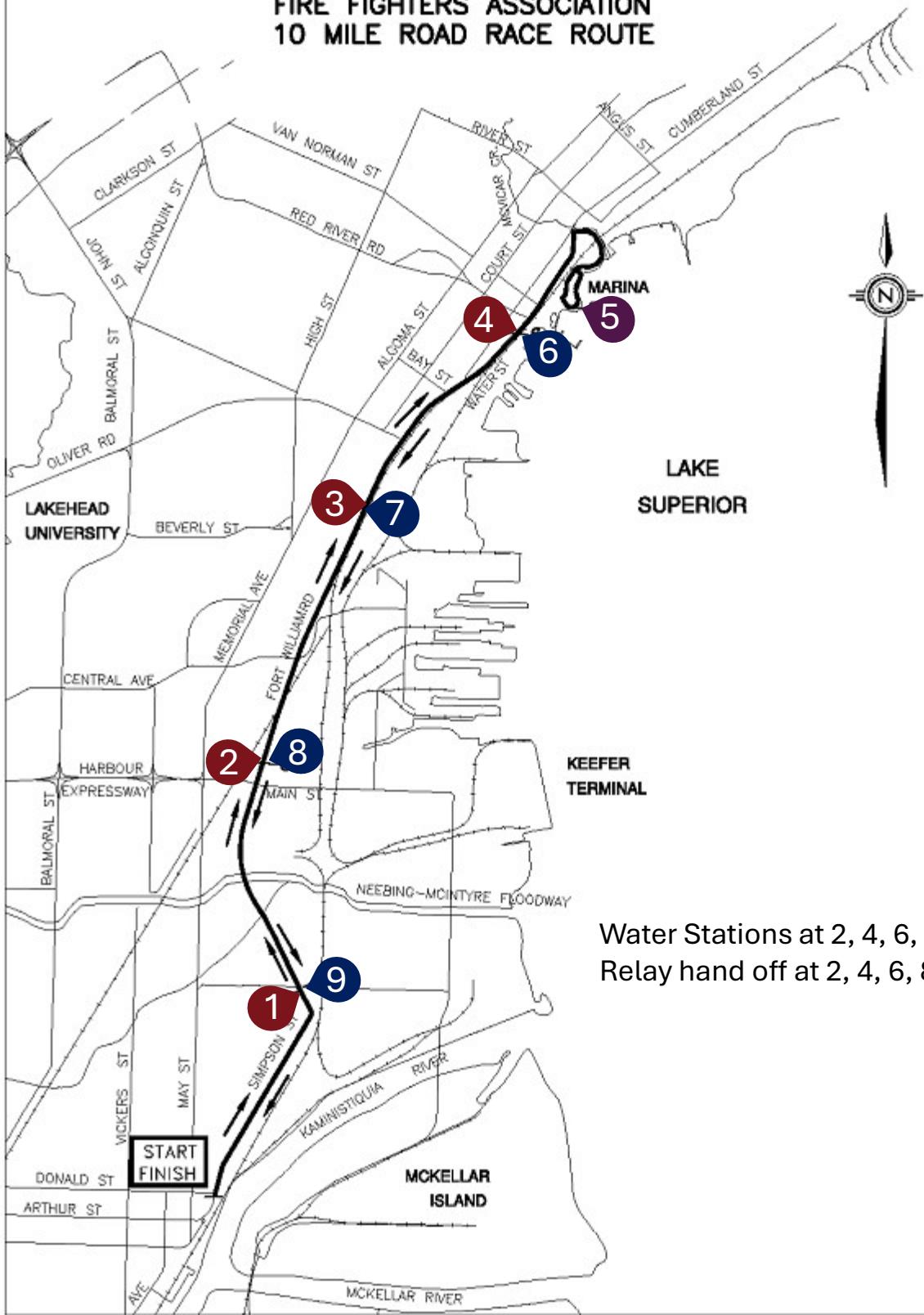
The course then turns right over the Marina Park Overpass, then loops around for some magnificent views of Lake Superior and The Sleeping Giant.

Runners then head back over the overpass, following the same route back to the finish line.

Water & Aid Stations are provided at mile markers 2, 4, 6, and 8.

Washrooms are located at the start/finish area, in Marina Park, and in the Columbus Centre.

FIRE FIGHTERS ASSOCIATION 10 MILE ROAD RACE ROUTE



Water Stations at 2, 4, 6, 8 miles
Relay hand off at 2, 4, 6, 8 miles

Spectators & Cheering

Race participants love to see family, friends and community members cheer them on during the race. We welcome spectators to our event!

Start/Finish Line

The start/finish line can be a busy place. You might have a better view of your favourite racers out along the racecourse.

Along the Racecourse

You are welcome to watch the runners on the sidewalks along the course. Do not enter the roadway or impede the participants. If you must cross the road, do so at the direction of the police or course marshals at the intersections.

Get Noticed!

Make some noise, hold up a sign, wear bright colors, and cheer the runners on. Celebrate this exciting event!

Plan to Meet Up

Be sure to plan ahead. You want to choose a place and time to meet your friend or family member after the race.

Results & Awards

Live results will be available during the race. A link to these results will be posted on the official race website at

10mileroadrace.org



AWARDS CEREMONY

May 18, 2026 at 12:00 PM

Columbus Center

Join us after the race for the awards ceremony. Draw prizes will also be available. Be sure to drop the tear off portion of your bib in for the door prizes. There are many to be won!



Award Categories

All runners who complete the full 10 Mile individual race receive a Finishers Medal.

Trophies will be presented to the top 3 overall finishers (male and female) in each age category.

Age Categories:

19 and under	50 - 54
20 – 24	55 – 59
25 – 29	60 – 64
30 – 34	65 – 69
35 – 39	70 – 74
40 – 44	75 – 79
45 – 49	80+

Cash Prizes

Cash prizes will be awarded to the overall top 10 male and female finishers. Cash Prizes are provided by our presenting sponsor Fresh Air and are outlined below.

1st Place	\$750	6th Place	\$175
2nd Place	\$500	7th Place	\$150
3rd Place	\$350	8th Place	\$125
4th Place	\$250	9th Place	\$100
5th Place	\$200	10th Place	\$75

Adaptive Athlete Awards

Visually Impaired Athlete	1 st	2 nd	3 rd
Autonomous Athlete	1 st	2 nd	3 rd
Wheelchair Athlete	1 st	2 nd	3 rd

John Garland Mystery Awards

John's long-time partner, Lynne Peters, will draw and 'age group' at the awards ceremony. In this age group, the 1st place male & female will each receive \$250. This award recognizes John's 40-year contributions to the Ten Mile Road Race.

Photos

Throughout the course on race day, a team of talented volunteer photographers will be stationed at key locations. These locations are chosen for their scenic backdrops, high energy and unforgettable moments. From the start line to the triumphant finish on Simpson Street, they'll be capturing the spirit, grit, and joy of race day.

All race photos are offered free of charge and will be uploaded within a week after the event. To view and download your images, visit the official race website at

10mileroadrace.org

Whether it's your first ten-miler or your fifteenth, we hope these snapshots help you relive the magic and celebrate your miles.



THANK YOU to our volunteer photographers
for giving us your time to capture our event.



Safety Information

Runners are responsible for their own health and well-being. If you are not feeling well or have been advised by a medical professional not to participate, we recommend that you withdraw from the race for your safety.

Your safety is our top priority. If you experience a medical emergency or notice any safety concerns during the race, please alert the nearest race official immediately. Race officials are easily identifiable by their safety vests and are stationed at key points along the course, including barricades and aid stations, ready to assist you. They will contact our emergency command post who will send the appropriate emergency supports.

We encourage all participants to stay aware of their surroundings and look out for fellow runners. If you see someone in distress, don't hesitate to notify a race official so help can be dispatched quickly. By working together, we can ensure a safe and supportive experience for everyone on the course.



FAQs

If you want to learn more about the Fire Fighters Ten Mile Road Race, please visit our website at

10mileroadrace.org

We have added a new robust FAQ section for 2026.
Check it out!

Thank you for registering for the
90th Fire Fighters Ten Mile Road Race!



*All our BEST
for an
Amazing Race!*

