



Kinsey Verbeek Memorial Run
Hosted by Edmonton Thunder Track & Field Club
October 11, 2025

Kinsey Verbeek was an athlete with Edmonton Thunder from 2016 to 2022. She was an athlete spending her time running track, kickboxing, and playing rugby and soccer. She loved to hurdle, sprint, and run cross-country.

Kinsey passed away at the age of 15 leaving a hole in the hearts of her family, friends, and teammates.

<http://www.edmontonthunder.com/kinsey-verbeek.html>

Where: Sir Wilfred Laurier Park

Parking: Available at the Edmonton Zoo (best option) and around the perimeter of the park.

Entry Information:

Regular - October 7th at 12:00 pm (\$20/entree)

Late: October 8th at 12:00 pm (\$40/entree)

Registration

Register on Trackie at <https://www.trackie.com/event/kinsey-verbeek-memorial-race/1015347/>
Packet/Bib will be available one hour before the first event at Shelter 8.

Timing

We are pleased to be working with Ellis Timing for our race timing.

Age Categories

U10 - 2016 or later

U12 - 2014 - 2015

U14 - 2012 - 2013

U16 - 2010 - 2011

Open - 2009 or earlier

Final Schedule

Age Group	Distance	Race Start Time
Course Walkthrough 9:30		
Family Walk - 1 Blue loop - 10:00		
U18/Open Women & Men	5k	10:30 am
U16 Boys	3k	11:15 am
U16 Girls	3k	11:30 am
U14 Boys	2k	11:45 am
U14 Girls	2k	12:00 pm
U10/U12 Boys	1k	12:15 pm
U10/U12 Girls	1k	12:30 pm
Awards can be collected once the results are finalized		

COURSE MAP (RED LOOP FOR 1K/2K RACES & BLUE LOOP FOR 3K/5K RACE)



FAQs

What if I am not a part of a club?

You can register under your school if you are a student, or you can register as Unattached Alberta and still be able to race!

What if I am not a youth athlete?

Anyone can race in the Open (5k) race!

What if I would like to volunteer rather than race?

We are looking for volunteers! Sign up here: <https://forms.gle/Ys5ZTGpm72s2QfQW7>

Where should I pick my race bib up at?

Shelter 8, by the start line is where all bibs will be. You can check in with one of our volunteers and they will make sure you are ready to race!

I am unfamiliar with the park, how will I know where to go?

There will be ample signage and course guides throughout the course to make sure you do not miss a turn!

Will there be awards?

Yes, there will be awards for the top finishers for each race! If you are unable to stick around for the Awards Ceremony, you can pick your ribbon up at Shelter 8 once the results are finalized from your race.

I would like to donate to Kinsey's Memorial Fund. Where can I do this?

If you would like to donate, you can do so from our website at <http://www.edmontonthunder.com/kinsey-verbeek.html>

Will there be food available?

Yes! We are delighted to say that this year, **Sip Espresso Bar** will be available to purchase any goodies you would like.