



Kinsey Verbeek Memorial Run
Hosted by Edmonton Thunder Track & Field Club
October 10, 2026

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.

<https://www.edmontonthunder.com/memorial-run>

Where: Sir Wilfred Laurier Park

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

Entry Information:

Regular Registration – \$20 | Closes October 6 at 12:00 pm

Late Registration – \$40 | Closes October 7 at 12:00 pm

Virtual 5k – \$20 | Registration available through October 14th at 12:00 pm (SEE FAQ)

Registration

Register on Trackie at <https://www.trackie.com/event/kinsey-verbeek-memorial-race/1039022/>

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 - 2017 or later

U12 - 2015 - 2016

U14 - 2013 - 2014

U16 - 2011 - 2012

Open - 2010 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

Who can participate?

Anyone can participate! Youth athletes will race in their appropriate age category, and anyone born in 2010 or earlier can register for the Open 5k.

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 don't want to race in person?

You can register for our Virtual 5k! Complete a 5k on your own between September 15 and October 15, 2026, submit your GPS information and finish time using the link provided after registration, and your result will be included in the virtual race results.

How does the Virtual 5k work?

Choose your own outdoor 5k route and complete your run anytime between September 15 and October 15. After registering, you will receive a link to submit your GPS activity and finish time. You can complete the run anywhere — you do not need to be in Edmonton or at Sir Wilfred Laurier Park.

Will I receive anything for completing the Virtual 5k?

Yes! When you submit your virtual result, you will have the option to have a commemorative Kinsey Verbeek Memorial Run ribbon mailed to you.

Where do I pick up my race bib?

Race bibs will be available at Shelter 8, near the start line, beginning one hour before the first event. Check in with one of our volunteers when you arrive.

I am unfamiliar with the park. How will I know where to go?

There will be signage and course guides throughout the park to help direct you and make sure you don't miss any turns.

Will there be awards?

Yes! Awards will be given to the top finishers in each race. If you cannot stay for the awards, your ribbon can be picked up at Shelter 8 once results for your race have been finalized.

What if I would like to volunteer rather than race?

We are always looking for volunteers! You can sign up here:
<https://forms.gle/dMRAqB5WDmmRiixc7>

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

Donations can be made through the Edmonton Thunder website:
<http://www.edmontonthunder.com/kinsey-verbeek.html>

Will there be food available?

Yes! Sip Espresso Bar will be on site with goodies available for purchase.