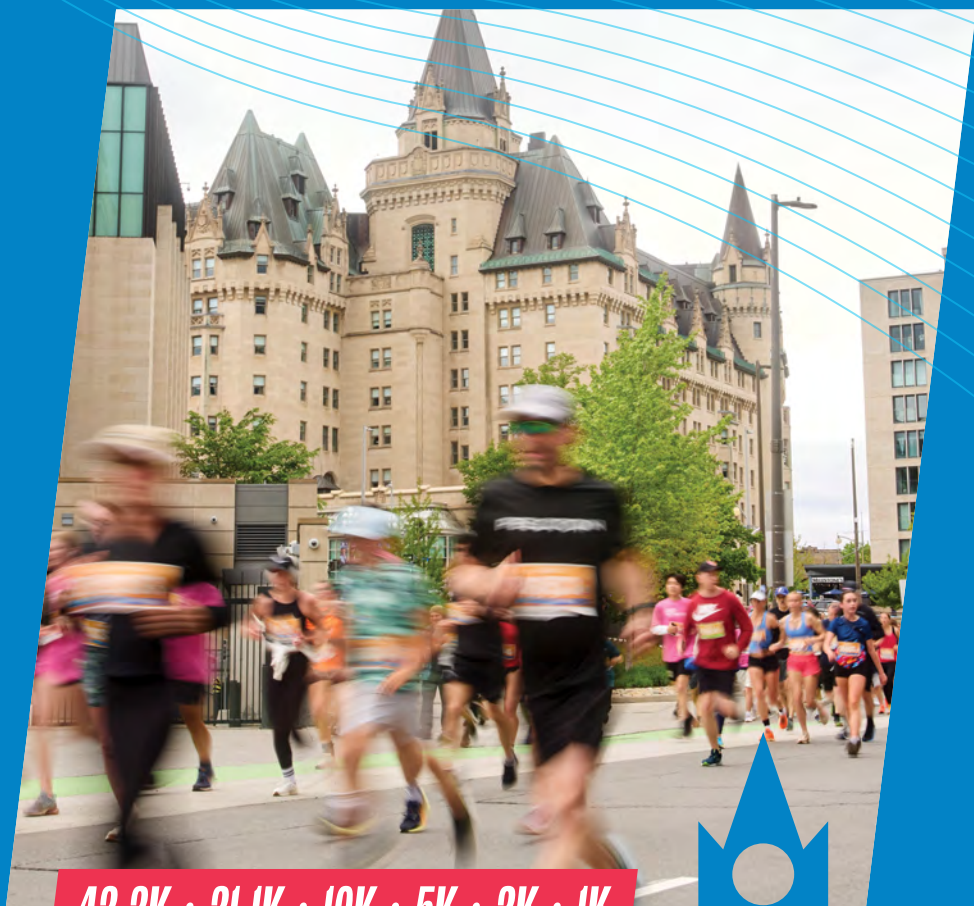




# 2026 PARTICIPANT GUIDE



42.2K • 21.1K • 10K • 5K • 2K • 1K





Proud sponsor of Tamarack Ottawa Race  
Weekend since 2014.

Whether you're chasing a personal best, running for  
a cause, or soaking up the energy of our amazing city,  
Tamarack Homes is cheering you on every step of the way.  
See you at the finish line!

---

Fier commanditaire de la Fin de semaine  
des courses Tamarack d'Ottawa depuis 2014.

Que vous cherchiez à battre un record personnel, soutenir  
une cause ou simplement vous imprégner de l'énergie de  
notre incroyable ville, Tamarack Homes vous encourage à  
chaque étape. On se voit à la ligne d'arrivée!

[tamarackhomes.com](http://tamarackhomes.com)



# WELCOME TO TAMARACK OTTAWA RACE WEEKEND 2026!

On behalf of Run Ottawa, I'm thrilled to welcome you to Canada's biggest and most energetic running celebration. Whether you're tackling your first 2K, chasing a 10K personal best, or taking on the marathon, you are part of a vibrant community that believes in movement, connection, and challenging personal limits. This weekend is about more than just racing, it's about shared experiences, inspiration, and the incredible atmosphere that comes from tens of thousands of people coming together in the heart of the nation's capital.

Our theme this year is **Big Race. Big Energy**. You'll feel it everywhere, from the larger participant fields and expanded cheer stations to the music, spectators, and vibrant race-day atmosphere. Expect more excitement, more community spirit, and more unforgettable moments throughout the entire weekend.

We're excited to introduce new merchandise offerings at the Running and Fitness Expo, curated in partnership with **Praise**, a Montreal-based running apparel company known for stylish, high-quality gear designed specifically for runners. Whether you're looking for race-day essentials or a unique memento of your weekend, the Expo will have something for everyone.

Many of our shorter races feature small start-line adjustments this year, so please take a moment to review the updated course maps in advance to ensure a smooth race-day experience. Marathon participants can also take advantage of complimentary course shuttle tours departing from the Expo, advance sign-up required.

This year's medal designs celebrate some of Ottawa's iconic landmarks and monuments featured along our routes. We encourage all participants, whether local or visiting from out of town, to take time to explore these sights and experience everything Ottawa has to offer while you're here downtown.

What truly makes Tamarack Ottawa Race Weekend special is you, the runners, volunteers, spectators, and supporters who create an atmosphere unlike any other. Thank you for being part of this incredible celebration of movement and community.

**Good luck, cheer loud, and have fun!**

**Mike Vieira, Executive Director  
Run Ottawa**



+

# ALL ATHLETICS

# ALL ACCESS

# ALL YOURS

+

+

+



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ATHLETICS

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JOIN TODAY AT  
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## RUN OTTAWA



## TORW



## RUN OTTAWA MEMBERS



# TAMARACK OTTAWA RACE WEEKEND SPONSORS AND PARTNERS



# Make every kilometre matter

Fundraise, support, celebrate!

# Donnez un sens à chaque kilomètre

Amassez, aidez, célébrez!



Desjardins is proud to partner with  
the Tamarack Ottawa Race Weekend.

Desjardins est fier de s'associer  
à la fin de semaine des courses  
d'Ottawa Tamarack.

 Desjardins

**CHARITY**  
CHALLENGE • DÉFI  
**CARITATIF**



# TAMARACK OTTAWA RACE WEEKEND HIGHLIGHTS

## **TAMARACK HOMES OTTAWA INTERNATIONAL MARATHON**

Run through the heart of the capital, across two provinces, and past some of the city's most recognizable landmarks.

From the Rideau Canal to Parliament Hill and along the Ottawa River, this certified Boston Marathon qualifier offers a fast, scenic course supported by thousands of spectators.



> [View the Tamarack Homes  
Elite Marathon Roster](#)

Your medal reflects the route, with Parliament Hill and Kiwexi Point captured in the design.

> [Read full course description by following this link.](#)

## **OTTAWA HALF MARATHON PRESENTED BY DESJARDINS**

A dynamic route that blends speed with some of Ottawa's most meaningful landmarks.

Pass Parliament Hill, Museum of History, Rideau Hall, home of the Governor General, and the Three Watchmen, a symbol of Algonquin guardianship.

Your medal highlights these moments, connecting your race to the places that shape the city.



## **OTTAWA 10K PRESENTED BY OTTO'S OTTAWA**

Fast, energetic, and built for big moments.

Home to the Canadian 10K Championships and Canadian Masters Championships, this race brings top athletes from across the country to Ottawa.

You'll share the course with some of Canada's best, all chasing national titles on a fast, spectator-lined route.

The course takes you past landmarks like the Rideau Canal, the Aberdeen Pavilion, the Share the Flame Monument, and the Pretoria Bridge, with strong crowd support from start to finish.

Your medal reflects the energy of this route and the landmarks that define it.



**> [View the Canadian 10K Championship Elite roster.](#)**



## OTTAWA 5K

A welcoming, high-energy race through the downtown core. Pass the Senate Building of Canada, and the Famous Five Monument, marking a turning point in Canadian history and the fight for women to be recognized as persons under the law. You'll continue along the Rideau Canal through to the finish line.

Your medal is inspired by the journey, celebrating the iconic landmarks you'll encounter along the course.



## OTTAWA 2K

An inclusive, high-energy event for participants of all ages and abilities.

This route moves past landmarks like the Canadian Tribute to Human Rights and the Rideau Canal, creating a memorable experience from start to finish.

Your medal reflects the experience and the landmarks you'll pass along the way.





## **OTTAWA KIDS MARATHON**

Big energy, huge smiles, and an unforgettable race day experience for young runners ages 5–12.

More than 25 schools and nearly 2,000 children are expected to take part in the Ottawa Kids Marathon this year, with age-based wave starts helping create a smooth finish line reunion experience for families and teachers.

The Official Mascot Race kicks things off at 12:45 p.m., followed by the Ottawa Kids Marathon wave starts rolling out at 1:00 p.m.

Approximate start time and corral information will be printed directly on each participant's bib. Families are encouraged to arrive early and allow 30–40 minutes before their child's scheduled start time to get settled and enjoy the race day atmosphere.

Parents and caregivers are not permitted on course during the event. Young runners will be guided by volunteers and staff from start to finish, through the Recovery Zone, and toward designated colour-coded meetup pillars matching the colour on their race bib.



## **INTRODUCING THE TAMARACK OTTAWA RACE WEEKEND CHALLENGES**

Looking to push the limits of race weekend? Challenge participants take on multiple events across the weekend and earn a Challenge medal in addition to their event medals.

### **59.2K CHALLENGE**

Ottawa 2K + Ottawa 5K + Ottawa 10K presented by Otto's Ottawa + Tamarack Homes Ottawa International Marathon

### **36.1K CHALLENGE**

Ottawa 5K + Ottawa 10K presented by Otto's Ottawa + Ottawa Half Marathon presented by Desjardins

### **17K CHALLENGE**

Ottawa 2K + Ottawa 5K + Ottawa 10K presented by Otto's Ottawa

Challenge medals can be collected after completing your final event of the weekend.

# RESEARCH TO KEEP WOMEN\* RUNNING

\*female-typical pelvic anatomy

**Do not let urine leakage stop you from enjoying being active!**

We are investigating whether a tampon and/or a bladder support device can reduce or eliminate urine leakage while running

## WHO CAN PARTICIPATE?

- ✓ Female runners & brisk walkers who leak urine during at least 50% of training sessions
- ✓ Committed to running at least 2x per week for the duration of the study
- ✓ Live in Canada or the U.S.A.

Further eligibility to be assessed. First come, first served!

- ★ Receive a free Uresta bladder support kit! (\$179USD retail)
- ★ Enter a draw to win an iPad Air!

**CONTRIBUTE TO RESEARCH WHILE STAYING ON TRACK WITH YOUR RUNNING PLAN**



## TIMELINE

### Weeks 1-2: Pre-Intervention

Questionnaires, [Optional In-Lab Visit\*], Running Log (2 weeks)

- ★ Randomly assigned to one intervention study group: Uresta bladder support, tampon, or none

All participants welcomed to use the Uresta after completing the week 16 questionnaires

### Weeks 3-12: Intervention Period

Run with intervention; Running Log (weeks 11-12); Questionnaires (week 12)

### Weeks 13-36: Post-Intervention

[Optional In-Lab Visit\*]; Questionnaires (weeks 16, 24, and 36)

\*VIRTUAL PARTICIPATION for those unable to attend in-lab

## WANT TO LEARN MORE?

Scan to fill out our Pre-Screen Survey!



**Connect With Us**



[mfmlab@uottawa.ca](mailto:mfmlab@uottawa.ca)



[www.mfmlab.ca](http://www.mfmlab.ca)



(613) 562-5800 ex.4102

Learn more about this study!



The study has been reviewed by the University of Ottawa Health Sciences and Sciences Research Ethics Board and has been found to be in compliance with national standards for the ethical conduct of research involving human participants.

Motor Function Measurement Lab  
Studying Pelvic Health Conditions & Solutions



Principal Investigator: Linda McLean, PhD  
University of Ottawa



# YOUR FIRST STOP: PICK UP YOUR RACE BIB AT THE RUNNING AND FITNESS EXPO

This is where it starts to feel real. **You've done the work.** Now it's time to pick up your bib and your pre-ordered event shirt!

## LOCATION

### **Carleton University Fieldhouse**

Campus address: 1125 Colonel By Drive, Ottawa, ON, K1S 5B6, Canada (use Google Maps or Waze for the most direct route)

[> Link to Google Maps](#)

## HOURS

- **Thursday , May 21:** 4:00 p.m. – 9:00 p.m.
- **Friday , May 22:** 9:00 a.m. – 9:00 p.m.
- **Saturday , May 23:** 8:00 a.m. – 6:00 p.m.

## GETTING THERE

- **OC Transpo** > [Light Rail travel planner](#)
- Walk, run, or bike along Ottawa's beautiful [multi-use pathways](#)
- Carpool if driving!
- FREE Bike Parking is available in front of Carleton University Fieldhouse during expo hours.

Paid parking is available at Carleton University, spaces are limited, so consider transit or carpooling.



## **BEFORE YOU ARRIVE**

You'll receive your bib number and QR code by email the *week of the event from Let's Do This*. Have it ready on your phone or printed to keep things moving when you arrive.

### **Can't find it?**

Search "2026 bib number and QR code" or check spam.

**Still stuck?** Volunteers will look you up by name. **You will be taken care of.**

## **AT THE EXPO YOU CAN:**

- Pick up your bib (or forward your QR code to someone picking up for you)
- Collect your pre-ordered shirt and any add-ons
- Visit the Solutions Desk for transfers
- Speak to Information Volunteers, Pacers, or Xtra Mile Crew if you have questions about your race course or race amenities
- Stop by the signing wall, leave your mark, share a selfie tagging @ottawaracewknd
- Explore vendors, including official merchandise from **Praise Endurance**

**TIP** For a quieter experience, come Thursday evening or Friday morning.

**TAKE A BREATH. LOOK AROUND. YOU'RE HERE!**



## OFFICIAL EVENT SHIRTS

A limited selection of 2026 Tamarack Ottawa Race Weekend event shirts will be available for purchase at the Praize Official Merchandise store during the Running and Fitness Expo. Quantities and sizes are limited, so be sure to stop by early!



# YOUR RACE BIB: WHAT DOES IT ALL MEAN?

Your race bib is how you're timed and how your race photos are matched to you. Wear it on the front of your shirt and keep it visible at all times.



## CORRAL

- The colour on your bib matches your start corral.
- Corrals are based on your selected pace and help keep the start safe and smooth.
- Run Ottawa members in the first three corrals may move to the front of their assigned corral.

## BAGGAGE TAG

- Located at the bottom of your bib.
- Detach it and attach it securely to your bag
- Ensure your bag is fully closed, and your bag contains no valuables when you drop off your bag
- Baggage check is located within **Lisgar Field**, right behind Festival Plaza



## **FREE BEER, VODKA SODA, OR NON-ALCOHOLIC DRINK FROM BEYOND THE PALE**

- Tear-off ticket on your 10K, Half Marathon, or Marathon bib.
- Redeem your drink in the Beyond the Pale Beer Garden in Festival Plaza after your race.

## **TIMING CHIP**

- Embedded in the small rectangle on the back of your bib.
- Do not bend, fold, or remove it
- Do not cover it with clothing, belts, or hydration packs
- Covering your bib or chip can affect your timing and race photos.

## **GREEN BIB**

A portion of your registration fee is directed to a charity of choice in place of a finisher medal

- **Green Bib participants will not receive a medal at the finish line**
- Finish line volunteers are not able to provide medals for Green Bibs
- Please treat all volunteers with respect – they're here to support your race day

**Impact:** In 2025 Green Bib participants have helped direct **\$18,510** to local charities.

# South African

Street Food, who knew?



# Afrique du Sud

Cuisine de rue, qui savait?

▲ Goodluck Runners.  
Bonne chance, coureurs.

Nando's Elgin 90 Elgin St. • Nando's Merivale 1461 Merivale Rd.

# Nando's®



# RUN OTTAWA APP

Download the **Run Ottawa app** for up-to-date race information throughout Tamarack Ottawa Race Weekend.

Invite friends and family to download the app and follow your race in real time so they can track your progress and cheer you on.

You can also follow other participants, including some of the top international and Canadian runners competing at Tamarack Ottawa Race Weekend 2026!

**Download**  
the Run Ottawa app

Follow your friends, family and favourite athletes live during the Tamarack Ottawa Race Weekend 2026!

GET IT ON  
Google Play

Download on the  
App Store

Connected by  
**TRACX**



## EVENT SCHEDULE

All events start near Ottawa City Hall (110 Laurier Ave. West).

### **Saturday, May 23**

Ottawa Kids Marathon – 1:00 p.m.

Ottawa 2K – 3:00 p.m.

Ottawa 5K – 4:00 p.m.

Elite Women's 10K – 5:45 p.m.

Ottawa 10K presented by Otto's Ottawa – 6:00 p.m.

### **Sunday, May 24**

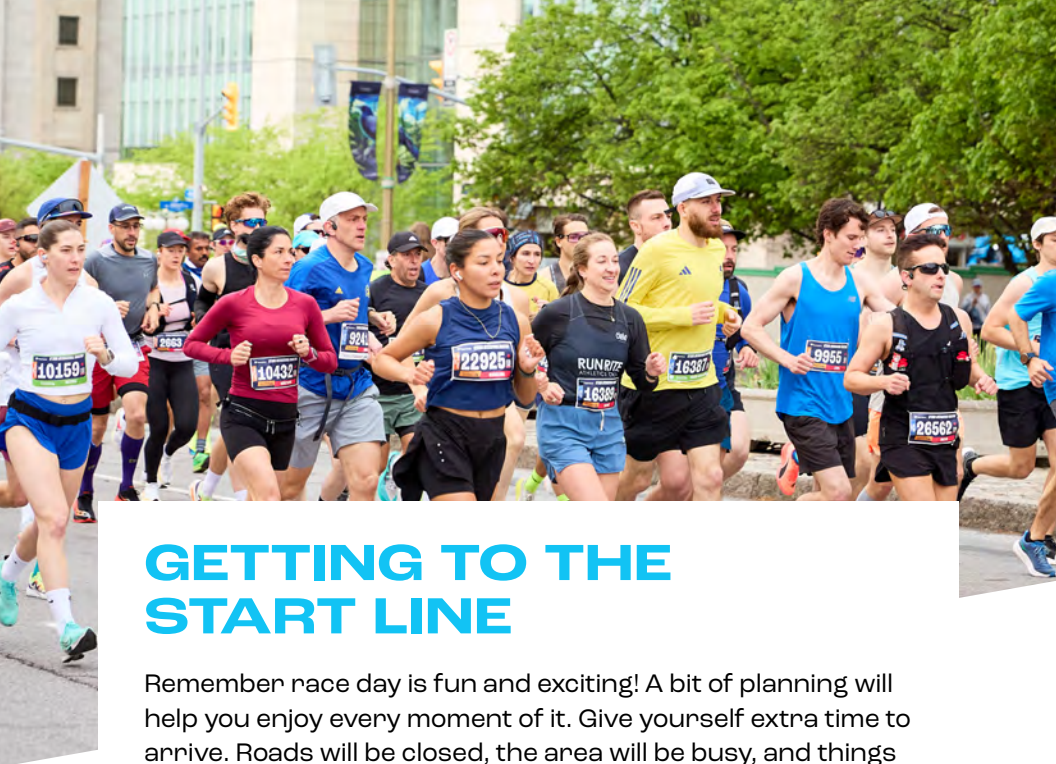
Tamarack Homes Ottawa International Marathon – 7:00 a.m.

Ottawa Half Marathon presented by Desjardins – 9:00 a.m.

**Please see the interactive maps here:**

[\*Saturday, May 23\*](#)

[\*Sunday, May 24\*](#)



## GETTING TO THE START LINE

Remember race day is fun and exciting! A bit of planning will help you enjoy every moment of it. Give yourself extra time to arrive. Roads will be closed, the area will be busy, and things tend to move a little slower than usual.

### **TAKE THE TRAIN!**

- The closest O-Train (light rail) stations to the start line are uOttawa and Parliament
- **The O-Train** will be running early on Sunday morning to support marathon and half marathon participants.  
**Trains will begin running at 5am**
- Plan your route using Google Maps or Waze. Road closures will be built in to these tools and will guide you to the most direct route

### **PARKING:**

- City of Ottawa and private lots are available throughout downtown
- Parking a short distance away from the start line and walking in is often the easiest option and a great way to warm up before your race

## BEFORE YOU LINE UP

- Drop off your bag at Baggage Check (if needed).  
Baggage check can be a busy place, arrive early to ensure a pleasant race day experience
- Wear your bib on the front of your shirt, on your race belt, or on shorts. Keep it visible
- Use washrooms early, lines get longer closer to start time
- Take a moment to get settled in Festival Plaza





# COMMUNITY STRONG RACE WEEKEND

A scenic race weekend along the shores of Lake Superior, welcoming runners, families, and visitors of all abilities.

## RACE EVENTS

- Full Marathon  
(Boston Marathon Qualifier)
- Half Marathon
- 10 KM Run
- 5 KM Colour Run
- 1 KM Kids Fun Run

## WHEN

**June 20–21, 2026**

Saturday: 10 KM • Colour Run

• Kids Fun Run

Sunday: Full & Half Marathon

## RUNNING FOR A CAUSE

Proceeds support local youth mental health programs throughout the region.

## TRAVEL & ACCOMMODATIONS

Enjoy exclusive discounted rates with our Official Hotel Partner, conveniently located near the start line.

## PLAN YOUR WEEKEND

Register • View Routes • Book Your Stay

[www.saultstrong.ca](http://www.saultstrong.ca)





## YOUR START LINE & ON COURSE EXPERIENCE

Head to your assigned corral. Match the colour on your bib to the flag along the road, and follow the flow of participants to the correct area. Corrals are based on your selected pace and help keep the start safe and smooth.

Moving to an earlier (faster) corral is not permitted.

Run Ottawa members in the first three corrals of every event may move to the front of their assigned corral.

 <b>BIG RACE. BIG ENERGY.</b> <b>GRANDE COURSE. ÉNERGIE INTENSE.</b>		<b>ESTIMATED START TIME</b> <b>HEURE DE DÉPART APPROXIMATIVE</b>					
	ELITE / ÉLITE	BLUE / BLEUE	ORANGE / ORANGE	YELLOW / JAUNE	GREEN / VERTE	PURPLE / VIOLETTE	RED / ROUGE
42.2K	7:00AM 07h00	7:05AM 07h05	7:10AM 07h10	7:20AM 07h20	7:30AM 07h30	7:35AM 07h35	7:40AM 07h40
21.1K		9:00AM 09h00	9:04AM 09h04	9:14AM 09h14	9:24AM 09h24	9:34AM 09h34	9:40AM 09h40
10K	<small>Kids/Cyclists 5:40PM / 17h40 Women / Femmes 5:45PM / 17h45 Men / Hommes 6:00PM / 18h00</small>	6:00PM 18h00	6:05PM 18h05	6:16PM 18h16	6:24PM 18h24	6:32PM 18h32	6:37PM 18h37
5K		4:00PM 16h00	4:03PM 16h03	4:10PM 16h10	4:20PM 16h20	4:30PM 16h30	4:35PM 16h35
KIDS MARATHON		1:00PM 13h00	1:10PM 13h10	1:20PM 13h20	1:35PM 13h35	1:50PM 13h50	

Kids Marathon wave order by age: Ages 9-12 (oldest) first, then Ages 7-8, then Ages 6 and under. Mascot race at 12:45PM / 12h45



## **YOUR ON COURSE EXPERIENCE:**

- Try to settle in early. Give yourself time to find your rhythm.
- **Ottawa will carry you.** City streets, neighbourhoods, and iconic landmarks are lined with spectators, music, and volunteers who show up to cheer you on.
- **Take fluids regularly**, especially as temperatures rise.
- Stay to the right unless passing. Pass on the left and move back over when it's safe.
- Water stations can get busy. Slow down as you approach, make eye contact with volunteers, and take fluids carefully.
- If you need to walk, move to the side first. **Avoid stopping suddenly in the middle of the course.**
- Be aware of runners around you. A quick “on your left” helps everyone move safely.
- Follow directions from volunteers and course staff at all times. They are there to keep you safe and keep the course moving.
- During the 10K, Half Marathon and Marathon, you may see members of the **Xtra Mile Crew** on course in brightly coloured shirts, if you'd like a boost or a bit of company, they're there to run alongside you for a stretch.
- **Pace bunnies** are on course with finish time signs to help you stay on target or find a steady rhythm.

**This year's medals reflect landmarks you'll pass along the way. Take a look around as you go!**



**On peut  
tout emballer  
ou presque**

**We can package  
anything  
or almost**



**Fièremment  
canadienne**



**Proudly  
Canadian**

[carrousel.ca](http://carrousel.ca)



**CARROUSEL**

**On vous souhaite une  
excellente course !**



**We wish you  
an excellent race!**

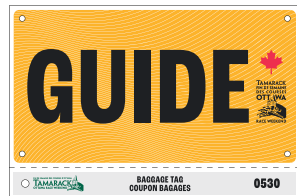


## SHARING THE COURSE

Tamarack Ottawa Race Weekend includes athletes of all abilities through the Adaptive Athlete Program. Some participants will be moving with a guide or using adaptive equipment. You may notice guide bibs or identifiers worn on the back of shirts, or a tether connecting a guide and athlete.

### If you see a guide and athlete:

- Give them space
- Do not pass between the guide and athlete
- Look for a tether and pass around both people
- Offer encouragement
- If you're unsure how to help, introduce yourself.



### PACE SUPPORT ON COURSE

Pace bunnies are on course for the 10k, Half Marathon, and Marathon, with finish time signs to help you stay on target or find a steady rhythm.

Run with them, stay just ahead, or use them as a reference point. **Full information can be found here.**



## XTRA MILE CREW

The **Xtra Mile Crew** is a team of volunteers on course to support participants who want a boost along the way.

If you need a bit of encouragement or company, keep an eye out and let them know. They're there to run alongside you for a stretch and help you keep moving forward.

## ON-COURSE NUTRITION & HYDRATION FROM XACT NUTRITION



**Lemon-flavoured electrolytes** and **Energy fruit bars** in mixed flavours will be available at select stations along most race courses. Availability varies by distance.

Use the **interactive course map** to see where water, electrolytes, nutrition, and washrooms are located along your route.

**Start hydrating early and continue at each opportunity, even if you don't feel thirsty.**



# Good Luck Runners!



Farm Boy is proud to be the official sponsor of the Tamarack Ottawa Race Weekend Recovery Zone. Stop by any of our fresh-markets for all the running fuel you need!



## Farm Boy Findlay Creek Opening Soon!

We're bringing the Farm Boy experience to Ottawa's Findlay Creek community and surrounding areas with a brand-new store! From fresh produce delivered daily to our expertly curated Private Label products, we think you'll love what we have to offer.



Follow our digital and social pages for the latest updates!

[farmboy.ca](http://farmboy.ca)  
f i l n p d  
@OfficialFarmBoy

## AFTER YOU FINISH

Keep moving through the finish chute. Volunteers will guide you forward.

You'll receive water, snacks, and your medal at the finish.

If you opted for a Green bib, you will not receive a medal.

Finish line volunteers are not able to provide one.

**Continue moving until you are clear of the finish area before stopping or reconnecting with others.**

## RECOVERY AREA

Once through the chute, make your way to the **Farm Boy Recovery Zone** in Confederation Park.

This is your space to catch your breath, refuel, and take in what you've just accomplished.

You'll find delicious post-race food, water, electrolytes, and space to reset before heading to Festival Plaza to celebrate.

**Anatomy Physiotherapy** will be present on Saturday, **Lifemark** on Sunday to offer massages and treatments to participants.

Garmin is the official timing partner of Tamarack Ottawa Race Weekend and will be providing 35 smartwatches as prizes for Marathon age group winners, across male, female, and non-binary divisions, along with select top finishers in other events.





## FESTIVAL PLAZA

This is your Big Race Energy celebration space!

Head to Festival Plaza and the Beyond the Pale Beer Garden to connect with friends and family and take in the energy of race weekend.

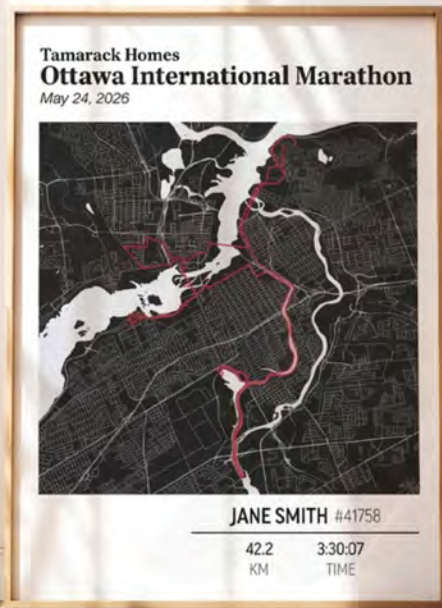
There will be a DJ, a PB bell to ring, and plenty of space to celebrate your finish.

Use the tear-off ticket on your bib to enjoy a beer, seltzer, or non-alcoholic beverage from Beyond The Pale.

Food vendors, including **Domino's Pizza**, **Sweet Treats**, **Marsquest**, **Shokz**, **AtlasHaus**, and the **Praise** merch booth will be on site with official Tamarack Ottawa Race Weekend 2026 gear.

**Ready for more?** Keep the celebration going at **Beyond The Pale City Centre After Party** with great food, great beer, and great company! Starting at 3pm!





# **You did it.**

## *The race is over. The story isn't.*

You trained for this moment.  
Every early morning. Every mile.

Now turn your race into something permanent.  
This wasn't just a race, it was a milestone.

---

*Visit us at the Festival Plaza finish line or scan to create your  
race print ahead of race day*


---


Scan to commemorate  
your race



**AtlasHaus**

EST. 2024

 [atlashaus.com](https://atlashaus.com)

 [@atlas\\_haus](https://atlas_haus)



## EXPLORE OTTAWA 200

From Parliament Hill to the Rideau Canal and the ByWard Market, many of the landmarks featured on your medal are open to explore. Ottawa is celebrating 200 years of Bytown and the ByWard Market. Tours and local experiences are available throughout the weekend.

[> Explore tours and experiences](#)

# OTTAWA 200





## TAMARACK OTTAWA RACE WEEKEND VOLUNTEERS

Saying Thank You doesn't cover it.

You're here early, you stay late, and you keep everything moving from start to finish. Participants feel your energy, your cheers, and your support all weekend long.

**Tamarack Ottawa Race Weekend doesn't happen without you. THANK YOU**



## THANK YOU

Thank you for being part of Tamarack Ottawa Race Weekend.

You trained for this. You registered. You showed up. You ran, walked, cheered, and celebrated. That's what makes this weekend what it is.

This is a race experience that stays with you. It only happens because of the participants who bring it to life.

It is also made possible by volunteers, medical teams, partners, and sponsors who are here to support you from start to finish.

If you have a moment, thank a volunteer. It matters.



# ATTENTION:



## FEMALE RUNNERS & BRISK WALKERS

**1 in 3 women\* will experience urinary symptoms and leakage while training**

\*Female-typical pelvic anatomy

Help to validate a new research tool - the MFM Lab Team has developed an online questionnaire and is looking for participants to help test it!



### What is involved?

- <1 hour total commitment
- 5 online questionnaires (30-35 minutes total)
- Repeat 2 questionnaires 72 hours later
- Advance pelvic health research from the comfort of your own home!

### Participants must be:

- ✓ Female and > 18 years of age
- ✓ English-speaking
- ✓ Experience urine leakage or a strong urge to urinate, with or without leakage, during running or brisk walking



Interested? Scan to participate!

Have questions? Contact us!

✉ [brutsq.mfmlab@gmail.com](mailto:brutsq.mfmlab@gmail.com)

🌐 [www.mfmlab.ca](http://www.mfmlab.ca)

☎ (613) 562-5800 ex.4102



<https://redcap.link/BRUTSQ>

**PRINCIPAL INVESTIGATOR:** Linda McLean, PhD | School of Rehabilitation Sciences | University of Ottawa

Participants are recruited on a **first come, first served** basis! This study is approved by the ethics committee, University of Ottawa