

WFPSRUN.COM



# PARTICIPANT GUIDEBOOK

2023



PRESENTED BY





CITY PARK RUNNERS . C O M  
S H O E S ~ C O A C H I N G ~ A P P A R E L  
N U T R I T I O N ~ A C C E S S O R I E S

204-837-9242

2091 Portage Avenue  
Winnipeg, MB R3J 0L1

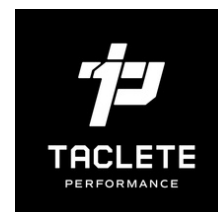


# Thank You Sponsors & Supporters

Presented by



Grant Avenue



# Meet your volunteer WFPS RUN Committee

## Jonathan Torchia - Race Director

Coral Blore  
Kristin Finney  
Chuck Halikas  
Laura Hatch  
Kevin Hossein  
Leah Kosolofski  
Melissa Kostenchuk  
Micheal Kuhn  
Carla Loeppky  
Sarah Lund  
Lorraine Manson  
Larry Mudge  
Sam Neis  
Ben Norris  
Mike Ocko  
Wendy Palmquist  
Brad Pflieger  
Jane Quinton  
Amber Reid  
Ash Sanduliak  
Jason Simonson  
Dana Sirrell  
Steve Stein  
Chris Stienke  
Joseph Torchia  
Brooke Turnbull  
Rhonda Von Dohren



# GENERAL INFORMATION

## Getting to the event

Expect delays in arriving at the event; give yourself ample time to make it on time. The event grounds will be open starting at 6:30am.

## Road closures

Shaftesbury Blvd will be closed starting at 7:00am to 12:00pm. Two (2) lanes of Roblin Blvd (WEST) will be CLOSED from 7:30am to 10:30am from Chalfont Road to Shaftesbury Blvd.

## Parking and bike racks

Please consider using active transport (bus, bike, car pool or walk) or have a friend drop you off on Race Day.

## Suggested parking:

- Any side street close or near the event grounds Shaftesbury High School (where permitted)
- St. Paul's High School (where permitted)
- Inside Assiniboine Park (where permitted)

## Handicap parking:

Please speak to a WFPS Run Committee member at kit pick up so we can record your name and ensure you have access to the Marpeck Commons lot off of Grant Ave (normally closed to all runners).

## Bike Rack Areas:

- Inside CMU Grounds near entrance to gym
- Inside Assiniboine Park by duck pond, Zoo entrance on Roblin
- At St. Paul's High School or Shaftesbury High School

*Please obey all parking regulations, lock your car and ensure you DO NOT LEAVE VALUABLES INSIDE.*

**NO PARKING AT THE EVENT SITE , CMU SOUTH CAMPUS, ST. DEMITRIOS GREEK ORTHODOX CHURCH, OR THE SURROUNDING FIELDS**



# HEALTH & SAFETY INFORMATION

The health and safety of our runners and volunteers is our top priority. Taking into account the high vaccination rate of Manitobans, and in consultation with public health authorities, WFPS RUN will proceed with the policy that masks are encouraged, not required.

Vaccination cards will not be required.

Mask and hand sanitizing stations will be available pre-race and on race day at these key points:

**Finish Line**  
**Food Tent**  
**Kit Pick Up and Bag Check**

Please ask a committee member to direct you to a station, or look at the site map for locations.

Managing your own comfort is extremely important. If you prefer to wear a mask, we encourage it. If you feel comfortable not wearing a mask, it is your choice.

## IMPORTANT

If you've tested positive for COVID or are feeling ill we kindly ask that for the safety and well-being of all our participants and volunteers, that you refrain from attending the event.

Please visit the Manitoba Government website for the most current regulations.

Please email [admin@wfpsrun.com](mailto:admin@wfpsrun.com) with any questions.



# **KIT PICK UP AND PRE-RACE EVENTS**

**LOCATION: 500 Shaftesbury Blvd.**

**CMU Campus (North). Loewen Gym, Main Floor**

**FRIDAY OCTOBER 13. 11AM - 7PM**

**Expo**

**SATURDAY OCTOBER 14. 9AM - 3PM**

**Expo**

**CITY PARK RUNNERS**

**RUN HAPPY SHAKE OUT RUN**

**Saturday, October 14th @ 10am**

Meet your WFPS RUN Happy Pace Team for a fun and friendly 3 - 5km easy-paced shake out run.

Runners meet up at the outside entrance to the kit pick up - look for the blow up gantry.

This will be a fun and casual run for anyone to join. All levels welcome. We will be providing post-run snacks, beverages and handing out free WFPS RUN Pace bands.

**Thank you Shake Out Run Sponsor**





# 2023 Gear Preview

## WFPS Run Crew



## WFPS Run Hoodie



# 2023 Gear Preview



## Tees

Gender Specific cuts available



## Run hat



## High Ponytail Hat





# 2023 Gear Preview

## WFPS Run Trucker Hats



## WFPS Run Tech Hats



## WFPS Run Cable Knit



## WFPS Run Beanie





# RUNNER CHECK IN PROCESS

## Step 1: Race Week Email

You will be receiving your registration confirmation email in your inbox race week from the ACTIVE Network. Check your spam and junk mailboxes too. Inside is your unique QR Code

## Step 2: Unique QR Code

Your unique QR code can be added to your Apple Wallet, Google Wallet, or Samsung Wallet. If you do not use a phone wallet system, you can save the email for display at Race Kit Pick Up or print the email for scanning.

## Step 3: Pick Up Process

Upon your arrival to the race expo please have your QR code ready for scanning. As you approach the receiving volunteer at your designated race table, the volunteer will scan your QR code. Once your QR code has been scanned, your runner profile will automatically be displayed containing all your race information. The volunteer will then scan the bib QR code and this will automatically connect your bib number to your runner profile.

## FAQS

### **Q. What if I did not receive my confirmation email?**

A. We can look you up by your name in the registration system.

### **Q: I registered by mail and didn't provide an email, now what?**

A. Just provide your first and last name, and we can look you up.

### **Q. How can I pick up my family or friends race kit?**

A. Easy! Provide their name, and we will look them up and assign their bib.

### **Q: I bought a bib from another person; will it be under my name?**

A. If you did a legal bib transfer using our online system, your information will be in our system.

### **Q: My information is incorrect, misspelled, wrong age/ sex what do I do?**

A. Visit the Sportstats Time Keeping table during the expo. They can assist you.

### **Q: Can I pick my bib number from the unassigned ones?**

A. No. To keep it fair, fast and efficient we will be assigning bibs in sequential order.

### **Q: My name isn't on the bib? What do I do?**

A. Visit our friends at the label booth. In a few seconds flat, they can print off whatever name you want on the bib.

## THERE IS NO RACE DAY KIT PICK UP

# RUNNER CHECK IN PROCESS

## Step 1: Race Week Email

You will be receiving your registration confirmation email in your inbox race week from the ACTIVE Network. Check your spam and junk mailboxes too. Inside is your unique QR Code

## Step 2: Unique QR Code

Your unique QR code can be added to your Apple Wallet, Google Wallet, or Samsung Wallet. If you do not use a phone wallet system, you can save the email for display at Race Kit Pick Up or print the email for scanning.

## Step 3: Pick Up Process

Upon your arrival to the race expo please have your QR code ready for scanning. As you approach the receiving volunteer at your designated race table, the volunteer will scan your QR code. Once your QR code has been scanned, your runner profile will automatically be displayed containing all your race information. The volunteer will then scan the bib QR code and this will automatically connect your bib number to your runner profile.

## FAQS

### **Q. What if I did not receive my confirmation email?**

A. We can look you up by your name in the registration system.

### **Q: I registered by mail and didn't provide an email, now what?**

A. Just provide your first and last name, and we can look you up.

### **Q. How can I pick up my family or friends race kit?**

A. Easy! Provide their name, and we will look them up and assign their bib.

### **Q: I bought a bib from another person; will it be under my name?**

A. If you did a legal bib transfer using our online system, your information will be in our system.

### **Q: My information is incorrect, misspelled, wrong age/ sex what do I do?**

A. Visit the Sportstats Time Keeping table during the expo. They can assist you.

### **Q: Can I pick my bib number from the unassigned ones?**

A. No. To keep it fair, fast and efficient we will be assigning bibs in sequential order.

### **Q: My name isn't on the bib? What do I do?**

A. Visit our friends at the label booth. In a few seconds flat, they can print off whatever name you want on the bib.

## THERE IS NO RACE DAY KIT PICK UP



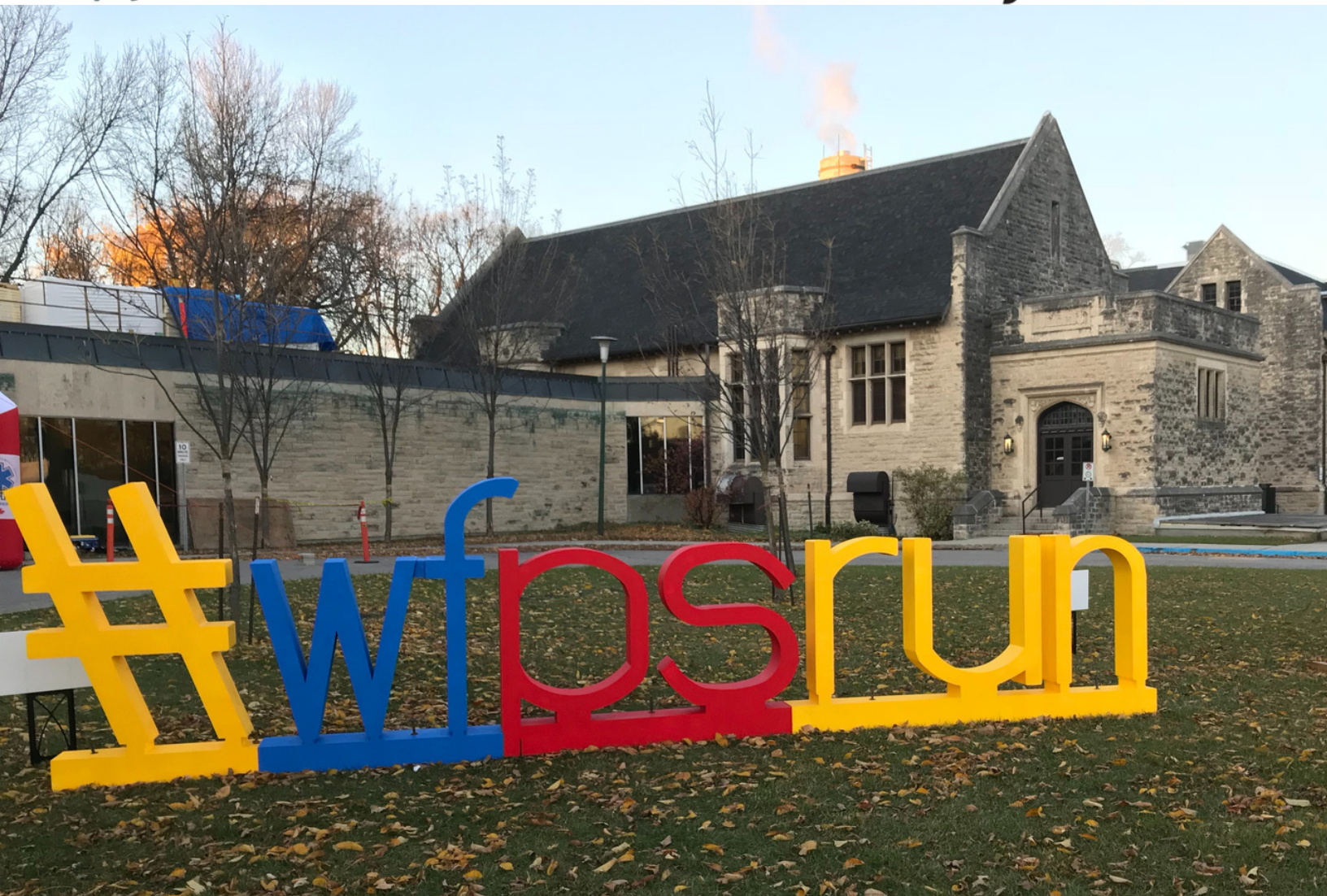


**Donating our  
time is the most  
rewarding way we  
can spend it.**

Volunteerism is just one of  
the ways we pay it forward  
and fulfill our purpose of  
*Doing Right by People.*

**payworks.ca**

**Payworks** 





# FUNDRAISING - PLEDGE DROP OFF

Participants can drop off pledges during the two-day Race Kit Pick Up or on Race Day. On Race Day the HSF pledge drop off table is located inside the Bag Check Area inside the CMU gymnasium. We will be announcing the top 3 fundraisers in November via e-blast.

**YOU MUST HAVE YOUR PLEDGES SUBMITTED BEFORE NOON ON RACE DAY IN ORDER TO BE COUNTED FOR THE PRIZES.**

Qualifying\*\* participants who raised their minimum amount in donations can choose:

1. Get their original registration (fees excluded) refunded back to them\*
2. Donate their registration (fees excluded) to the Heart and Stroke Foundation for a charitable tax receipt

Refunds will take place before December 31, 2023. Runner MUST submit all their collected pledges BEFORE October 31, 2023 in order to qualify for this offer.

**\*\*Qualifying Fundraising Levels:**

**Half marathon: \$300**

**10k: \$200**

**5k: \$175**

Proceeds in support of



**START TO  
FINISH  
INJURY FREE!**

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

Visit us at the WFPS Expo for tips on MOBILITY and STRENGTHENING  
Keeping Manitoba Runners inMotion for over 35 Years!

Services include

Running Strengthening Programs • Acute Injury Management • Treadmill Gait Analysis • Pelvic Floor  
Physiotherapy • Dry Needling / Acupuncture • Training Program Modifications / Run Coaching



# RACE RESULTS

Race Results are being tracked by Sports Stats West. You can find the QR code link posted on-site, use the QR code below or visit our website under RESULTS.



## 5k RESULTS



## 10k RESULTS



## HALF RESULTS



B U I L T   F O R   R U N N E R S



C O A C H I N G   ●   S H O E S   ●   A P P A R E L  
N U T R I T I O N   ●   A C C E S S O R I E S



C I T Y P A R K R U N N E R S . C O M

204-837-9242

2091 Portage Avenue  
Winnipeg, MB R3J 0L1



# RACE DAY

## **Bag Check - Open at 6:30 am**

Please ensure your bag is marked with your bib number. If needed, we have tags and markers on site to quickly tag your bags.

## **Shirt Exchange - Open at 6:30 am**

Runners can exchange unused and unworn shirts in an alternate size (if available).

## **WFPS Run Merchandise - Open at 6:30 am until Noon**

We accept credit, debit and cash.

**Please keep all hallways and throughways clear inside CMU, please do not block any emergency exit or doorway. Runners can wait in the Food Tent and Volunteer Tent outside.**

## **Washrooms**

Please use the outdoor washroom areas. There are no bathrooms inside the bag check area and limited washrooms inside.

## **Wearing your bib**

You must be wearing your assigned bib. Ensure your number is clearly visible; the timing chip cannot be covered up or under clothing – this could result in your time not being recorded. You must cross the timing mats at the start and finish line

## **Race Start Times**

Half Marathon – 8am

10k – 8:30am

5k – 8:45am



# Working Together.

Understanding what is most important to you is at the heart of what we do.



**Joseph Torchia, CIM, FCSI, CFP, PFP**  
Investment Advisor

Tel: 204-285-0299  
[joseph.torchia@nbpcd.com](mailto:joseph.torchia@nbpcd.com)  
[www.josephtorchia.com](http://www.josephtorchia.com)

1700-201 Portage Ave,  
Winnipeg, MB  
R3B 3K6



BMO Nesbitt Burns

BMO Private Wealth is a brand name for a business group consisting of Bank of Montreal and certain of its affiliates in providing private wealth management products and services. Not all products and services are offered by all legal entities within BMO Private Wealth. Banking services are offered through Bank of Montreal. Investment management, wealth planning, tax planning, and philanthropy planning services are offered through BMO Nesbitt Burns Inc. and BMO Private Investment Counsel Inc. Estate, trust, and custodial services are offered through BMO Trust Company. BMO Private Wealth legal entities do not offer tax advice. BMO Trust Company and BMO Bank of Montreal are Members of CDIC. If you are already a client of BMO Nesbitt Burns Inc., please contact your Investment Advisor for more information. © Registered trademark of Bank of Montreal, used under license.

## Birchwood



# Experience is Everything.

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



# RACE DAY

## Post Race Recovery Area

Open from 9am until noon, drop by post run to book a massage or physio appointment. Times are based on availability of therapists.

Physiotherapy support provided by Physiotherapy Works! and the InMotion Network  
Massage Students provided through Robertson College

### Thank you Recovery Tent Sponsor



## Runner Awards

Starts at 10:30am in CMU Chapel indoors.

We will present top three finishers in the Half Marathon, 10km and 5km for Male and Female.

Post event we will mail age awards for the categories: 14-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75+

## Food Tent

Food tent will be open to all runners and volunteers. They will be serving a variety of items including, coffee, hot chocolate, Athletic Brewing non-alcoholic beer, granola bars, bananas, yogurt, bagels and.....hot soup!

### Thank you Food & Hospitality Tent Sponsor



BMO Nesbitt Burns





# COURSE INFO AND AMENITIES

## HALF MARATHON - STARTS 8AM

Please place yourself in the appropriate corral based on anticipated finish times

- Corral times:  
sub 1:40 sub 1:50 sub 2:00 sub 2:15 sub 2:30 sub 3:00
- 4 hour course time limit
- certified with Athletics Canada
- The Half Marathon course will be marked in miles.
- Participants will pass by a total of eight aid stations.
- **GU at station at Mile 8**

## 10K RACE - STARTS 8:30 AM

- One start, no waves or staggered start
- 2 hour course time limit
- certified with Athletics Canada
- course marked in kilometres
- participants will pass three aid stations

## 5K RACE - STARTS 8:45 AM

- Runners pushing a stroller must start in the very back to prevent any congestion or delays.
- One start, no waves or staggered start
- 2 hour course time limit
- participants will pass by one aid station



# MEET YOUR PACE TEAM

**1:30** Martin Dupis

**2:10** Candis Logan

**1:35** Tobias Bergmann

**2:15** Shelan Ennis

**1:40** Mike Dickenson

**2:30** Hannah Foggin

**1:45** Melvin Yumang

**2:45** Kathy Taylor

**1:50** Zach Peters

**3:00** Barjinder Kang

**1:55** Rambel Palsis

**3:15** Catherine Moltzan

**2:00** Lindsay Boyko

**3:30** Jordan Daniels

**2:05** Paul Brault

Look for our pace team on Race Day - they will be wearing special gear and holding their pace time flags.

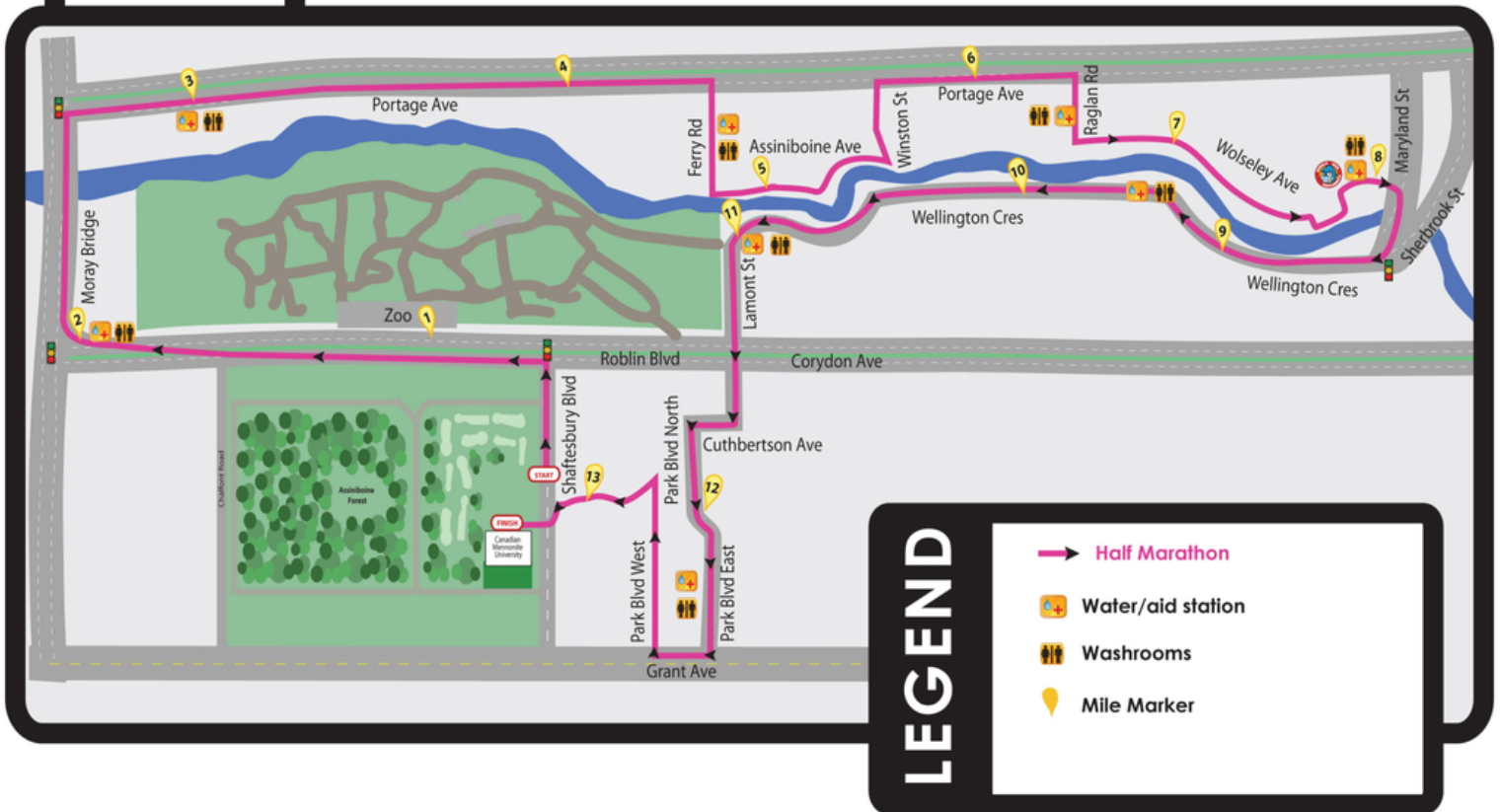
## Thank you to our Run Happy Pace Team Sponsor



# MAPS



## Half Marathon Course



## Half Marathon

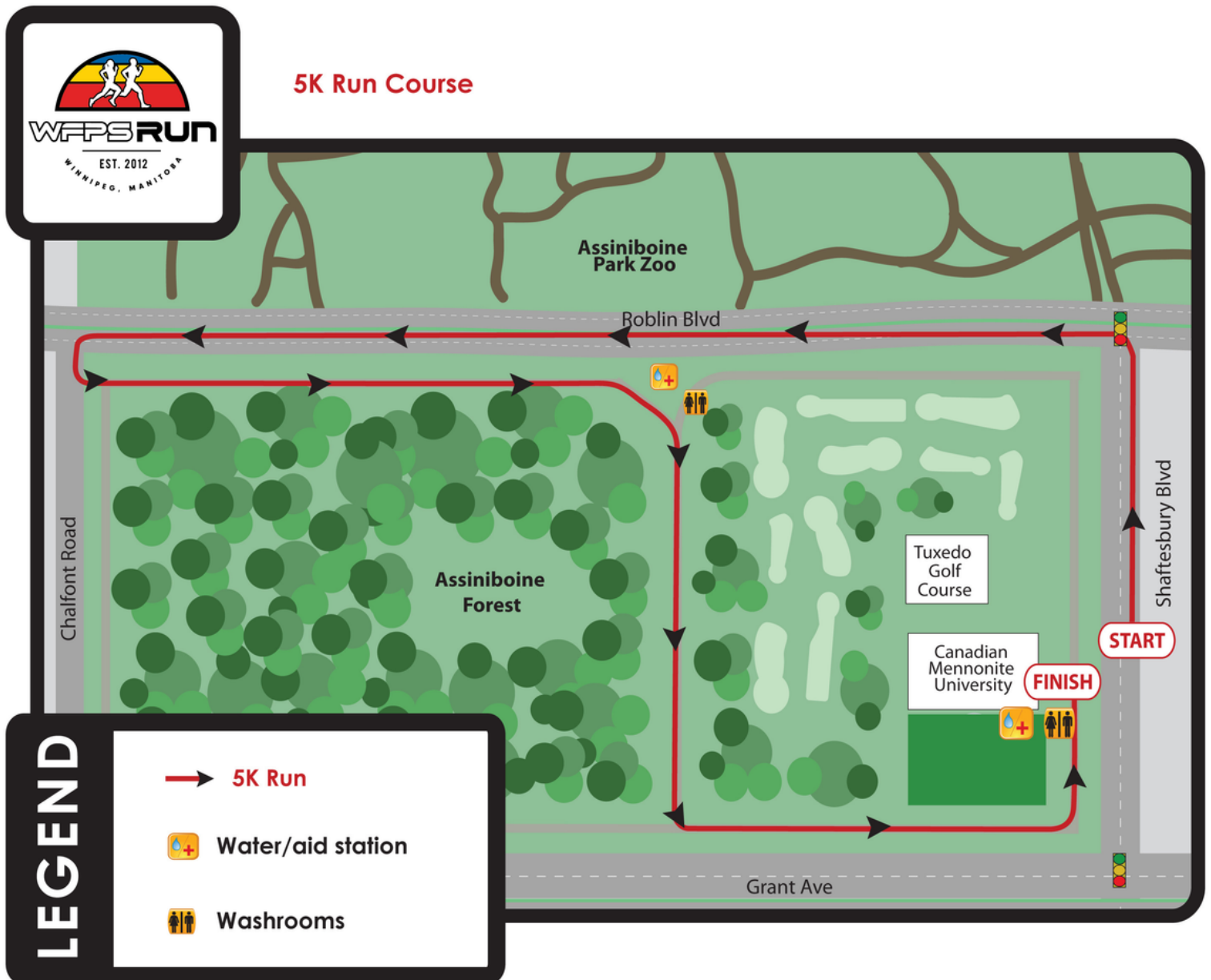


# MAPS



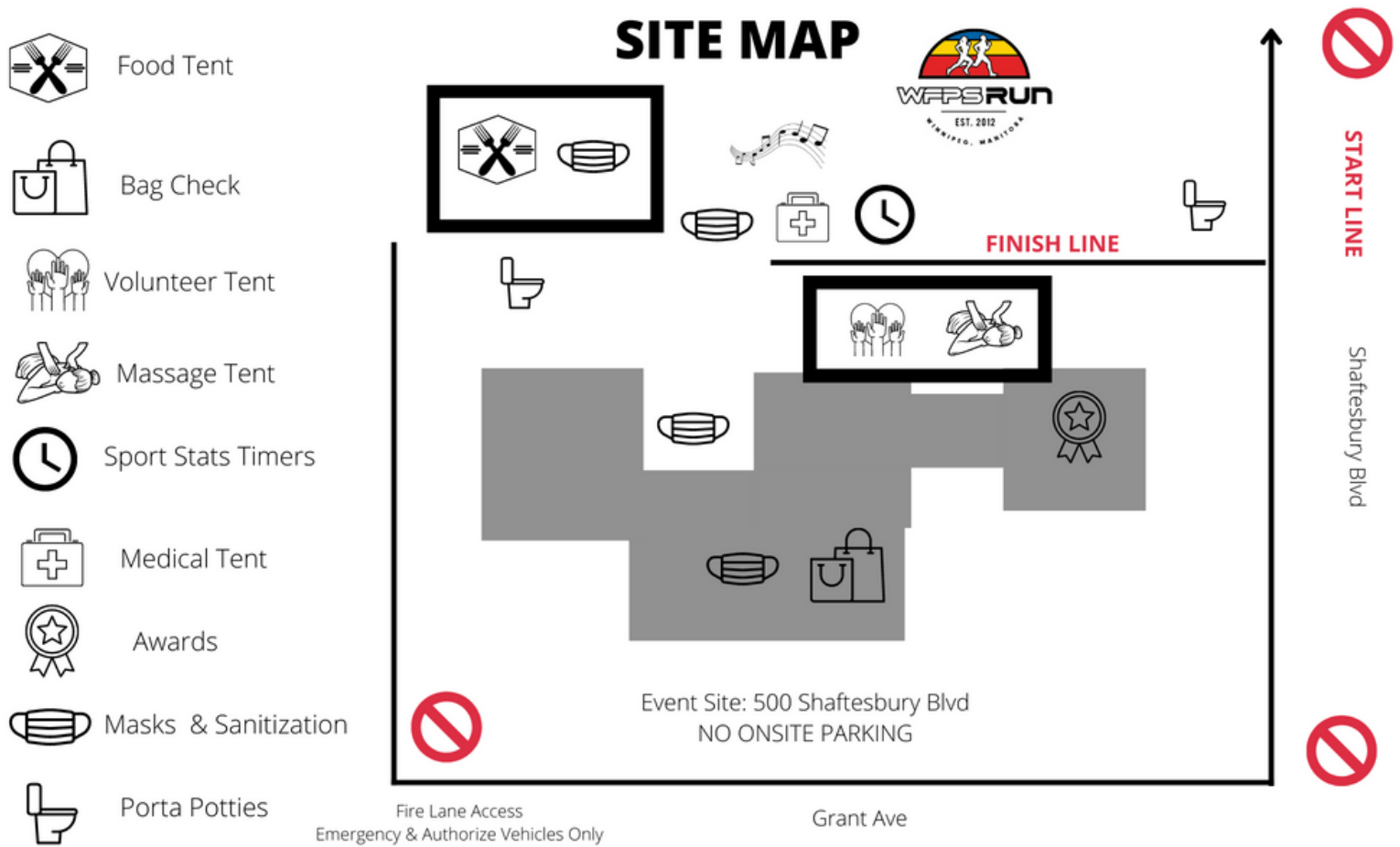
10 k

# MAPS



5 k

# MAPS



*Mask and sanitization stations are available at key points for participants and volunteers to access.*



# A PROUD EVENT IN SUPPORT OF

Proceeds in support of



## **SAVE THE DATE 2024**

## **SUNDAY, OCTOBER 13TH**