



WFPS RUN 5K | 10K | 21.1K

PARTICIPANT GUIDEBOOK 2024

PRESENTED BY CITY PARK RUNNERS

IN SUPPORT OF:



Heart&Stroke

TABLE OF CONTENTS

WFPS Run Sponsors	5
WFPS Run Expo and Kit Pick-Up	6
FAQ	8
Fundraising	9
WFPS Run Pre-Race Events	10
WFPS Run Spectator Guide.	12
Getting to the WFPS Run	13
WFPS Run Course Info	15
WFPS Run Race Day	16
Timing & Pre-Race	16
Important Notes	17
Post-Race	17
Awards & Results	18
WFPS Run Merchandise Preview	20
WFPS Run Route Maps	22
“Run Happy” Pace Team	24
WFPS Run Ambassadors	25
WFPS Run Volunteer Board	26

SAVE THE DATE: OCTOBER 19, 2025

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Our convenient branch hours

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*Offer is open to individuals 18 years of age and under, without a prior existing BMO account. Limited to the first one hundred (100) accounts opened. One twenty five dollar (\$25) bonus per account. If you qualify, the Cash Bonus will be credited to your Account within one (1) month after the offer end date. Offer available exclusively at the Seasons Branch, located at 751 Sterling Lyon, Winnipeg MB, R3P 2S8. Offer can be withdrawn or extended without prior notice. Contact the branch for more details at 204-318-1475.

WFPS RUN SPONSORS

PRESENTING SPONSOR



EXPO / RACE KIT PICK-UP
BMO Seasons



POST-RACE MEDICAL TENT
Physiotherapy Works!



FOOD & HOSPITALITY TENTS
Joseph Torchia



FINISH LINE WATER STAND
Urban Tactical



EXPO PARTICIPANTS



FLEX FITNESS WINNIPEG



WFPS RUN EXPO AND KIT PICK-UP

Sponsored by BMO Seasons

Pick up your race kit, browse and buy 2024 WFPS Run merchandise, and visit the sponsor and vendor booths at the WFPS Run Expo.

CANADIAN MENNONITE UNIVERSITY

North Campus, Loewen Gym
500 Shaftesbury Blvd.

Friday, October 18, 2024
11:00 AM to 7:00 PM

Saturday, October 19, 2024
9:00 AM to 3:00 PM

THERE IS NO KIT PICK-UP ON RACE DAY



PICKING UP YOUR KIT

1. Bring your QR code!

- You will receive an email in the week before race day with your registration QR code. Please print it off or have it ready to scan.
- Check your spam and/or junk folders if you do not see it in your inbox.

2. At the expo, go to the kit pick-up and find the table marked with your race distance, and provide the volunteer with your QR code. That's it!

All runner packages **MUST** be picked up at the Expo. If you are having someone pick up your package for you, please send them your confirmation email with a note allowing them to pick up your package.



FREQUENTLY ASKED QUESTIONS

What if I did not receive my confirmation email?

Our volunteers can look you up by your name in the registration system.

Can I pick up my family member's or friend's race kit?

Yes! Provide their name, and we will look them up and assign their bib.. Please have written permission from the registered runner available to show a volunteer.

I bought a bib from another person. Will it be under my name?

If you did a legal bib transfer using RaceRoster.com, your bib will be under your name.

My registration information is incorrect. What do I do?

Visit the SportStats time-keeping table during the Expo.

Can I pick my bib number from the unassigned ones?

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

My name isn't on the bib. What do I do?

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

Can I park on-site for kit pick-up?

Yes, the parking lot at the CMU North Campus will be open during Expo hours on Friday and Saturday. However, please ensure you are using extra caution as our volunteers will be busy on-site setting up for race day! There is **no on-site parking on race day**.

FUNDRAISING

PLEDGE DROP OFF

Participants who would like to drop off pledges can do so during the two-day Expo. The top three fundraisers will be announced via social media in the month following the race.

PLEDGES MUST BE SUBMITTED BEFORE NOON ON RACE DAY IN ORDER TO BE COUNTED FOR THE TOP FUNDRAISING PRIZES.

REGISTRATION REFUNDS

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

1

Get their original registration (fees excluded) refunded back to them*

OR

2

Donate their registration (fees excluded) to the Heart and Stroke Foundation for a charitable tax receipt.

*Refunds will take place before December 31, 2024. Runners MUST submit all their collected pledges BEFORE October 31, 2024 to qualify for this offer.

IN SUPPORT OF



WFPS RUN PRE-RACE EVENTS

SHAKE OUT RUN @ CMU WITH THE CITY PARK RUNNERS "RUN HAPPY" PACE TEAM!

Saturday, October 19, 2024
9:30 AM

Meet your Run Happy Pace Team for an easy-paced shake out run for participants of all levels. Gather outside the CMU North Campus entrance near the oversized "#wfpsrun" sign.



TEENY TROT 1K

Saturday, October 19, 2024
11:30 AM

The first-ever WFPS Run Teeny Trot is approximately 1K in length. Registered children can run on their own or with one parent/guardian. Strollers and pets are not permitted. Post-race medals and snacks will be provided!

Though the parking lot at CMU will be open, there will be limited spaces available. Please consider parking on a side street.

Plan to be early! Teeny participants will need to pick up their race bib and wristband at the Expo before the event begins!





CITY PARK RUNNERS

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GETTING TO THE WFPS RUN

ROAD CLOSURES

- Shaftesbury Blvd. will be closed from 7:00 AM to 12:00 PM.
- Two lanes of Roblin Blvd (WEST) will be CLOSED from 7:30 AM to 10:30 AM from Chalfont Road to Shaftesbury Blvd.

PARKING

Please consider using active transport (bus, bike), carpool, or have a friend drop you off on **race day**.

THERE IS **NO PARKING** AT THE EVENT SITE (CANADIAN MENNONITE UNIVERSITY NORTH CAMPUS), CMU SOUTH CAMPUS, ST. DEMETRIOS GREEK ORTHODOX CHURCH, OR IN THE SURROUNDING FIELDS.

Parking availability:

- Any side street near the event grounds
- Shaftesbury High School parking lot (where permitted)
- St. Paul's High School parking lot (where permitted)

Parking for persons with disabilities is available on-site. Please speak to a WFPS Run Committee member at kit pick-up to reserve your spot in this restricted lot.

BIKE RACKS

There are bike rack areas at the Canadian Mennonite University grounds near kit pick-up / bag drop entrance, at Assiniboine Park by the duck pond, The Leaf, or in front of the zoo entrance, at Shaftesbury High School, and at St. Paul's High School.

WFPS RUN SPECTATOR GUIDE

Our participants love to see community members watching and cheering them to the finish!

AT THE START / FINISH LINE

We recommend that spectators avoid the start/finish line area and choose a spot on the course instead, since the event site can be crowded and difficult to access. However, if you're planning to be on-site to root for your racer, please consult the previous page on getting to the WFPS Run.

ON THE COURSE

Map out where you want to be, ahead of time. Start by viewing or printing a copy of our route maps.

Work with your racer to plan on when you should be at your chosen location.

When you make your plan, remember to be flexible – your friends can be having a really good day or a tough one, so get there early and stay a bit later, just in case.

Plan on how to get there. There are several roads closed to vehicles because of the race. See "Road Closures" on the previous page.

Plan on how to find your friends.

- Get your racer to send you a mirror selfie before they leave in the morning to know what they're wearing
- Ask your racer to add you to a "find my friends" or GPS watch app to see your progress.

Get noticed! Signs, music, balloons, noisemakers. Help celebrate and support the athletes as they strive for their goals.

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

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joseph.torchia@nbpcd.com
www.josephtorchia.com

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



Private Wealth



BMO Nesbitt Burns

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WFPS RUN COURSE INFO AND AMENITIES

HALF-MARATHON

STARTS 8:00 AM

- Corral times: sub-1:15, sub-1:30, sub-1:45, sub-2:00, sub-2:15, sub-2:30, sub-2:45, sub-3:00, sub-3:15, sub-3:30
- Please place yourself in the appropriate corral based on anticipated finish times
- 4-hour course time limit certified with Athletics Canada
- Course marked in miles
- Participants will pass eight aid stations
- GU at station at mile 8

10K

STARTS 8:30 AM

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

5K

STARTS 8:45 AM

- Runners pushing a stroller must start at the back to prevent any congestion
- One start, no waves or staggered start
- 2-hour course time limit
- Participants will pass one aid station

WFPS RUN RACE DAY

TIMING

- 6:30 AM:** Bag Check, Shirt Exchange, and WFPS Run Merchandise Store open
- 7:45 AM:** Start-Line Acknowledgements, Anthem, and Announcements
- 8:00 AM:** Half-Marathon Start
- 8:30 AM:** 10K Start
- 8:45 AM:** 5K Start
- 9:00 AM:** Post-Race Recovery Area Opens
- 10:30 AM:** Runner Awards for Top Male and Female Finishers in the CMU Chapel
- 12:00 AM:** Course Closes

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.

Washrooms

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

Where to Wait

Please keep all hallways and throughways clear inside CMU. Do not block any emergency exit or doorway.

Runners can wait for the race start in the heated Food Tent.

PRE-RACE

IMPORTANT NOTES

Wearing Your Bib

On the race course, you must be wearing your assigned bib. Ensure your number is clearly visible or course marshals may interrupt your race to ensure you belong on the course.

Timing Chips

Do not cover up your timing chip or put it under clothing, as this could result in your time not being recorded. Ensure that you cross the timing mats at the start and finish line.

Headphones

Noise-cancelling headphones are not permitted on the race course. Being able to hear race instructions, traffic noise, and other environmental sounds is crucial for a safe event.

Health Policy

Please be conscientious of the well-being of our participants and volunteers. If you are feeling ill, we kindly ask that you refrain from attending the event.

POST-RACE

Food Tent

The heated Food Tent is open to all participants and volunteers. Post-race food and drinks will be available until noon. Please note: spectators are not permitted to have food and drinks.

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. Stretching services by StretchLab.

AWARDS & RESULTS

Runner Awards

Program starts at 10:30 AM in CMU Chapel, indoors. We will present awards to the top three male and female finishers at each race distance.

In the days following the event, we will also be sending awards to the top finishers for each age category, and also for our top fundraisers.

Results

Race results are being tracked by Sports Stats West. You can find your results at SportStats.one. A QR code link to the results will also be posted at the event site and at WFPSrun.com.

**START TO
FINISH
INJURY FREE!**

inmotionnetwork.ca

Visit us at the WFPS Expo for tips on MOBILITY and STRENGTHENING
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Physiotherapy • Dry Needling / Acupuncture • Training Program Modifications / Run Coaching



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the ways we pay it forward
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WFPS RUN GEAR PREVIEW

TOPS

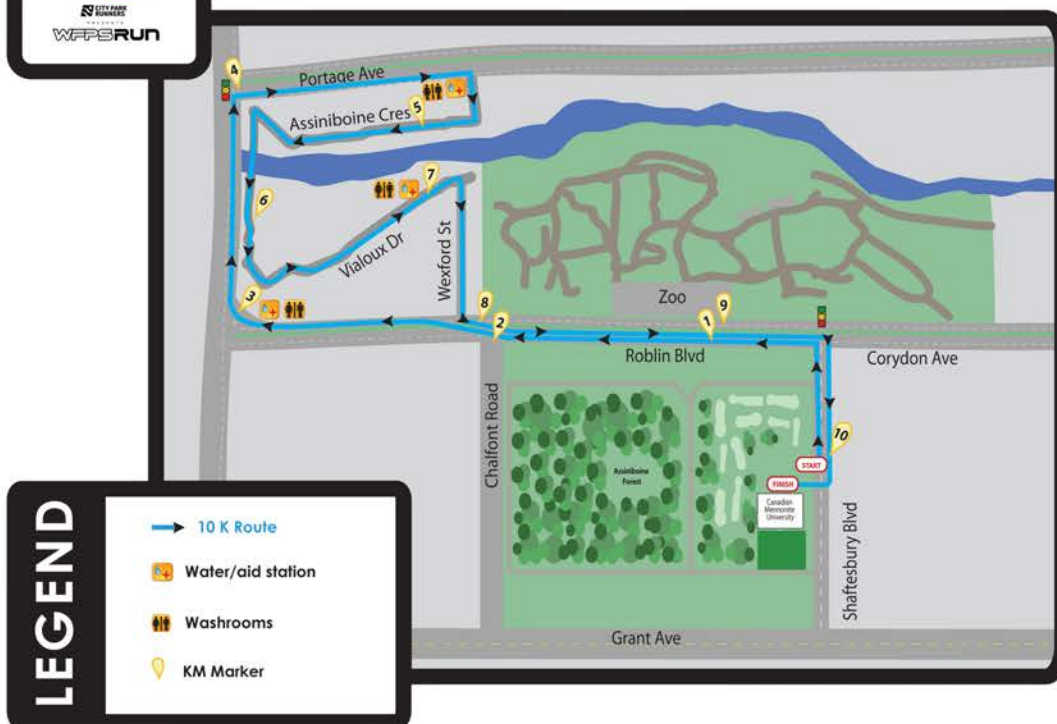
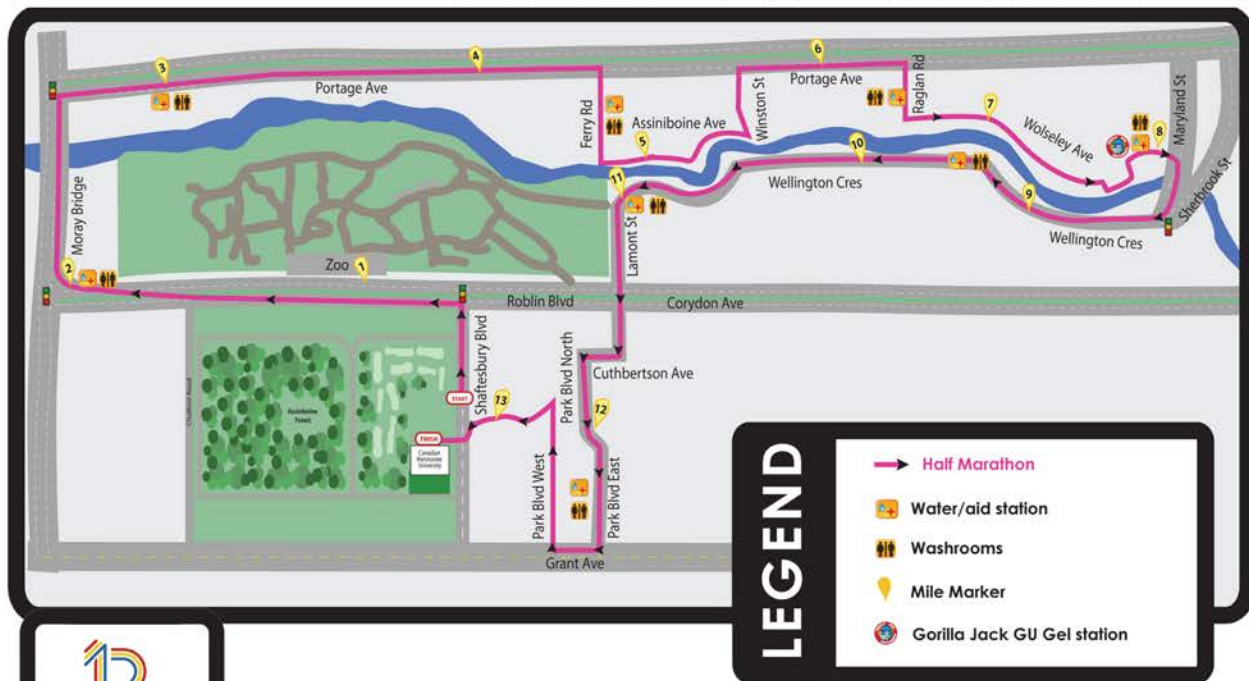


HATS AND TOQUES



WFPS RUN ROUTE MAPS

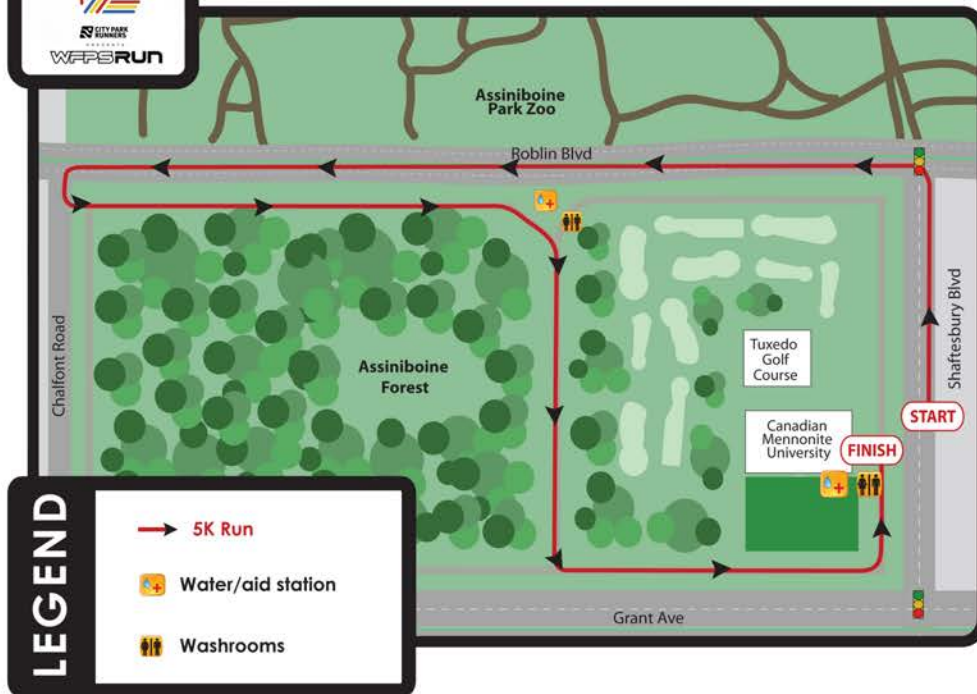
HALF MARATHON



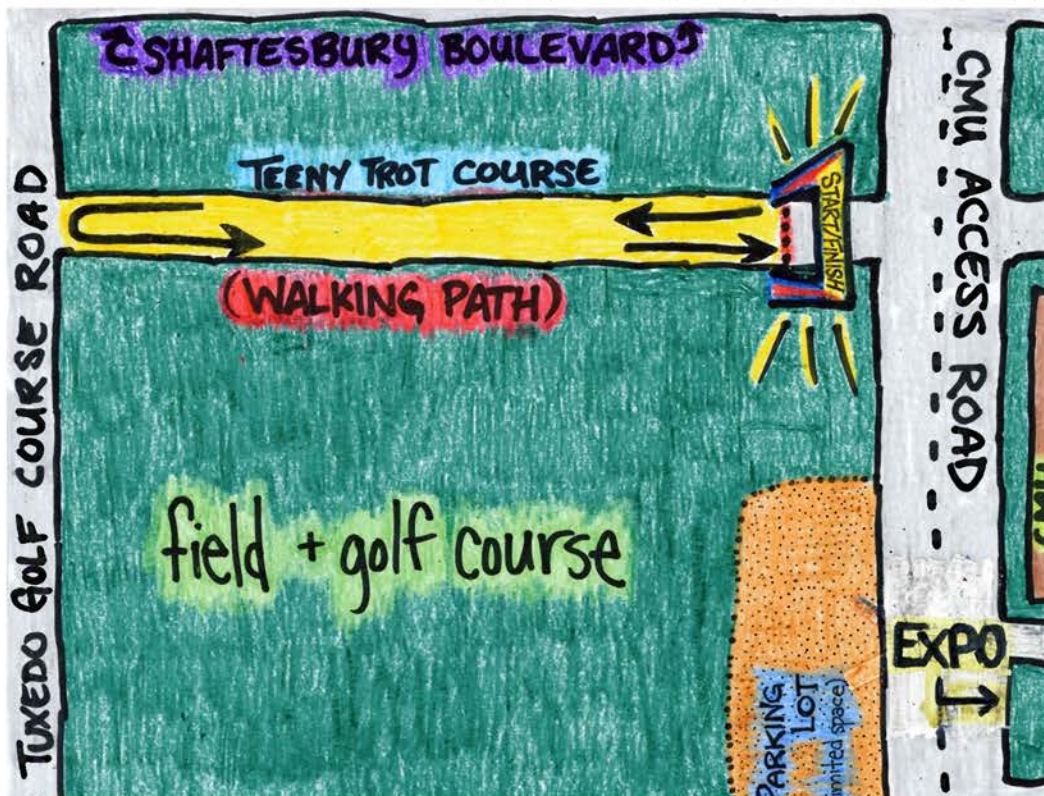
10K ROUTE



5K ROUTE



TEENY TROT COURSE





CITY PARK RUNNERS RUN HAPPY PACE TEAM

Look for our fantastic pace team on **race day**; they will be wearing special gear and holding their pace time flags.

1:30 - MARTIN

1:35 - JON

1:40 - WILTON

1:45 - ZACH

1:50 - JOSEPH

1:55 - GARY

2:00 - MELVIN

2:00 - THANE

2:05 - SHELAN

2:10 - CHRIS

2:15 - CANDIS

2:20 - JANE

2:25 - PAUL

2:30 - KATHY

2:45 - BARJINDER

3:00 - CATHERINE

3:15 - CAT

3:30 - MELISSA

WFPS RUN AMBASSADORS

This group of amazing volunteers is an extension of the WFPS Run Volunteer Board, representing the event to the community in the months leading up to **race day**.

ARI
CANDIS
EVAN
FELICIA
GORDON

JESSICA DRAKUL
JESSICA DUBEAU
PAIGE
RACHEL
WENDY



WFPS RUN VOLUNTEER RACE COMMITTEE + BOARD

Founder+Race Director

Jonathan Torchia

Committee Members

Coral Blore

Lisa Brown

Becky Cameron

Carl Eusebio

Chuck Halikas

Melissa Kostenchuk

Michael Kuhn

Dale Kujanpaa

Carla Loepky

Sarah Lund

Zach Monkman

Larry Mudge

Sam Neis

Ben Norris

Mike Ocko

Brad Pfleger

Ashleigh Sanduliak

Jason Simonson

Leah Simonson

Steve Stein

Chris Stienke

Joseph Torchia

Brooke Turnbull

Rhonda Von Dohren





**CITY PARK
RUNNERS**
WINNIPEG MANITOBA

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Friends' Run

Every Thursday at 6pm and Every Sunday at 7:30am

All paces. All abilities. All levels. Safe. Fun.
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2091 Portage Ave

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NEXT YEAR!**

OCTOBER 19, 2025

REGISTRATION OPENS APRIL 1

