



WFPS RUN 5K | 10K | 21.1K

PARTICIPANT GUIDEBOOK 2025

PRESENTED BY CITY PARK RUNNERS

IN SUPPORT OF:



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SAVE THE DATE: OCTOBER 18, 2026



Dear Participant,

On behalf of the entire Volunteer WFPS Run Committee, I'd like to personally THANK YOU for participating in the 13th Annual WFPS Run!

Welcome to WFPS Run Year 13! Whether this is your first time joining us, or your 13th you are in for a real treat!

In 13 years, you have helped us raise over \$650,000 for the Heart and Stroke Foundation, whose mission is to raise awareness and funds to support heart and stroke research and programming.

As I reflect over the years, it is truly amazing to see the growth of the event, the adversity we have faced with abrupt cancellations (hello storm year 2019), the pandemic, and to come back stronger and bigger than ever is a true testament of your loyalty and passion for our event!

Over 5,500 runners will be toeing the start line at this year's event, and we could not be more thrilled to welcome you all, and all the amazing volunteers who will be making this weekend special!

As always, I'd like to acknowledge the hard work and dedication of my Volunteer Race Committee – without their help, this event would not be possible. Everyone involved in this race is a volunteer including myself and have worked very hard to provide you with a positive race day experience.

We value every volunteer because, without their support, this event would not happen.

Thank you again for participating and we look forward to seeing you all on Race Day!

Sincerely,

Founder and Volunteer Executive Race Director
Jonathan Torchia

WFPS RUN VOLUNTEER RACE COMMITTEE + BOARD

Founder+Race Director

Jonathan Torchia

Committee Members

Carla Bennici

Lisa Brown

Becky Cameron

Carl Eusebio

Amanda Fadun

Chuck Halikas

Chris Hewitt

Vince Kawa

Michael Kuhn

Dale Kujanpaa

Carla Loeppky

Sarah Lund

Lorraine Manson

Brandon Michalow

Zach Monkman

Sam Neis

Ben Norris

Mike Ocko

Ashleigh Sanduliak

Jason Simonson

Leah Simonson

Steve Stein

Chris Stienke

Joseph Torchia

Brooke Turnbull

Nat Veilliette

Rhonda Von Dohren

MORAY BRIDGE
PORTAGE AVE. FERRY RD
ASSINIBOINE
CRESS ST. JAMES
CHARLES WOOD
ROBLIN BLVD
ASSINIBOINE
FOREST
TUXEDO
M
RIVER
HEIGHTS
COMMUNITY FIRST
W. G. SELLEY
RAGLAN ROAD
WELLINGTON
CRESCENT
MARYLAND
BRIDGE

 CITY PARK
RUNNERS

 RUN

WFPS RUN SPONSORS

PRESENTING SPONSOR
FINISH LINE SPONSOR



EXPO / RACE KIT PICK-UP
BMO Seasons



COURSE WATER SPONSOR
Jackson Springs



FOOD & HOSPITALITY TENTS
Joseph Torchia



BMO Nesbitt Burns



POST-RACE MEDICAL TENT
StretchLab Physiotherapy Works!



EXPO PARTICIPANTS



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 stretching or physio appointment. Times are based on availability of therapists.

Physiotherapy support provided by Physiotherapy Works! and the InMotion Network. 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
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



GETTING TO THE WFPS RUN

2025 is a record year with more than 5500 participants! Ensure you're giving yourself lots of time to get to the race site and get through bag check!

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.

ALTERNATE TRANSPORTATION

Please consider using transit, carpooling, biking, taking a cab or rideshare service, or having a friend drop you off on **race day**.

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.

PARKING AT THE WFPS RUN

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
- St. Paul's High School parking lot: see overflow parking image below
- Shaftesbury 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.



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 two pages](#) 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. Remember to be flexible – your racer could 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 page 10.](#)

Plan on how to find your friends.

- Get your racer to snap a mirror selfie so you know what they're wearing.
- Ask your racer to add you to a "find my friends" or GPS watch app to track their progress.

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

ONLINE

Tune in to our finish line live stream by [subscribing to our YouTube channel at youtube.com/@WFPSRun](#). The finish line livestream on YouTube will begin at approximately 9:00 AM on October 19. The start of each race and other highlights will be posted on [our Instagram account: @WFPSRun](#).

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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Winnipeg, MB
R3B 3K6



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GROUP**

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WFPS RUN EXPO AND KIT PICK-UP

Sponsored by BMO Seasons

Pick up your race kit, browse and buy 2025 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 17, 2025

11:00 AM to 7:00 PM

Saturday, October 18, 2025

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.



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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, 2025. Runners MUST submit all their collected pledges BEFORE October 31, 2025 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 18, 2025
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 18, 2025
11:30 AM

The WFPS Run Teeny Trot is a bit less than 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. **On Saturday only**, you may also park at St. Demetrios Greek Orthodox Church at 2255 Grant Avenue.

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 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 - Scott

1:35 - Martin

1:40 - Darius

1:45 - Zach

1:50 - Joseph

1:55 - Chris

2:00 - Oleh

2:00 - Jessica

2:05 - Janelle

2:10 - Brittany

2:15 - Candis

2:20 - Shelan

2:25 - Jane

2:30 - Dama

2:35 - Bryanne

2:40 - Adolf

2:45 - Paul

2:50 - Barjinder

2:55 - Melissa

3:00 - Catherine

3:15 - Mac Gerard

3:30 - Sheri



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WFPS RUN COURSE INFO AND AMENITIES

HALF-MARATHON

STARTS 8:00 AM

- One start, no waves or staggered start
- 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

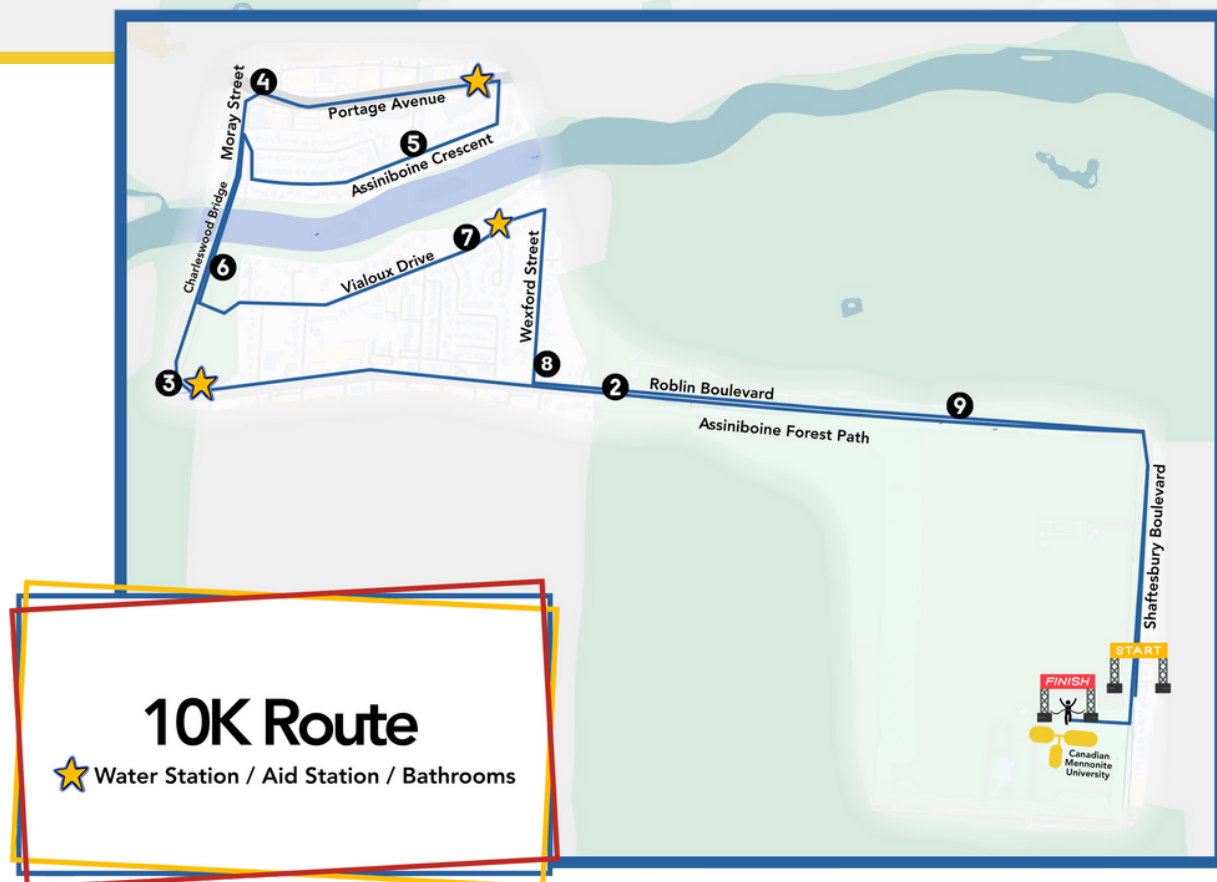
- One start, no waves or staggered start
- 2-hour course time limit certified with Athletics Canada
- Course marked in kilometers
- Participants will pass three aid stations

5K

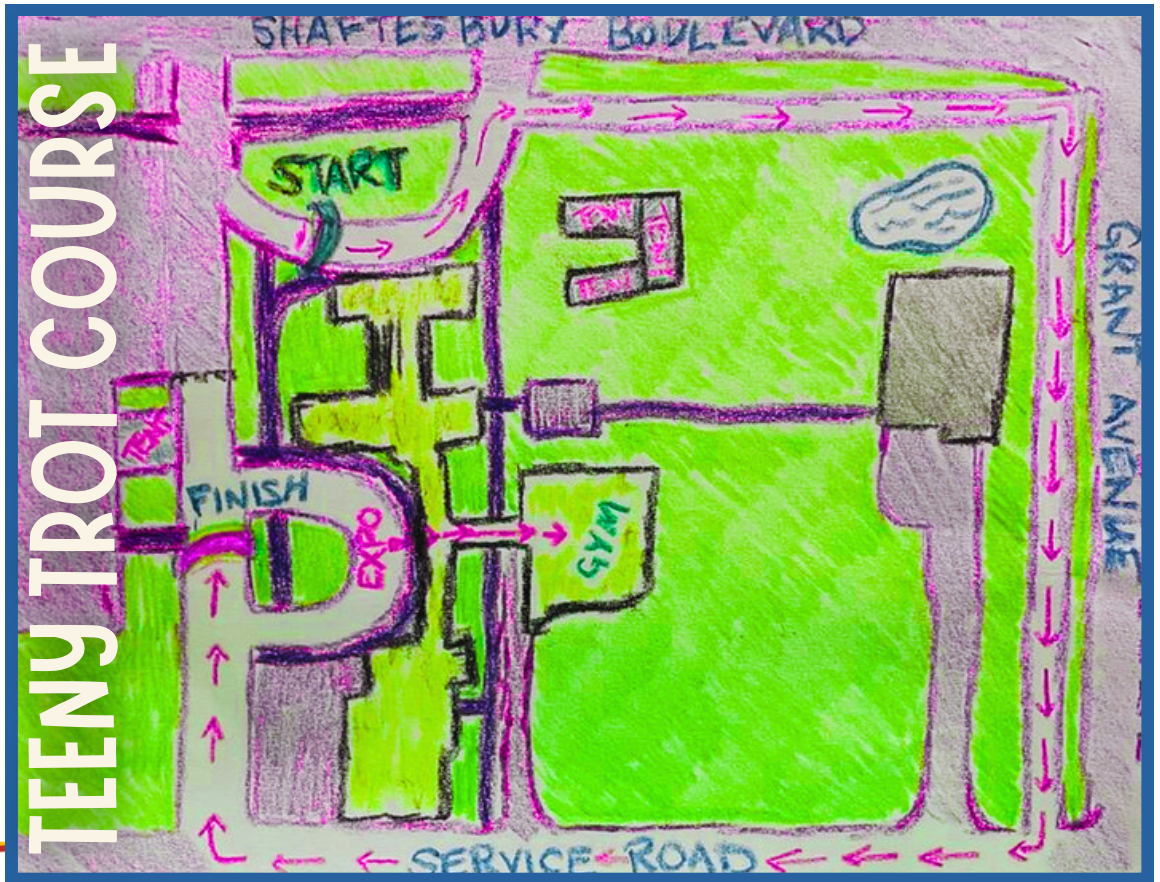
STARTS 8:45 AM

- 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 ROUTE MAPS



TEENY TROT COURSE



5K Route

★ Water Station / Aid Station / Bathrooms



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and fulfill our purpose of
Doing Right by People.

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WFPS RUN SITE MAP

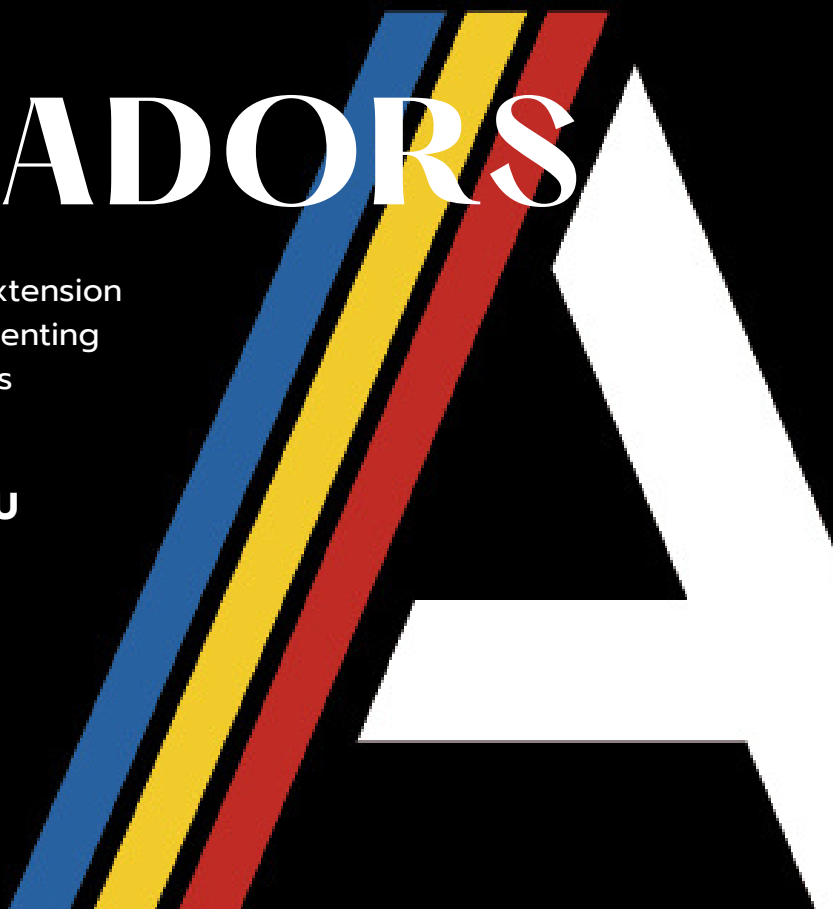


WFPS RUN AMBASSADORS

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
HILLARY
JESSICA DRAKUL

JESSICA DUBEAU
JOCELYN
KATHLEEN
PAIGE
RACHEL
TOLANI
WENDY



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(431)482-0849

WFPS RUN GEAR PREVIEW

TOPS



KIDS



ACCESSORIES





CITY PARK RUNNERS X WFPS RUN ACTIVATIONS

14 OCTOBER

**HEAT PRESS ACTIVATION
AT CITY PARK RUNNERS STORE
10am - 6pm**

COME GRAB A COMPLEMENTARY
SOUVENIR TOTE BAG AND HEAT PRESS
YOUR FAVORITE DESIGN ON IT!

17 OCTOBER

**HEAT PRESS ACTIVATION
AT WFPS RUN EXPO*
11am - 7pm**

VISIT US AT THE WFPS RUN EXPO
TO GET A COMPLIMENTARY
SOUVENIR TOTE BAG & HEAT PRESS
YOUR FAVORITE DESIGN ON IT!

15 OCTOBER

**HEAT PRESS ACTIVATION
AT CITY PARK RUNNERS STORE
10am - 6pm**

COME GRAB A COMPLIMENTARY
SOUVENIR TOTE BAG AND HEAT PRESS
YOUR FAVORITE DESIGN ON IT!

18 OCTOBER

**SHAKE OUT RUN WITH
THE RUN HAPPY PACE TEAM
AT WFPS RUN EXPO*
9:30am**

JOIN US FOR A SHAKE OUT RUN.
WITH THE OFFICIAL PACE TEAM
OF THE WFPS RUN.

16 OCTOBER

**CPR FRIENDS' RUN EXPO SNEAK PEEK
AT WFPS RUN EXPO*
6pm - 8pm**

COME RUN 5KM'S WITH US AND GET A
SNEAK PEEK OF THE WFPS RUN EXPO.
COMPLIMENTARY POST RUN
PIZZA AND DRINKS!!

**HEAT PRESS ACTIVATION
AT WFPS RUN EXPO*
9am - 3pm**

VISIT US AT THE WFPS RUN EXPO TO GET
A COMPLIMENTARY SOUVENIR TOTE BAG &
HEAT PRESS YOUR FAVORITE DESIGN ON IT!

***WE WILL HAVE A FULL SERVICE STORE AT
THE WFPS RUN EXPO FILLED WITH NUTRITION PRODUCTS,
ACCESSORIES, GADGETS AND MORE. PERFECT FOR
THOSE LAST-MINUTE ITEMS FOR RACE DAY!**

CITY PARK RUNNERS X WFPS RUN ACTIVATIONS

19

**CITY PARK RUN
AT CITY PARK R**
8am - 10:30am

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**RACE DAY & PO
AT CITY PARK R**
10am - 4pm

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10am - 8pm (EX
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WE WILL ALSO HAVE REFRESHMENTS
AND SNACKS THROUGHOUT
THE DAY & NIGHT!
ALL COMPLIMENTARY.

**HEAT PRESS ACTIVATION
AT WFPS RUN EXPO***

11am - 7pm

VISIT US AT THE WFPS RUN EXPO
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THE WFPS RUN EXPO FILLED WITH NUTRITION PRODUCTS,
ACCESSORIES, GADGETS AND MORE. PERFECT FOR
THOSE LAST-MINUTE ITEMS FOR RACE DAY!**

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vice, from
perfect fit
of life.

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city

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Saturday - Sunday 10am - 4pm

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NEXT YEAR!**

OCTOBER 18, 2026

REGISTRATION OPENS APRIL 1

15