

**CITY PARK
RUNNERS** PRESENTS
WFPS RUN
2026



HALF MARATHON 10K 5K TEENY TROT

PARTICIPANT GUIDEBOOK 2026

PRESENTED BY CITY PARK RUNNERS

IN SUPPORT OF:



Heart&Stroke

2026 RUN QUICK FACTS

IMPORTANT EVENTS

FRIDAY, OCTOBER 16

11:00 a.m. to 7:00 p.m. ----- Expo and Kit Pick-Up

SATURDAY, OCTOBER 17

9:00 a.m. to 3:00 p.m. ----- Expo and Kit Pick-Up

9:30 a.m. ----- Shake-Out Run with the "Run Happy" Pace Team

11:30 a.m. ----- Teeny Trot

SUNDAY, OCTOBER 18

6:00 a.m. to 12:00 p.m. ----- Shuttle service operates

6:30 a.m. ----- Bag Check and Bike Valet open

8:00 a.m. ----- Half Marathon start

8:30 a.m. ----- 10K start

8:45 a.m. ----- 5K start

All Race Weekend activities take place at Canadian Mennonite University North Campus at 500 Shaftesbury Boulevard in Winnipeg.

WHAT'S NEW

Free Race Day Shuttle: Park at Outlet Collection Winnipeg and catch our free shuttle for participants, volunteers, and supporters.

New Bike Valet: Pedal your way to race day and leave your bike safely with our new bike valet while you enjoy the event.

Refreshed Half Marathon Course: Longer straightaways and new cheering sections set the stage for a fast, high-energy race.

CONNECT ONLINE

Tune in to our finish line live stream by [subscribing to our YouTube channel at youtube.com/@WFPSRun](https://www.youtube.com/@WFPSRun). The finish line livestream on YouTube will begin at approximately 9:00 AM on October 18. The start of each race and other highlights will be posted on [our Instagram account: @WFPSRun](https://www.instagram.com/WFPSRun).

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Dear Participant,

On behalf of the entire Volunteer WFPS Run Committee, I'd like to personally **THANK YOU** for participating in the **14th Annual WFPS Run!**

Welcome to WFPS Run Year 14!

Whether this is your first time joining us or you've been with us since the very beginning, we are incredibly excited to welcome you to what will officially be the **largest WFPS Run in our history!**

This year, more than **6,200 runners** will be toeing the start line across our events. To think about where we started 14 years ago and to see what this event has grown into is truly incredible.

Over our first 13 years, together we have raised more than **\$700,000 for the Heart & Stroke Foundation**, supporting vital heart and stroke research, education and programming.

When I look back over the years, I'm incredibly proud of what we have built together. We've experienced tremendous growth, faced some pretty significant challenges including the infamous storm of 2019 where we had to abruptly cancel our event 36 hours before the start line, to the global pandemic in 2020, and 2021 – and every single time, this community has come back stronger.

This year is another huge milestone for us, and none of it would be possible without **YOU**.

I also want to recognize our incredible **Volunteer Race Committee and hundreds of race weekend volunteers** who give so much of their time to make this event happen. Everyone behind the WFPS Run, including myself, is a volunteer. An incredible amount of work goes into creating this weekend, and we do it because we genuinely love this event, this community and everything the WFPS Run represents.

To our runners, volunteers, sponsors, partners and supporters, **THANK YOU** for continuing to believe in this event and helping us make Year 14 our biggest yet.

We cannot wait to welcome **6,200+ of you to the start line on October 18th!** Enjoy every moment, soak up the energy, and most importantly **HAVE AN AMAZING RACE!**

With immense gratitude,

Jonathan Torchia

Founder and Volunteer Executive Race Director

WFPS RUN COMMITTEE

Founder & Race Director

Jonathan Torchia

Board Members

Carla Bennici	Sarah Lund	Oscar Sierra
Lisa Brown	Lorraine Manson	Jason Simonson
Becky Cameron	Erick Mentuck	Leah Simonson
Carl Eusebio	Jessica Morgan	Steve Stein
Chuck Halikas	Sam Neis	Chris Stienke
Chris Hewitt	Ben Norris	Joseph Torchia
Hafiz Jatto	Mike Ocko	Mia Torchia
Vince Kawa	Amy Passmore	Wendy Trueman
Michael Kuhn	Mel Rideout	Nathalie Veillette
Carla Loepky	Ashleigh Sanduliak	Rhonda Von Dohren

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.

Anesa	Janelle	Kathleen	Shea
Hardeep	Jocelyn	Michelle	Tolani
Hillary		Richard	

2026 RUN SPONSORS

PRESENTING SPONSOR
FINISH LINE SPONSOR



FOOD &
HOSPITALITY TENTS



BMO Nesbitt Burns



HOTEL SPONSOR



COURSE WATER
SPONSOR



POST-RACE
MEDICAL TENT



EXPO PARTICIPANTS



RACE KIT PICK-UP & EXPO

Pick up your race kit, buy 2026 Run merchandise, and visit the sponsor and vendor booths at the Expo.

CANADIAN MENNONITE UNIVERSITY

North Campus, Loewen Gym
500 Shaftesbury Blvd.

Friday, October 16
11:00 AM to 7:00 PM

Saturday, October 17
9:00 AM to 3:00 PM

PICKING UP YOUR KIT

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.

Find the table marked with your race distance.

Provide the volunteer with your QR code.

All runner packages **MUST** be picked up at the Expo.

THERE IS NO KIT PICK-UP ON RACE DAY

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 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, parking is extremely limited, and 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, 2026. Runners MUST submit all their collected pledges BEFORE October 31, 2026 to qualify for this offer.

IN SUPPORT OF



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	2:00 - Jessica D.	2:30 - Dama
1:35 - Luke	2:05 - Mac Gerard	2:35 - Paige
1:40 - Owen	2:05 - Oleh	2:40 - Adolf
1:45 - Jenna	2:10 - Zach	2:45 - Bryanne
1:50 - Tim	2:10 - Ainsley	2:50 - Paul
1:50 - Lauren	2:15 - Jessica N.	2:55 - Kira
1:55 - Joseph	2:15 - Shelan	3:00 - Catherine
1:55 - Charlotte	2:20 - Gord	3:15 - Sheri
2:00 - Chris	2:25 - Jane	3:30 - Samantha

SHAKE OUT RUN

Saturday, October 17 at 9:30 a.m.

Meet your Pace Team for an easy-paced shake out run for participants of all levels. To join, meet the team outside the CMU North Campus "Assiniboine Castle" entrance.



TEENY TROT

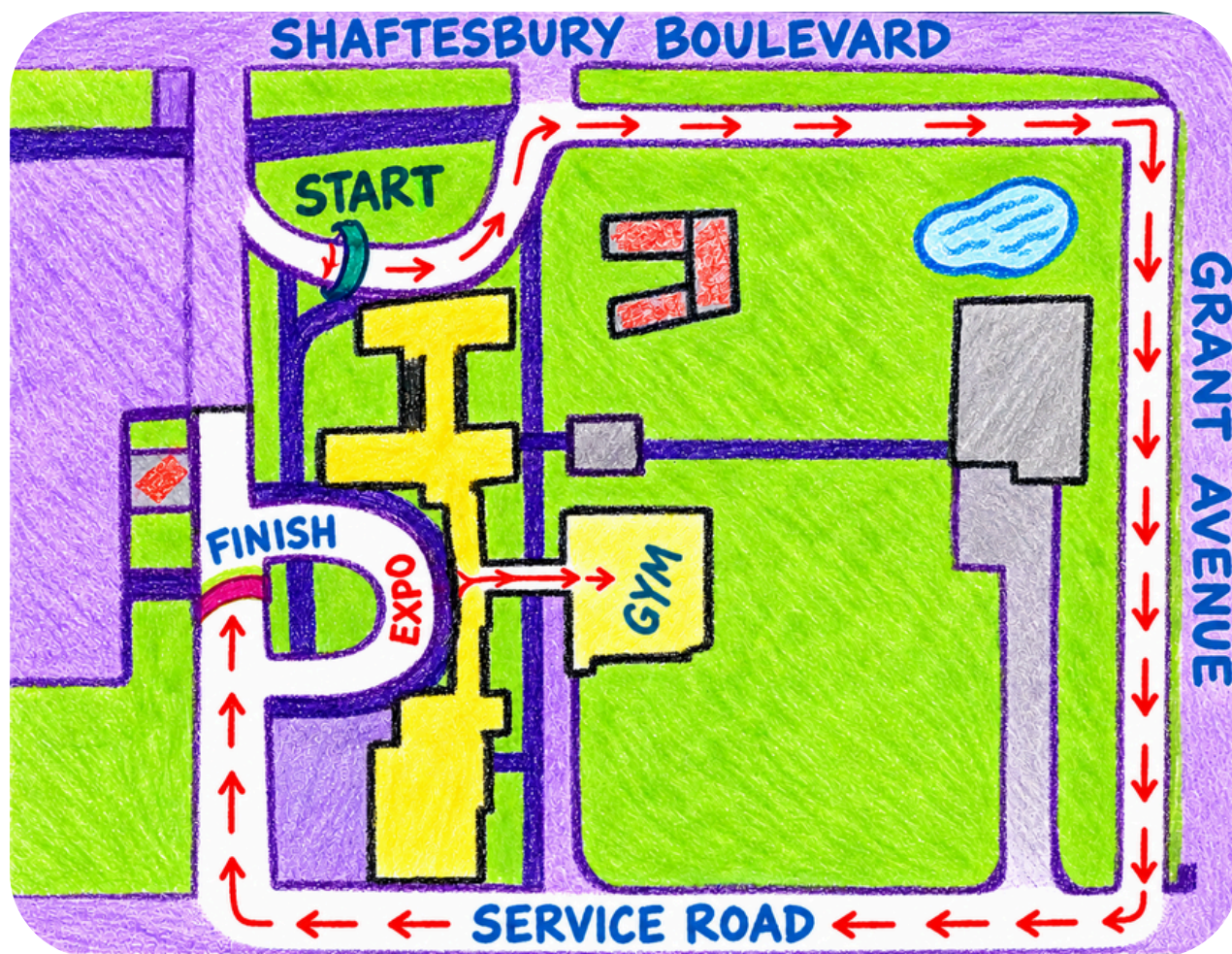
SATURDAY, OCTOBER 17 AT 11:30 A.M.

SUPERVISION: Kids can run on their own or with one adult. Strollers and pets are not permitted.

PERKS: Mascots will be on site to cheer. Teeny racers will get a post-race medal and a snack.

BIB PICK-UP: Teeny participants will need to pick up their race bib and wristband at the Expo before the event.

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



RACE DAY

OCTOBER 18

2026 is a record year with more than 6200 registered participants! Plan to give yourself lots of time to get to the race site and get through bag check.

TIMING

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

RACE DAY SHUTTLE

HOURS OF OPERATION: 6:00 a.m. to 12:00 p.m.

WHO CAN RIDE: Participants, volunteers, or spectators

LOCATION: Outlet Collection Winnipeg
555 Sterling Lyon Parkway
Northeast Parking Lot

HOW TO PARK AND BOARD

Follow posted signs and volunteer directions to parking and the shuttle boarding area.

Parking spots are limited, so arrive early. Allow time to park, wait, board, and travel to the race site.

Please lock your vehicle and keep valuables out of sight, or use bag check at the race site.

RETURNING AFTER THE RACE

Catch the return shuttle at Shaftesbury High School (Grant at Shaftesbury) for a ride back to Outlet Collection Winnipeg.

PRE-RACE

BAG CHECK

Open at 6:30 a.m. Please ensure your bag is marked with your bib number. If needed, we have tags and markers on site to quickly tag your bags.

BIKE VALET

Open at 6:30 a.m. Drop off your bike safely with the supervised bike valet in the southwest corner of the race site fields.

WASHROOMS

Please use the outdoor washrooms. There are no washrooms in the bag check area.

WHERE TO WAIT

Runners can wait for the race start in the heated Food Tent. Please keep all hallways and throughways clear inside CMU. Do not block any emergency exit or doorway.

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.



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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 9:00 a.m. 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 a.m. in the 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 mailing out 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 link to the results will also be posted at the event site and at WFPSrun.com.

SITE MAP



PARKING AT THE RUN

EXPO

FRIDAY, OCTOBER 16 & SATURDAY, OCTOBER 17

PLAN TO PARK ON A SIDE STREET

The construction next door to CMU is taking up portions of the North Campus parking lot. Parking on-site is **extremely limited**, especially on Friday, October 16 while school is still in session.

RACE DAY

SUNDAY, OCTOBER 18

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

Parking is available at:

- St. Paul's High School parking lot
- Shaftesbury High School parking lot
- any side street near the event grounds

There is NO PARKING ON RACE DAY at

- CMU North Campus (race site)
- CMU South Campus
- St. Demetrios Greek Orthodox Church
- The surrounding fields and medians

Parking for persons with disabilities is available on-site. Speak to a Run Committee member at the Expo to reserve.

STAY ONE STEP AHEAD

Whether you're running a marathon or planning your financial future, success comes from having a plan and staying focused on your goals.

Every step forward matters.

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- Financial Planning
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- Business Succession Planning
- Philanthropic Giving Strategies
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A strong financial plan Isn't Built overnight.
Just like marathon training, achieving your long-term financial goals requires preparation, discipline and experienced guidance along the way.

Ready to Stay One Step Ahead?

 Let's connect



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COURSE INFO & AMENITIES

HALF-MARATHON

STARTS 8:00 a.m.

- 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
- Choose your corral based on anticipated finish time
- 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 a.m.

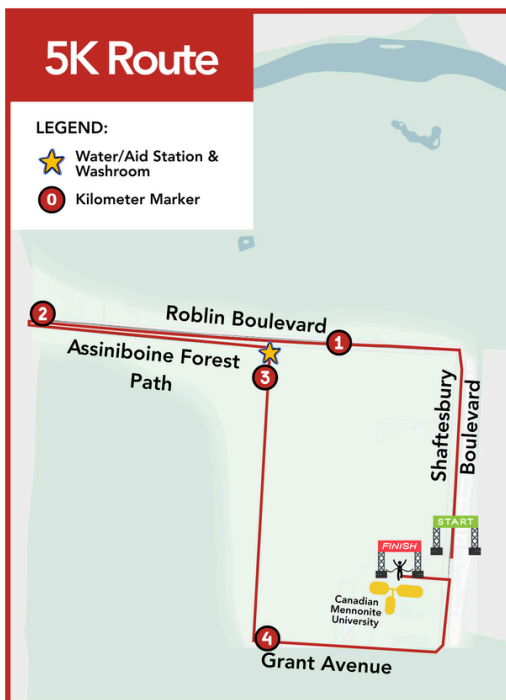
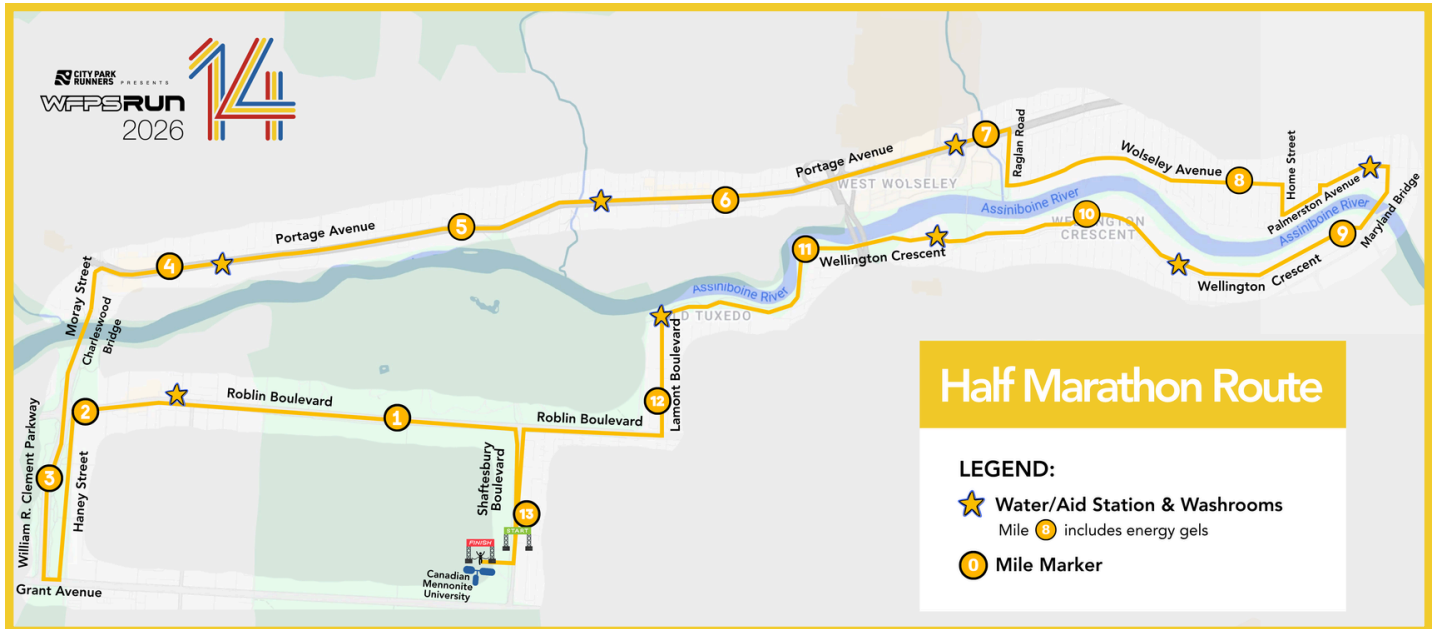
- One start, no waves or staggered start
- 2-hour course time limit certified with Athletics Canada
- Course marked in kilometers
- Participants will pass three aid stations

5K

STARTS 8:45 a.m.

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

ROUTE MAPS



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SPECTATOR'S GUIDE

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

AT THE START / FINISH LINE

We recommend that spectators avoid the start/finish line area and choose a spot on the course instead. If you're planning to be on-site to root for your racer, please listen to any race volunteer instructions and avoid racer-only areas like the finishing chute.

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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 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.

WATCH ONLINE

The finish line livestream on YouTube will begin at about 9:00 a.m. on October 18. Tune in by [subscribing to our YouTube channel at youtube.com/@WFPSRun](#). The start of each race and other highlights will be posted on [our Instagram account: @WFPSRun](#).

WFPS RUN GEAR PREVIEW

SWEATSHIRTS & HOODIES



OUTERWEAR



ATHLETIC SHIRTS



ACCESSORIES



KIDS





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NEXT YEAR!**

OCTOBER 17, 2027

REGISTRATION OPENS APRIL 1