



**WFPSRUN**  
HALF MARATHON | 10K | 5K

# Participant Guidebook 2018

Proceeds in support of



wfpsrun



@wfpsrun



@wfpsrun

# READY TO RUN!

# WFPS RUN

HALF MARATHON | 10K | 5K

Dear Participant,

**On behalf of the WFPS Run Committee, I'd like to personally THANK YOU for participating in the Seventh Annual WFPS Run.**

In seven years, you have helped us raise over \$325,000 for the Heart and Stroke Foundation, whose mission is to raise awareness and funds to support heart and stroke research and programming. Thank you!

## Year Seven Highlights:

**Honouring Cardiac Event Survivors** – Make sure to give a big high-five to those runners wearing red shirts and special bibs. These are our cardiac event survivors. Every day people, like you and I, who have had been affected by an event, whether it be a heart attack, cardiac arrest or stroke.

**iPhone App** – The best place to get all the Race info! Go to the Apple App Store and download the FREE WFPS RUN 2018 app to see all the cool race features at your fingertips. Instant results as you cross the finish line, live tracking on the half marathon course, and up to the second race day updates! What more could you ask for?

**Participant Guidebook** – it's back and better! Once again, we have the paperless Race Kit with all our supporters' offers inside! Check it out online at [wfpshalfmarathon.com](http://wfpshalfmarathon.com)

**Pre-Race Shake Out Run** – join myself and the members of the WFPS Run Committee along with the WFPS Run Ambassador team and the official WFPS RUN HAPPY PACE TEAM on Saturday, October 13th at 10:00am for a pre-race shake out run to get you pumped for the big day! This will be a friendly, talking-paced 3km or 5km fun jog. Members of the WFPS Run Happy Pace Team will be in attendance handing out pace bands and answering any pre-race questions you may have!

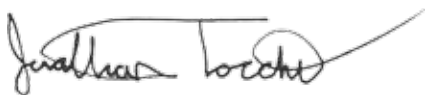
**Race Expo** – from what started off as creating a little expo, has slowly grown into fun spot for runners to hang out and check out our different vendors - lululemon, City Park Runners, Physiotherapy Works, Orange Theory Fitness Taylor Avenue, Gorilla Jack, Saikel, Cranked Energy Bars, Jackson Springs and the beautiful WFPS RUN merchandise store!

**Runner Pre-Race Warm Up Area** – we know that you want to keep warm before your race and we know it is getting tight inside the CMU building! This year we've opened up a second heated tent pre-race for you to hang out in! Drop off your bag in bag check then head outside to hang out in comfort! Come back post-race for our award ceremony in the same tent.

As always, I'd like to acknowledge the hard work and dedication of my Race Committee – without their help, this event would not be possible. Everyone involved in this race is a volunteer 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 Executive Director.  
Jonathan Torchia

### Day of Event Schedule

Bag Check Opens – 6:30am  
Pre Race Welcome / Ceremony – 7:30am  
National Anthem – 7:55am  
Half Marathon starts at – 8:00am  
National Anthem – 8:25am  
10K starts at – 8:30am  
5K starts at – 8:45am  
Award's show – 10:30 am  
Course Closes at - 12:00pm

# THANK YOU TO OUR SPONSORS



# 2018 RACE COMMITTEE

A big thank you to our 2018 Race Committee, without their dedication and hard work we wouldn't have made it to year seven!

**Jonathan Torchia**  
Founder & Race Director

**Jessica Cranmer**  
Event Logistics & Finance

**Larissa Farrell**  
Course Marshal Captain

**Billy Donaldson**  
Course Marshal Coordinator

**Mike Ogilvie**  
Course Marshal Coordinator

**Kristen Finney**  
Course Marshal Coordinator

**Greg Litschke**  
Course Marshal Coordinator

**Michael Kuhn**  
Race Course Logistics Coordinator

**Joseph Torchia**  
Race Course Logistics Coordinator

**Robyn Penner**  
Kit Pick Up and Expo  
Coordinator

**Lorraine Manson**  
Volunteer Co-coordinator

**Teresa Danyluk**  
Volunteer Co-coordinator

**Brad Pflieger**  
Start/Finish Line Logistics  
Coordinator

**Peter Robbie**  
Start/Finish Line Logistics  
Coordinator

**Danny Kustra**  
Water Stand Coordinator

**Kris Lough**  
Water Stand Coordinator

**Chris Lemke**  
Race Food Coordinator

**Darrell Saria**  
Ambassador Program  
Coordinator

**Coral Wiebe**  
Course Entertainment  
Coordinator & E-Newsletter  
Contributor

**Al Wingfield**  
Medical Logistics  
Coordinator

**Ben Norris**  
Bag Check Coordinator

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[www.wfpsmarathon.com](http://www.wfpsmarathon.com)

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*free*

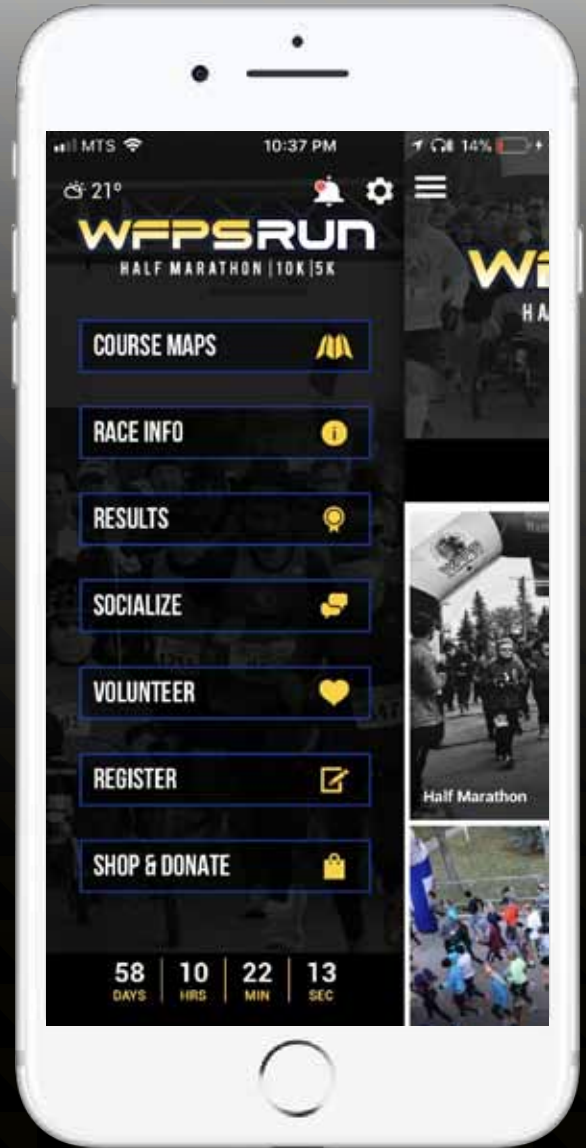
# Download our iPhone App!

Race to the App Store to  
download **WFPS Run 2018**



Download on the  
**App Store**

- Live Tracking
- Instant Results
- Push Notifications
- Social Media Integration
- Race Info
- and so much more!



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# 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 7:10am to 12:00pm. It will fully reopen at noon.  
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 (ACCESS THE MAIN GATES VIA OFF OF CORYDON AVE)

### Suggested Bike Rack Areas

- Inside CMU Grounds is a small bike rack area
- 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. ABSOLUTLY NO PARKING AT THE EVENT SITE. NO PARKING ON THE PROPERTY OF ST. DEMITRIOS GREEK ORTHODOX CHURCH

## 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.

Proceeds in support of



**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, 2018. Runner MUST submit all their collected pledges BEFORE October 31, 2018 in order to qualify for this offer.

### \*\*Qualifying Fundraising Levels:

**Half Marathon: \$250**

**10k: \$175**

**5k: \$150**

[www.wfpshalfmarathon.com](http://www.wfpshalfmarathon.com)

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# SCHEDULE OF PRE-RACE EVENTS

Location: 500 Shaftesbury Blvd. Canadian Mennonite University (North Campus) in the LOEWEN GYM located on the MAIN FLOOR (look for directional signage and event flags).

## Friday, October 12, 2018 9am-7pm

### Kit Pick Up

WFPS Run Merchandise

Heart and Stroke Pledge Drop Off

lululemon custom Race Bib and Cheer Sign making station

### Race Expo Featuring:

- Gorilla Jack
- Orange Theory Fitness
- Saikel
- City Park Runners
- Cranked Energy
- Physiotherapy Works!

### Friday Food Station

Carbone Pizza 12-2pm

Nuburger 4-6pm

**Note:**  
**There is**  
**NO KIT PICK UP**  
**on Race Day.**

## Saturday, October 13, 2018 9am-5pm

### Kit Pick Up

WFPS Run Merchandise

Heart and Stroke Pledge Drop Off

lululemon custom Race Bib and Cheer Sign making station

### Race Expo Featuring:

- Gorilla Jack
- Orange Theory Fitness
- Saikel
- City Park Runners
- Cranked Energy
- Physiotherapy Works!

### Friday Food Station

Verde Smoothie Bike 9am-1pm

### Shake Out Run – 10am - WFPS Run Happy Shake Out Run

Meet your WFPS Run Ambassadors and WFPS Run Happy Pace Team for a fun and friendly 3km-5km easy paced shake out run. Runners meet at the outside entrance to the kit pick up – look for the Race Gantry.

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

[www.wfpshalfmarathon.com](http://www.wfpshalfmarathon.com)

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# 2018 RUNNER CHECK IN PROCESS

\*\*\*New in 2018\*\*\*

We have streamlined our check in process with the help of ACTIVE Network's innovative QR scanning technology.

Within seconds of arriving you are checked in, assigned a bib number, and on your way with your race shirt and kit bag in hand.... free to enjoy the rest of the WFPS Run expo!

This will be a learning process for our committee and volunteers, and we appreciate your patience while we learn and implement this new technology.

## Step 1. Race Week Email

You will be receiving your registration confirmation email in your inbox Race week from the ACTIVE Network. \*

Inside this email is a unique QR code.  
\*Remember to check you Junk mail too!

## Step 2. Unique QR Code

Like airline boarding passes, 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.

[www.wfpshalfmarathon.com](http://www.wfpshalfmarathon.com)

## Example e-mail

Dear Jonathan Torchia;

You are registered for 7th Annual WFPS Half Marathon, 10km, 5km - Running-Half marathon - Half Marathon.

Refer your friends

[Share](#) [Tweet](#) [Save](#) [Email](#)

Thank you for registering and supporting the WFPS Run.

**FREE REGISTRATION\***  
Participants in the Half Marathon, 10k and 5k races can run for FREE...by supporting the Heart and Stroke Foundation and collecting donation pledges\*\*

**Your fee can be refunded if you raise a minimum of:**  
Half Marathon: \$250  
10k: \$175  
5k: \$150

**In order to get started, please create a page via the Heart&Stroke Foundation page [HERE](#)**

-  
Train Hard! Train Fast! Train Smart!  
See you all at the finish line.  
Race Director  
Jonathan Torchia

WFPS Run Inc.  
GST# 746934280RT0001  
Jonathan Torchia  
director@wfpshalfmarathon.com

[Add to Apple Wallet](#)

**Registration Details** Edit

Please be prepared to present this email at the event

<b>Registration ID:</b>	R-ORKYWDM3
<b>Participant:</b>	Jonathan Torchia <a href="#">[Transfer to someone else]</a>
<b>Date:</b>	October 14, 2018
<b>Location:</b>	500 Shaftesbury Blvd Winnipeg, Manitoba R3P 2N2
<b>Registration category and price type:</b>	7th Annual WFPS Half Marathon, 10km, 5km - Running-Half marathon - Half Marathon <a href="#">[Change category]</a>



# Q + A .....

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

A. Not to worry. Please, seriously don't. Things happen, we can look you up by your name into the registration system.

.....

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

A. Not to worry at all. Just give us your first and last name, and we can look you up that way.

.....

## Q. How can I pick up my family or friends race kit with this new system?

A. Easy! Just give us their name, and we will look them up and assign their bib on the spot, just like yours!

.....

## Q. What if I end up at the wrong race distance table?

A. No big deal! With our check in system we can right away see what event you are registered for and send you to the appropriate table.

.....

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

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

.....

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

A. Go see our friends at the Sportstats Time Keeping table during the expo. They can assist you to correct what you would like.

.....

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

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

.....

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

A. This is on purpose! Go see our friends at the lululemon booth. In a few seconds flat, they can print off whatever name you want on the bib.

[www.wfpshalfmarathon.com](http://www.wfpshalfmarathon.com)

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# SCHEDULE OF RACE DAY EVENTS

## Sunday, October 14, 2018 -- Race Day!

### 6:30am-1pm

#### Bag Check

**Shirt Exchange Area** – Runners can exchange shirts if an alternative size is available.

#### WFPS Run Merchandise on Sale!

**Pre-Race Runner Warm Up Tent** – After dropping off your bag head outside to our heated runner's tent. Located in the parking lot.

**8am - Half Marathon Starts**

**8:30am - 10k Starts**

**8:45am - 5k Starts**

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 lines.

## Post Race Recovery Area 9am-Noon

**Runner Physiotherapy** – provided by



**Runner Chiropractic** – provided by



**Norwood**  
Chiropractic Centre

**Runner Massage** – provided by



MASSAGE THERAPY  
COLLEGE OF MANITOBA

**Runner Awards** – 10:30am in the outdoor tent. We will present top three finishers in the Half Marathon, 10km and 5km for Male and Female

We will be mailing age awards post event for...

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+

[www.wfpshalfmarathon.com](http://www.wfpshalfmarathon.com)

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# RACE RESULTS

Race Results are being tracked by Sports Stats West.

Instant results can be found on our WFPS RUN Mobile app, or online!

[Click here to view race results on Sports Stats West](#)

# COURSE INFORMATION

**Note: Race Route Maps can be found at the end of this guide.**

## HALF MARATHON: Starts at 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
- Staggered Start (8:00, 8:02, 8:04)
- 4 hour course time limit
- certified with Athletics Canada

## 10K RACE: Starts at 8:30am

- One start, no waves or staggered start
- 4 hour course time limit
- certified with Athletics Canada

## 5K RACE & FAMILY 5K: Starts at 8:45am

- Anyone pushing a stroller must start in the very back to prevent any congestion or delays.
- One start, no waves or staggered start
- 4 hour course time limit

[www.wfpshalfmarathon.com](http://www.wfpshalfmarathon.com)

# AMENITIES

## Aid Stands

Each aid stand will have the following for your convenience:

- \_ Gatorade
- \_ Water
- \_ Port-a-Potties
- \_ First Aid Personnel

## Half Marathon

The Half Marathon course will be marked in miles.

Participants will pass by a total of eight aid stations.

Once again, the Gorilla Jack GU Gel Station will be in place prior to Mile 8. Thank you to our sponsor!



## 10K and 5K RACE

The 10k, and 5k course will be marked in Kilometres

Participants in the 10k race will pass by three aid stations.

Participants in the 5k race will pass by one aid station.



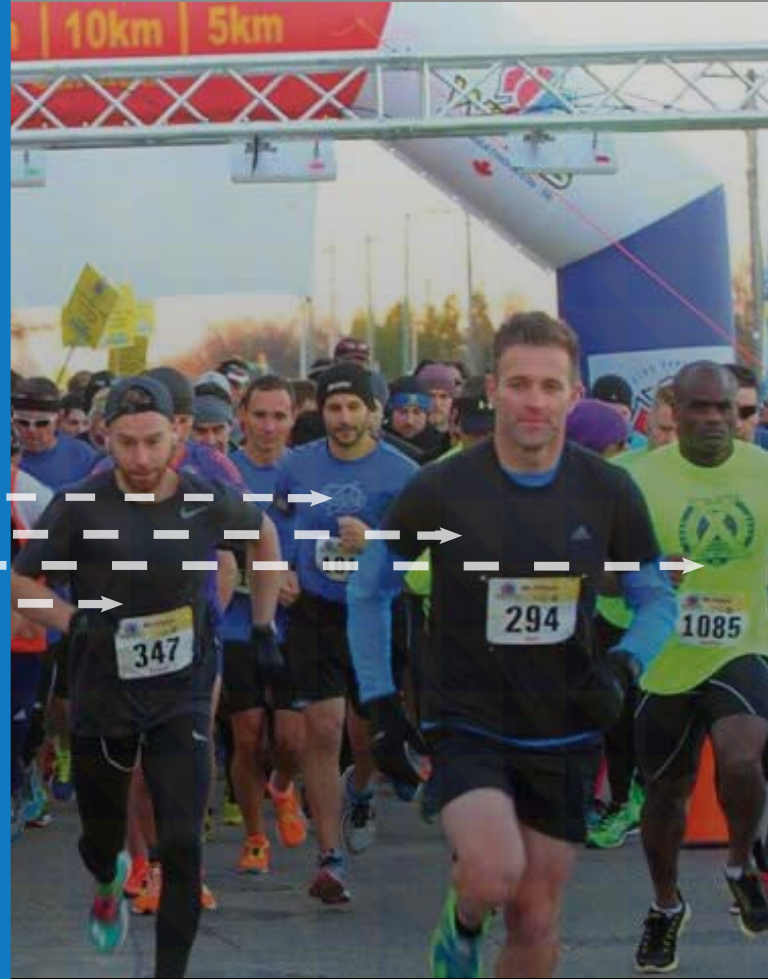
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# SPORT*STATS* WEST

## Track your progress!

With our SportsStats West online and in-app results feature, you can track your (or a friend's!) progress and review your results after the race!



# WFPSRUN

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# MEET YOUR RUN HAPPY PACE TEAM

1:30 Jonas Eascott

1:35 Kris Joy

1:40 Thane Smith

1:45 Dennis Cunningham

1:50 Curtis Tyndall

1:55 Shelan Ennis

2:00 Jamie Hardy

2:00 Steve Lambert

2:05 Daina Funk

2:10 Sydney Last

2:15 Michael Bennett

2:30 Paul Brault

2:45 Catherine Moltzan

3:00 Junel Malapad

3:30 - Finish Andrea Richardson-Lipon



# THANK YOU

## 2018 WFPS RUN AMBASSADORS

A big thank you to the 2018 WFPS Run Ambassadors.

Your dedication and enthusiasm for the WFPS Run is a true example of community spirit.

Ryan Awang

Renee Desjardins

Chris Dick

Lyndsay Lambert

Lisa Misyk-Lemke

Carolyn Muir

Mike Okco

Jane Quinton

Scott Reimer

Mitch Rosset

Cheryl Stewart

Karly Tardiff

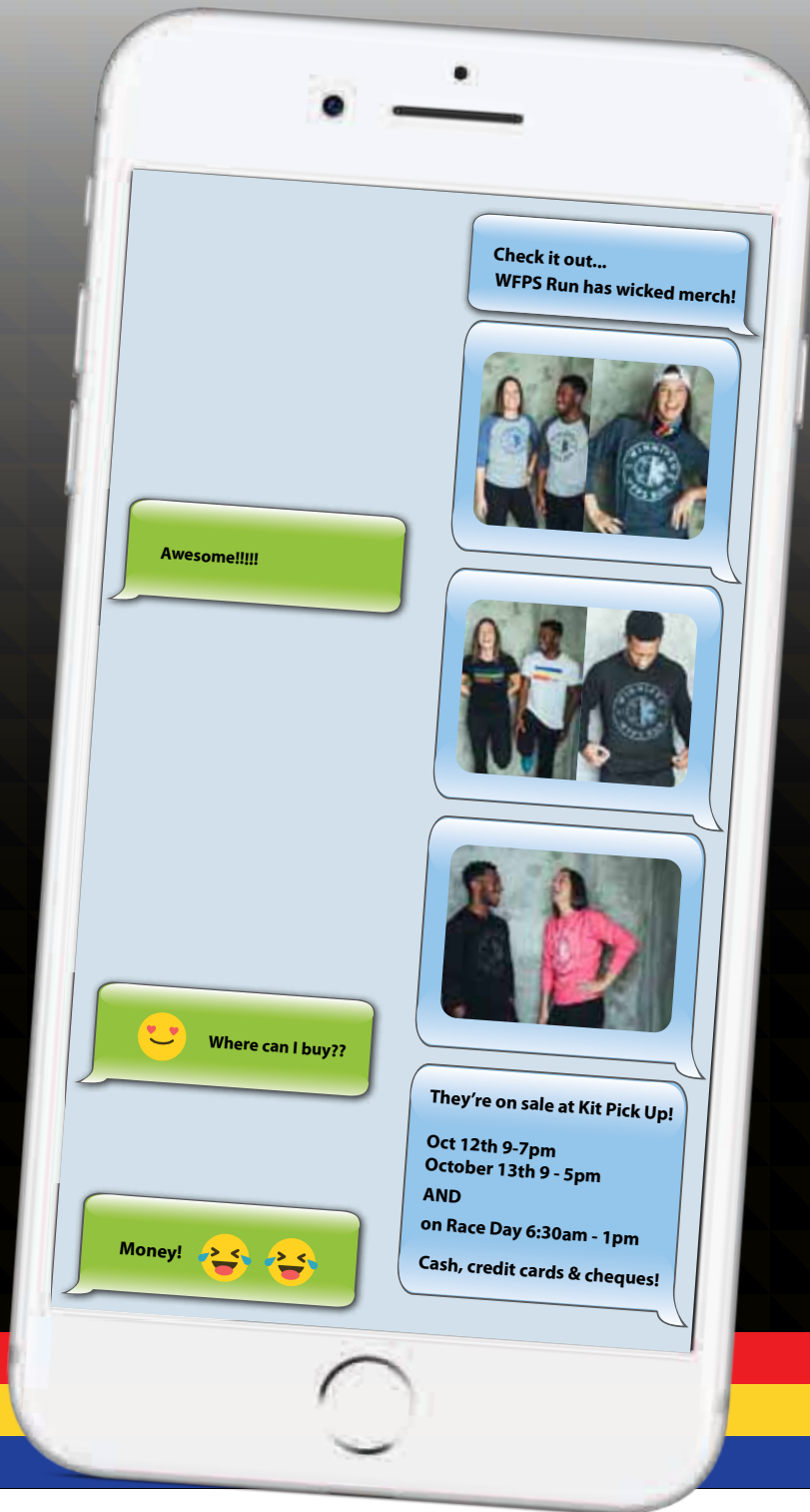


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# Stay in the loop...and in style!



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HALF MARATHON | 10K | 5K

# SITE MAP

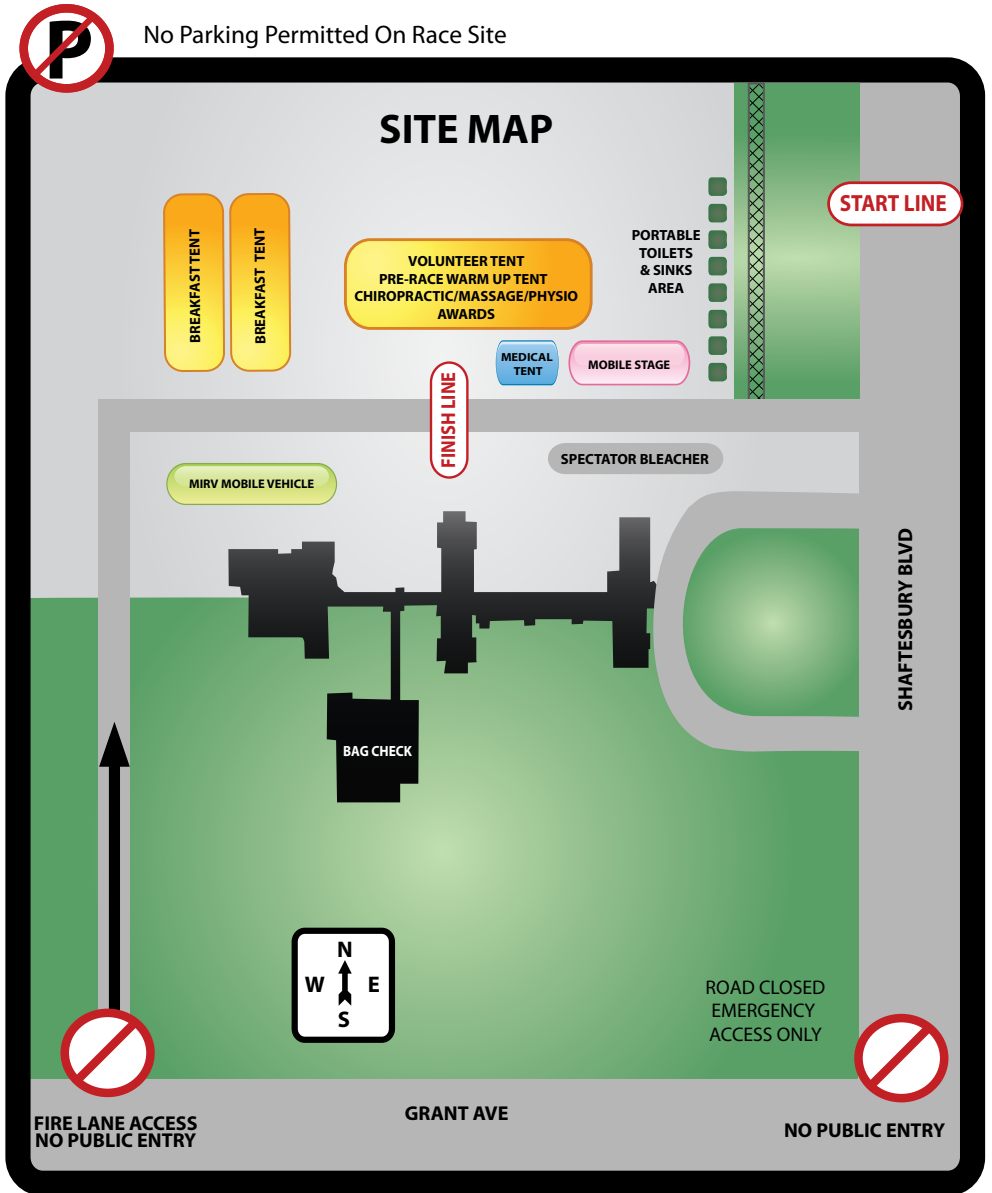


**OCTOBER 14, 2018**

**Run of show**

- Bag Check Opens - 6:30am
- Pre Race Welcome / Ceremony - 7:30am
- National Anthem - 7:55am
- Half Marathon starts at 8:00am
- National Anthem - 8:25am
- 10K starts at - 8:30am
- 5K starts at - 8:45am
- Awards Ceremony - 10:30am
- Course Closes at - 12:00pm

Location: Canadian Mennonite University,  
500 Shaftesbury Blvd  
(NORTH CAMPUS)



[www.wfpshalfmarathon.com](http://www.wfpshalfmarathon.com)

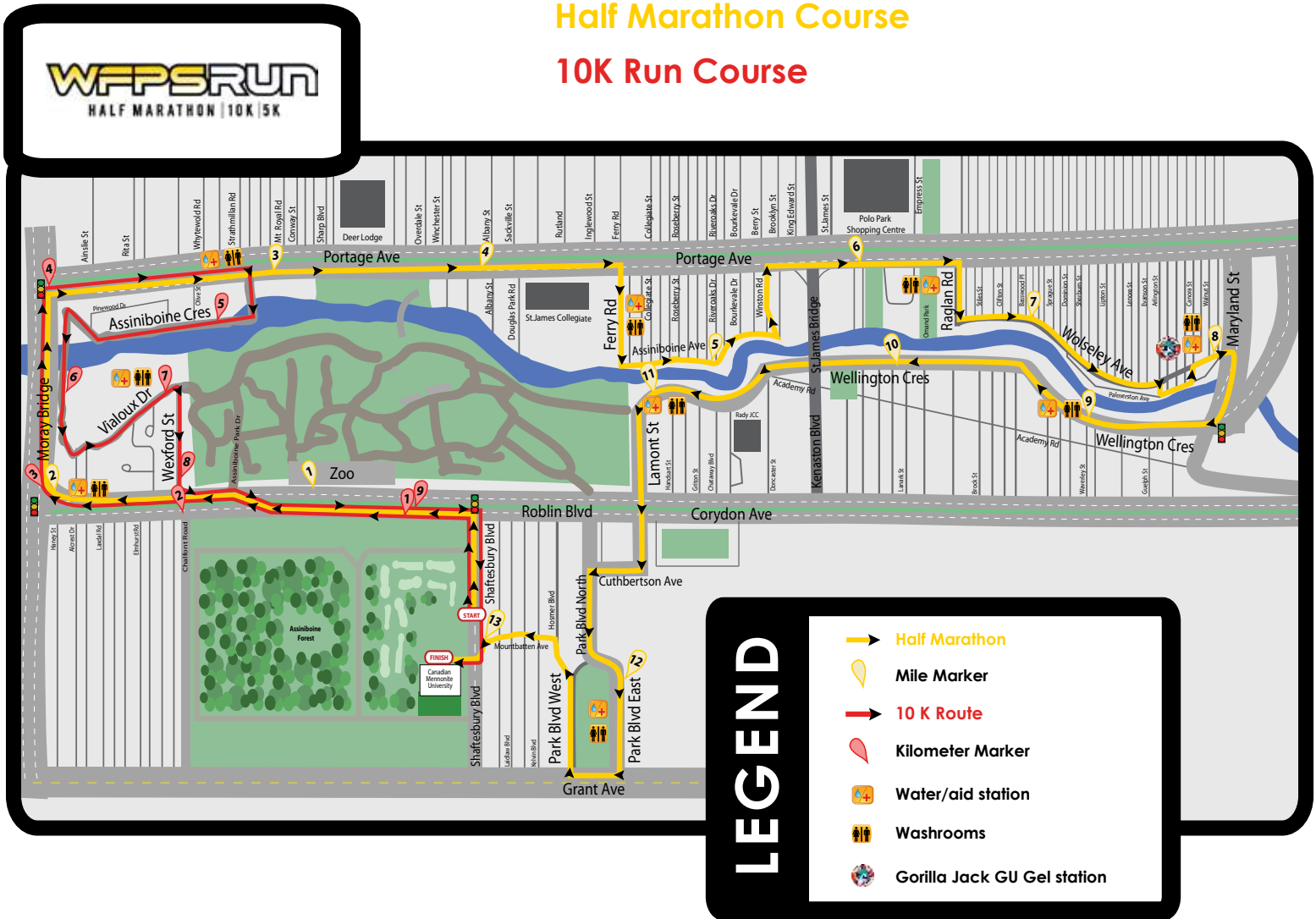


# HALF MARATHON & 10K COURSE MAP

**WFPSRUN**  
HALF MARATHON | 10K | 5K

Half Marathon Course

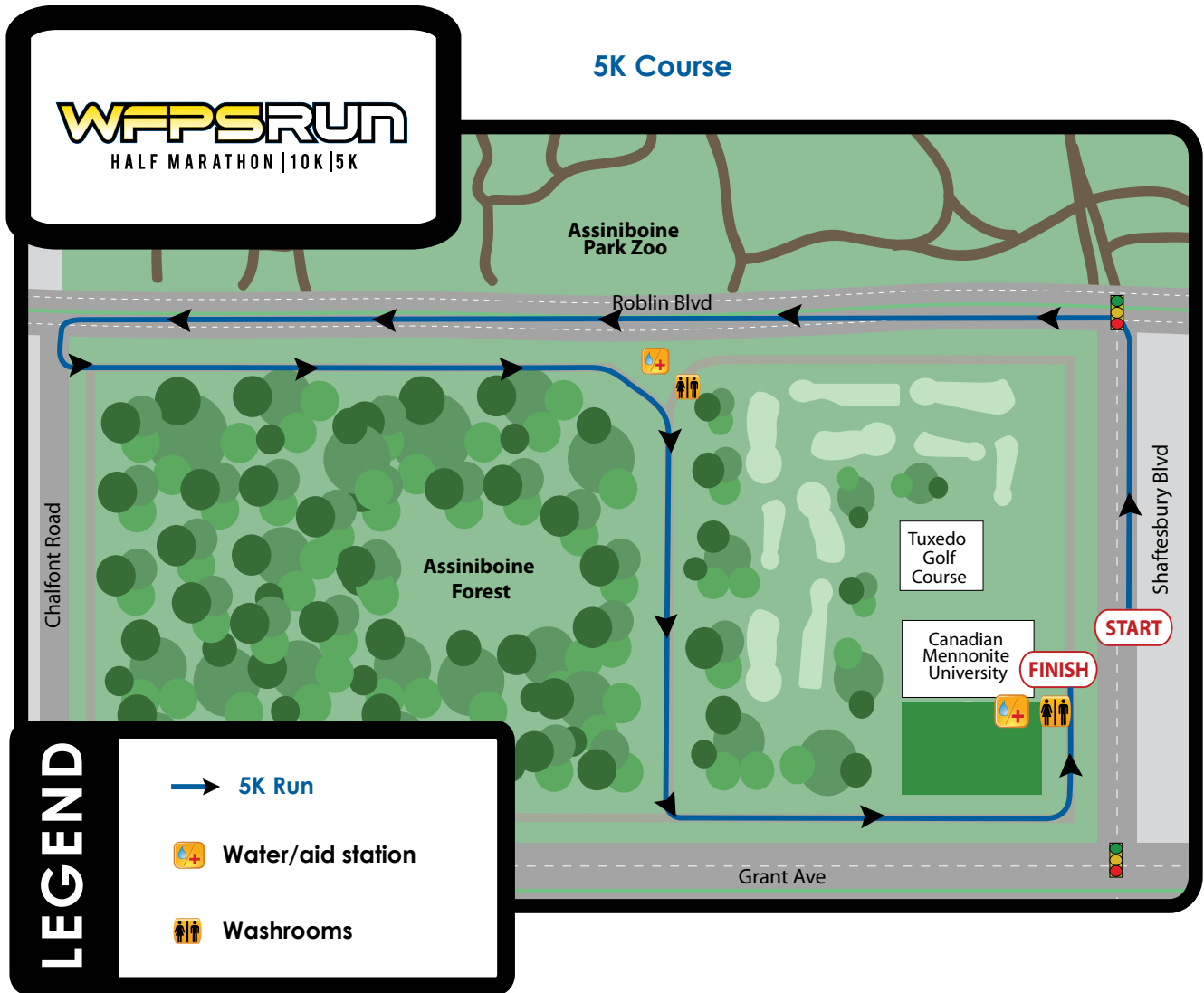
10K Run Course



[www.wfpshalfmarathon.com](http://www.wfpshalfmarathon.com)

**WFPSRUN**  
HALF MARATHON | 10K | 5K

# 5K COURSE MAP



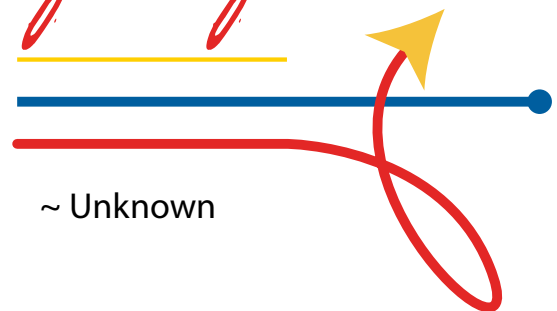
# RUNNING

is nothing more than a series of arguments  
between the part of your brain that

*wants to stop*

and the part that

*wants to keep going.*



~ Unknown

## WFPSTRUN

HALF MARATHON | 10K | 5K