

2014 PARTICIPANT GUIDE



MESSAGE FROM THE RACE DIRECTOR

Dear Participant,

On behalf of the WFPS Race Committee, I'd like to personally thank you for participating in the Third Annual Winnipeg Fire Paramedic Service Half Marathon, 10k, 5k in support of the Heart and Stroke Foundation!

We are once again excited to welcome you to our event. Two years ago I met with the Foundation and convinced them we could get a few hundred people to come out and run while raising a few dollars at the same time. I could never have imagined this event growing into what it is today – thank you to the runners and volunteers who have made this happen.

Last year, you helped raise \$50,000 for the Heart and Stroke Foundation, whose mission is to raise awareness and funds to support heart and stroke research and programming. We hope this year we can raise even more for this worthwhile cause that affects many families in our community.

We look forward to having you join us on Sunday, October 19th for what promises to be an awesome day in support of a great cause! At the end of the day, SMILE AND HAVE FUN!

Once again, we have our participant guide online. This guide will answer most of your questions about the event and the overall day. You will find this guide on our homepage at www.wfpshalfmarathon.com.

I'd like to acknowledge the hard work and dedication of my Race Committee – without their help, this event would not be possible. Please remember that everyone involved in this race is a volunteer and are working very hard to provide you with a positive race day experience. We value every volunteer because without their support, this event would not happen. Any mistreatment of any volunteer will result in a runner being disqualified and asked not to return in coming years.

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

Sincerely,

Jonathan Torchia

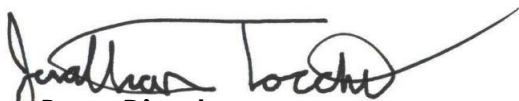








Race Director










TABLE OF CONTENTS

RACE DIRECTOR MESSAGE	2
MEET THE COMMITTEE	4
OUT OF TOWN GUEST INFO	7
GETTING TO THE EVENT	7
ROAD CLOSURES	7
PARKING AND BIKE RACKS	7
RUNNER KIT PICK-UP	8
RACE DAY INFORMATION	
BAG CHECK – SPONSORED BY MGEU	9
T-SHIRT EXCHANGE	9
MEDICAL AREA –SPONSORED BY KRAMP CHIROPRACTIC	10
MASSAGE AREA	10
FUNDRAISING PLEDGE DROP OFF	11
AWARDS	11
RUNNER HOSPITALITY TENT	11
WEARING YOUR BIB	12
RACE RESULTS	13
CHIP TIMING INFO	13
COURSE INFO	14
RACE COURSE AMENITIES	15
FREQUENTLY ASKED QUESTIONS	16
WFPS RACE STORE	17
RUNNER CHECKLIST	20
SPONSOR THANK YOU	21
BIB TRANSFER FORM	22
CONTACT	23
SITE MAP	24
ROUTE MAPS	25

MEET THE 2014 WFPS RACE COMMITTEE:

<p>Quinton A: Course Marshal Coordinator Quinton has been a Paramedic for almost 5 years; working rural EMS out of Portage La Prairie and loves what he does. In his free time he likes to play hockey, go snowboarding, plays golf and tennis, or do pretty much anything active. Quinton also coaches hockey, attends Jets games as a season ticket holder, and was recently been involved with Crossfit. He has run the 10k in the WFPS Half Marathon for the past 2 years and is absolutely thrilled to be involved as part of the committee this year.</p>	
<p>Jessica C: On-Site Event Logistic Director After two years with HSF, Jess decided to try out a new job but could not leave this committee. Between work, attempting to run and other commitments, she squeezes in her WFPS Half Marathon volunteer duties. What she enjoyed most about the event is working with such a dedicated committee.</p>	
<p>Billy D: Course Marshal Coordinator Billy has been a Financial Services Rep at TD Canada Trust for over two years. What he loves about the event is the fact that it is the unofficial last race of the outdoor Manitoba running season, and the immense popularity of our race despite it being in just its third year. In his spare time, Billy enjoys running, working out, ultimate Frisbee, and softball.</p>	
<p>Larissa F: Course Marshal Coordinator Larissa has been a Fire Paramedic since January 2013 at Station 1. She loves being a part of an event that promotes fitness, getting people outdoors, and bringing awareness to the Foundation. When she's not at work she's working out, hitting the beach, playing volleyball and travelling.</p>	
<p>Patrick F: Course Logistic Coordinator Patrick has been a Paramedic for three years at Station 1. He loves that our committee puts on a great run for the public while helping raise money for the Heart and Stroke Foundation. He loves snowboarding, hiking and cooking.</p>	
<p>Katie H: Volunteer Coordinator Katie is very excited to be a part of this year's event as a volunteer coordinator. She recently got into running having run the 2013 WFPS Half Marathon, which she closely followed up with her first full marathon in New York City a month later. The energy, joy and community spirit of a race day are some of Katie's favourite things. When Katie isn't hanging out with family and friends, she works as in-house counsel for Longboat Development Corporation.</p>	
<p>Michael K: Start/Finish Line & Medal Coordinator Mike's been a Paramedic for four and a half years at Station 12. Mike's favourite part of the event is watching Jonathan run around the marathon grounds looking for everyone and not finding anyone (we all love that!) Mike likes to travel, bike and play soccer.</p>	

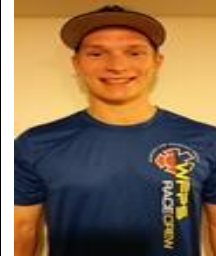
<p>Danny K: Water Station Coordinator</p> <p>Danny has been a Paramedic for four and a half years at Station 1. He loves the positive energy of being on the committee and the participants. He loves working out and spending time with family and friends.</p>	
<p>Bryan L: Medical & First Aid Coordinator</p> <p>Bryan has been an ACP/Community Paramedic for thirteen and a half years. He loves the teamwork that it takes to pull this event together. He spends his free time with family enjoying outdoor activities like hiking and camping</p>	
<p>Dan M: Food Hospitality Tent Coordinator.</p> <p>Dan has been a firefighter for seven years at Station 19 in St. James. His favourite part of the event is having it sell out and seeing the public out enjoying it.</p>	
<p>Mike O: Water Station Coordinator</p> <p>Mike has been a Fire Paramedic since 2013. He enjoys anything fitness or strength oriented. When he's not working he's watching movies, listening to music or playing music himself. He loves all types of music but really enjoys writing songs and playing in his metal band "Diablero". Mike tells all of our runners to "rock on and run strong!"</p>	
<p>Ainsley R. Volunteer Coordinator</p> <p>Ainsley brings to the board of directors a passion for community, sports and all things running. She is looking forward to being on the sidelines of this race, coordinating and organizing a large and dedicated group of people who are generously giving their time to support all runners in their half marathon, 10k or 5k efforts. A veteran runner and finisher of several half marathons herself, she has always appreciated the time and support that others have given in races she has participated in.</p>	
<p>Pete R: Start/Finish Line & Medal Coordinator</p> <p>Pete has been an ACP (Advanced Care Paramedic) for 12 yrs with the WFPS. What he loves about the event is seeing participants challenging themselves and the look of satisfaction on their faces as they cross the finish line! In his free time, Pete enjoys Ironman Triathlons – yikes!</p>	
<p>Trish T: HSF, Community Partnership and Event Manager</p> <p>After volunteering on the committee, Trish made is official and took Jess' job at HSF! This is her second year on the committee and Trish loves working with the team, taking 13 mile bike rides with them and the excitement of race day. In her spare time Trish enjoys running, gardening, cooking, baking and hanging out with her fur babies.</p>	

Jonathan T: Race Director

Jonathan has been a Paramedic with the city for four and a half years and currently works out of Station 18 – close to home in Charleswood! What he loves about the event is to see the smiling faces that cross the finish line. He also loves the teamwork and dedication from our award winning race committee who deliver one of the best events out there! When he's not working or planning, Jonathan is running, running, snowboarding, or running!

**Brad W: Course Logistics Coordinator**

Brad has been a Paramedic for four years at Station 25. He loves that we're supporting the Heart and Stoke Foundation by getting people active, competitive and out for a crisp autumn run. Brad does Crossfit, running, biking, snowboarding and the very occasional rock climbing adventure.



OUT OF TOWN GUEST INFO

The Clarion Hotel Winnipeg offers special rooms rates for WFPS Half Marathon out of town guests.



To make your arrangements please call the main desk at 204-774-5110 and request the WFPS Half Marathon Preferred Room Rate for your required dates. For more information about the Clarion Hotel Winnipeg please visit their website at www.clarionhotelwinnipeg.com.

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 7:30am to 8:45am. 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 & 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)
- CMU SOUTH CAMPUS PARKING LOT (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. There is ABSOLUTLY NO PARKING AT THE EVENT SITE.



RUNNER KIT PICK UP

Location: 500 Shaftesbury Blvd. Canadian Mennonite University (North Campus) in the GREAT HALL located on the MAIN FLOOR (look for directional signage and event flags). Bib numbers will also be posted on the walls for you to look up in alphabetical order.

Day1: Friday, October 17th, 2014

Time: 9am – 7pm

Day 2: Saturday, October 18th, 2014

Time: 9am – 5pm

Please check your kit bag BEFORE leaving the building to ensure the correct paperwork and bib are inside. **There is NO KIT PICK UP on Race Day.**



BIB TRANSFERS

There will only be bib transfers on the two kit pick up days – NO TRANSFERS prior.

Bib transfers can be done by bringing the bib transfer form found on page 22, along with the bib transfer fee of \$20 (cash or cheque please). There will be a designated bib transfer desk at kit pick up.

DOWNGRADING YOUR RUN

Just not ready for the half? Injured and want to do a 5k? You may downgrade your event at Kit Pick Up. Please check in at the desk doing bib transfers. **NOTE YOU WILL NEED A SPECIAL STICKER FOR YOUR BIB SO COURSE MARSHALS KNOW WHICH RACE YOU ARE NOW IN! NO REFUNDS.**

RACE DAY INFORMATION

BAG CHECK AREA SPONSORED BY



Manitoba
Government
and General
Employees'
Union

Located inside the university in the Loewen Gym from 6:30am – race site closes (approx 2pm). Please use the bag we provided to you at kit pick up – they are colour coded and have space for it to be identified by:

1. Runners first and last name
2. Bib #

RACE SHIRT EXCHANGE

T-Shirt Exchange is located inside the university in the Loewen Gym from 6:30am – race site closes (approx 2pm)

Runners can exchange their shirt for another size IF THE SIZE IS AVAILABLE!!!
Used, worn or washed shirts cannot be accepted.

MASSAGE AREA – SUPPORTED BY



Massage will be available in ten minute allotments. Starting at 9am and continue until noon. This is a first come-first serve basis. Receptionists are volunteers and can only hold your space for 2 - 5 minutes before moving to the next person.

MEDICAL & FIRST AID AREAS – SPONSORED BY



First aid and medical on the race site will be located outside the CMU building near the finish line. There will also be medical personnel strategically placed along the courses.

Serving Charleswood

"There is a vast difference between treating the effects and adjusting the cause."
Dr. D. D. Palmer

See how we can help!
204.885.3858

Meet the doctors
Dr. Nicole Procyk & Dr. Chis Kramp
www.krampchiropractic.com

Kramp Chiropractic

Do you suffer from:

- Headaches
- Neck pain
- Back pain
- Asthma
- Allergies
- Bed Wetting
- Colic
- Anxiety
- IBS
- Fatigue
- Chronic Illness
- Lack of Vitality
- Heartburn
- Menstrual Pain
- Numbness/Tingling
- Pregnancy Discomfort

See how we can help!

Reduced Exam Fee

\$77.00

Regular price \$160

Kramp Chiropractic

Have a Question?
Consultations are always FREE!

Call today
to book your appointment

204.885.3858

210-4910 Roblin Blvd.
Winnipeg, MB R3R 0G7

www.krampchiropractic.com

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 post- event on Monday, October 20th via e-blast



**HEART &TM
STROKE
FOUNDATION**

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

AWARDS

The awards presentation will take place at:

- **10:30am**
- In the Auditorium inside the CMU building (look for signs or see site map)
- 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+**

RUNNER & VOLUNTEER HOSPITALITY TENT

The breakfast tent will open at 8:45am. Runners are asked to wear their bibs so we can identify them and they will be served by volunteers.

Food on Site:

Bagels

Cookies

Jonnies Sticky Buns

Yogurt Parfaits

Fruit

Chocolate Milk

Coffee/Water/ Juices/Gatorade

Sorry – breakfast is for runners and volunteers only

WEARING YOUR BIB

How NOT to wear your bib!!!



NO!

NOT ON YOUR LEG



NO!

NOT UNDER YOUR JACKET



NO!

NOT ON YOUR BACK

How to properly wear your bib!



ON YOUR CHEST. PINNED OVER TOP OF YOUR JACKET OR SHIRT

Not wearing your bib properly can result in improper timing results or no results at all

CHIP TIMING INFO

Runners are being timed with a “timing chip” that is built into the back of their race bib. Please do not rip off this off.

THERE IS NO CHIP TO ATTACH TO YOUR SHOE.

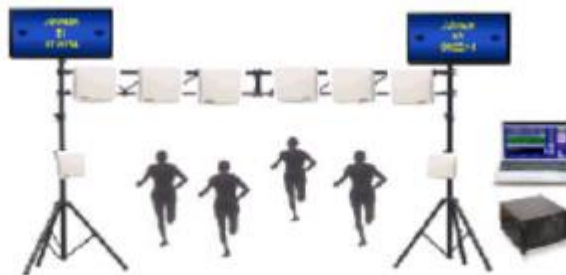


There are no timing mats on the ground for the start or the finish.

On the back of your bib is a timing chip

Chip Timing Starts: when the runner crosses the set of satellite receptors at the start at the start line.

Chip Timing Finishes: when the runner crosses the finish line and the chip is then deactivated by the satellite receptors.



RACE RESULTS – SUPPORTED BY

Race Results are being tracked by Jaguar Timing Services

Website: <http://www.swampdonkeyar.com/swamp-donkey-race-timing>



Results will be posted inside the CMU gym approximately 25 minutes after you completed the race.

Results will also be posted on this site within 24 hours of the race be completed

1. <http://wfpshalfmarathon.com/race-results/>

COURSE INFORMATION

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
- One start, no waves or staggered start
- Must be finished by 12 pm
- certified with **Athletics Canada**

10K RACE: Starts at 8:30am

- Full start, no waves or staggered start
- Must be finished by 12 pm
- certified with **Athletics Canada**

5K RACE & FAMILY 5K: Starts at 8:35am

- Anyone pushing a stroller must start in the very back to prevent any congestion or delays.
- NOT CERTIFIED
- Full start, no waves or staggered start
- Must be finished by 12 pm



RACE COURSE 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 seven aid stations.

Once again, the Gorilla Jack GU Gel Station will be in place at 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.



FREQUENTLY ASKED QUESTIONS

Is the course certified?

Yes, both the Half Marathon and 10k courses are certified with **Athletics Canada**

Will there be marathon photos?

Yes. MarathonPhotos.com will be on site taking photos. Remember to smile! ☺ They will be at various locations throughout the race! Please visit our website after the event for a link to the pictures.

Can I run/walk with my child in a stroller?

Strollers will ONLY BE PERMITTED ON THE 5KM COURSE, IN THE LAST STARTING CORRAL.

Can I run with my dog?

Sorry, we love dogs but we cannot allow dogs on the course due to the dangers it presents to other runners.

How long is the course open?

The Half Marathon has a course time limit of 4 hours. After that point, runners will kindly be asked to exit to the nearest side walk and obey all rules of the road as they pertain.

Are there pace bunnies?

Yes! We will be having pace bunnies to help you reach your goal! Look for the Volunteers wearing the pink rabbit ears! 1:30, 1:35, 1:40, 1:45, 1:50, 2:00, 2:10, 2:15, 2:30, 2:45, and 3:00

Are the participants allowed to wear headphones?

Yes. We kindly ask though that you are aware of your surroundings and following instructions of the course marshals at all times.

Where can I find extra safety pins for my bib?

Those are located at the bag check area.

I forgot my bib?

Sorry, we can't assist you. **BIBS MUST BE PICKED UP PRIOR TO RACE DAY.**

WELCOME TO THE WFPS RACE STORE

All of these items will be available for purchase at the two-day kit pick up and on Race Day in the Bag Check Area. **We accept cash, debit and credit card.**



WFPS Unisex Hoodie @ \$50

Available in Small, Medium, Large and X-Large



WFPS Fleece Fall Jacket @ \$70

Available in Men's and Women's Cuts
SML - XL



WFPS Official Event Jackets @ \$65

Available in Men's and Women's Cuts.
Three Colours: Red, Blue and Grey
SML- XL (XSML Women's Only)

WELCOME TO THE WFPS RACE STORE

All of these items will be available for purchase at the two-day kit pick up and on Race Day in the Bag Check Area. **We accept cash, debit and credit card.**



New Balance™ Men's and Women's Singlet @ \$20

Available in Men's and Women's Cuts.

Colours: White, Black, Blue and Grey

***Note: Women's Style is Racerback*



Men's & Women's distressed WFPS Logo T-Shirts @ \$20

Men's T-Shirt available in Navy and Denim Blue (SML – XL)

Women's T-Shirt available in Navy, Heather Grey and Purple(XS – XL)

WELCOME TO THE WFPS RACE STORE

All of these items will be available for purchase at the two-day kit pick up and on Race Day in the Bag Check Area. **We accept cash, debit and credit card.**



WFPS Mitts \$15



WFPS Water Bottles
@ \$10 each
Available in blue,
red or black



WFPS Fleece Scarf @ \$5



**WFPS "trucker"
Hat @ \$5 each**



WFPS Maple Leaf Nike™ Tech Hats @ \$30 each



WFPS Toques @ \$15



WFPS Maple Leaf Hoodie
Rag @ \$20 each*
*winter fleece lined
version available too

RUNNER RACE DAYCHECK LIST

- ☐ Ear phones
- ☐ Band aids/nipple guards
- ☐ Sweat pants
- ☐ Hoodie/windbreaker
- ☐ Gloves
- ☐ Tights
- ☐ Long sleeve shirt
- ☐ Power gels
- ☐ Water bottle
- ☐ Lip balm
- ☐ Sunscreen
- ☐ Hat/hair band/sweatband
- ☐ Chosen shirt
- ☐ Extra shirt
- ☐ Bib with built in chip
- ☐ Pins/bib holder
- ☐ Chosen shorts
- ☐ Socks
- ☐ Extra pair of socks
- ☐ Shoes
- ☐ GPS/Garmin/Nike+/HR Monitor
- ☐ iPod



Don't forget your bib! You can't pick it up
Race Day!

THANK YOU TO OUR SPONSORS AND SUPPORTERS!



BIB TRANSFER FORM

REGISTRATION FORM

☐ Half Marathon ☐ 10k ☐ 5k ☐ 5k Family Discount

Name: _____

Sex: ☐ M ☐ F Age on race day: _____

Address: _____

City: _____ Prov: _____ Postal Code: _____

PH (H): _____ (C): _____

D.O.B (yy/mm/dd): _____

Shirt: Male ☐ S ☐ M ☐ L ☐ XL ☐ XXL Female: ☐ XS ☐ S ☐ M ☐ L ☐ XL

Email Address: _____

(Use for Family Rate only)

Name: _____

Sex: ☐ M ☐ F Age on race day: _____

Address: _____

City: _____ Prov: _____ Postal Code: _____

PH (H): _____ (C): _____

D.O.B (yy/mm/dd): _____

Shirt: Male ☐ S ☐ M ☐ L ☐ XL ☐ XXL Female: ☐ XS ☐ S ☐ M ☐ L ☐ XL

Email Address: _____

Name: _____

D.O.B (yy/mm/dd): _____

Shirt Size: ☐ S ☐ M ☐ L ☐ XL

Name: _____

D.O.B (yy/mm/dd): _____

Shirt Size: ☐ S ☐ M ☐ L ☐ XL

Name: _____

D.O.B (yy/mm/dd): _____

Shirt Size: ☐ S ☐ M ☐ L ☐ XL

Cash or cheque accepted for all in-store registrations at all three Running Room locations in Winnipeg.

Cheques payable to: WFPS RUN

I know that participating in physical fitness events is a potentially hazardous activity. I agree not to participate unless I am medically able and properly prepared. I should not participate without my physician's approval. I agree to abide by any decision of an event official concerning my ability to safely participate. I assume any and all risks associated with the WFPS Half Marathon and all events associated; including but not limited to, falls, contact with other persons or objects, the effects of weather, traffic and course conditions. As a condition of my entering this event, I, for myself, any accompanying minors, and anyone entitled to act on my behalf, waive and release Running Room Sports Inc., any associated or related entities, their directors, officers, employees, agents, representatives, sponsors, volunteers, and organizers (herein collectively called "Event Organizers"), from present and future claims and all liabilities of any kind known or unknown, arising out of my participation in this event or related activities, even though such claim or liability may arise out of negligence or fault on the part of the Event Organizers. I agree that the Event Organizers shall not be liable for any personal injury, death or property loss, and I release the Event Organizers and waive all claims with respect thereto. In the event my registration fees are paid, I agree to be bound by the provisions of this waiver. I grant permission to Event Organizers to use or authorize others to use any photographs, motion pictures, or any other record of my participation in this event or related activities without remuneration. Applications for minors shall be accepted only with a parent's signature and should be signed by the minor. I have read this Waiver, I understand and accept its terms. Running Room Canada Inc. is committed to respecting the personal privacy of our customers. All personal information held or collected by Running Room Canada Inc., is protected. If you have any questions about the protection of your personal information, please contact us at: mailprivacy@runningroom.com or by postal mail to Running Room Canada Inc., 9750—47 Avenue Edmonton, Alberta, Canada, T6E 5P3. To view our privacy policy visit web site: www.runningroom.com

Signature: _____

(Parent/Guardian Signature if Entrant under 18)

Date: _____

**** Please note the person BUYING the bib has to fill out a new registration form ****

Name of person selling bib:

Name of person buying bib:

Signature of Seller:

Please fill this form out in its entirety along with the \$20 transfer fee

Bib transfer will ONLY be done during KIT PICK UP DAYS

CONTACT:

WFPS MARATHON RACE DIRECTOR: JONATHAN TORCHIA

PHONE: 204-294-6737 or 204-510-2706

EMAIL: DIRECTOR@WFPSHALFMARATHON.COM

WEB: WWW.WFPSHALFMARATHON.COM



EVENT SITE MAP



OCTOBER 19, 2014

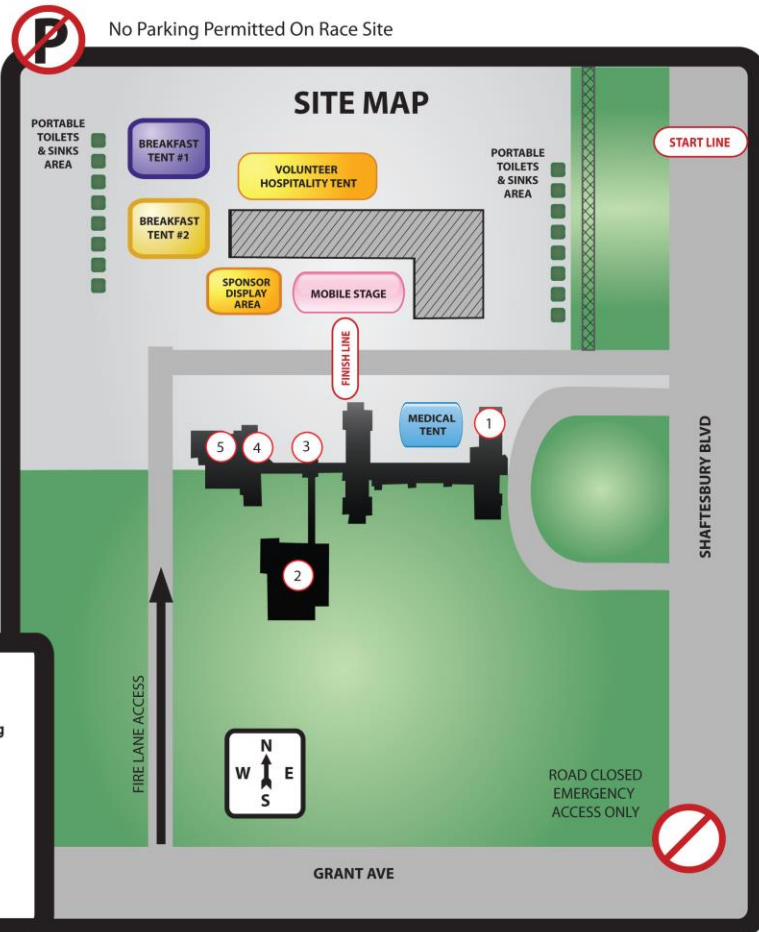
Run of show

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 – 8:35am
 Awards show – 10:30am
 Course Closes at – 12:00pm

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

LEGEND

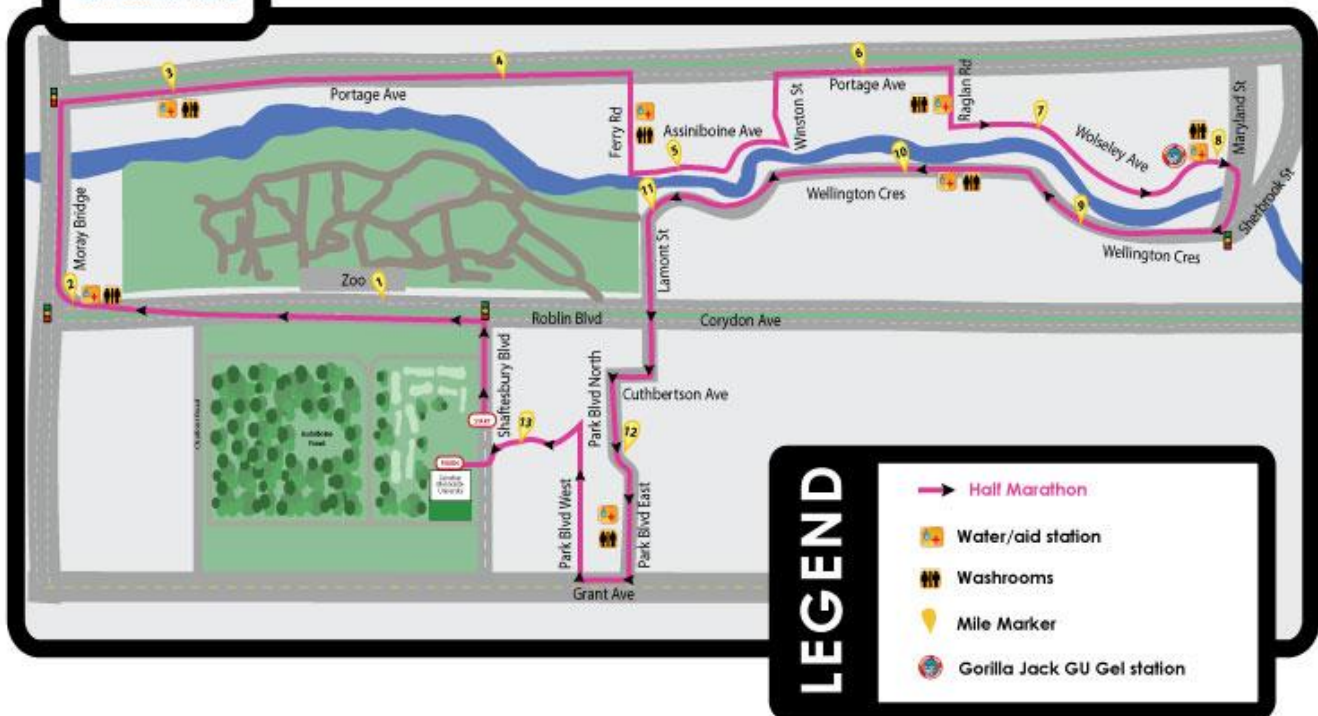
- 1 Auditorium - Award Ceremony Area 10:30am
- 2 Loewen Gym - MGEU Courtesy Bag Check Area
- 3 Main Public Access Entrance to University
- 4 Massage Area
- 5 Kramp Chiropractic Medical/First Aid Area



HALF MARATHON MAP



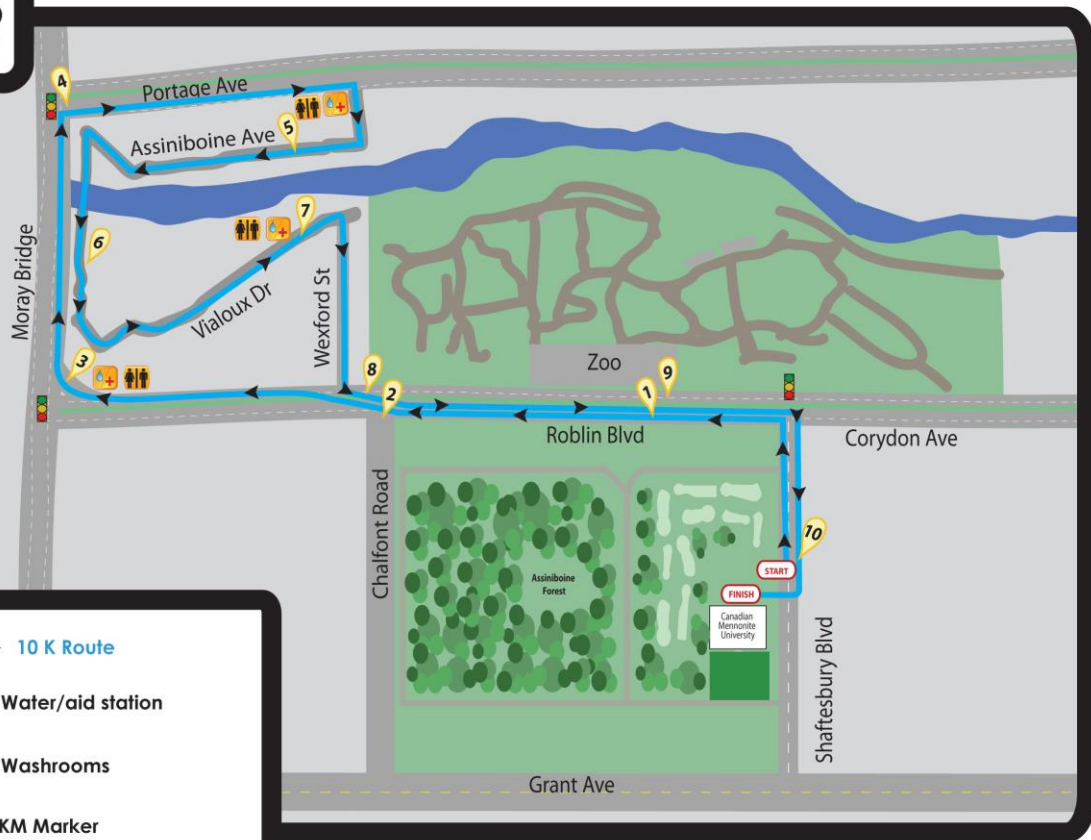
Half Marathon Course Sunday, October 19th - 8:00am



10K MAP



10 K Run Course Sunday, October 19th - 8:30am



LEGEND

- 10 K Route
- Water/aid station
- Washrooms
- KM Marker

5K MAP



**DON'T FORGET TO SAVE
THE DATE FOR 2015!**

**SUNDAY, OCTOBER 18,
2015**