



Participant Guidebook 2017

WFPSRUN

HALF MARATHON | 10K | 5K

In support of:



wfpsrun



@wfpsrun



@wfpsrun

READY TO RUN!

WFPS RUN

HALF MARATHON | 10K | 5K

Dear Participant,

On behalf of the WFPS Race Committee, I'd like to personally thank you for participating in the Sixth Annual Winnipeg Fire Paramedic Service Half Marathon, 10k, 5k.

Last year, you helped raise almost \$75,000 for the Heart and Stroke Foundation, whose mission is to raise awareness and funds to support heart and stroke research and programming. In 5 years we have donated \$250,000! Thank you! We look forward to having you join us on Sunday, October 15th for what promises to be another awesome day in support of a great cause!

Year Six Highlights:

iPhone App – The best place to get all the Race info! Go to the Apple App Store and download the WFPS RUN 2017 app to see all the cool race features at your fingertips. Live tracking and instant results! 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

Pre-Race Shake Out Run – join myself, members of the WFPS Race Committee and Ambassador team on Saturday, October 14th 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, Gravity Lingerie, Saikel, Cranked Energy Bars and much more!

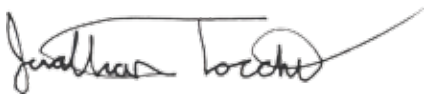
NEW! Runner Pre-Race Warm Up Area – we know that you want to keep warm before your race and we know it is getting tight inside the CMU building every year! This year we've opened up our second Food Tent pre-race for you to hang out in! Drop off your bag in bag check then head outside to hang out in comfort!

NEW! Post- Race Recovery Camp – Powered by Chocolate Milk – our friends at chocolate milk want to top off your "best race ever" experience with some recovery stretching, cold chocolate milk and great tunes. Visit them after your run – they are located beside the food 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. 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. Please note that 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

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 – 11:00 am
Course Closes at - 12:00pm

THANK YOU TO OUR SPONSORS



2017 RACE COMMITTEE

A big thank you to our 2017 Race Committee, without their dedication and hard work we wouldn't have made it to year six!

Jonathan Torchia
Founder & Race Director

Cathie Coughlin
Sponsorship

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

Kris Lough
Course Marshal Coordinator

Michael Kuhn
Race Course Logistics Coordinator

Joseph Torchia
Race Course Logistics Coordinator

Brad White
Race Course Logistics Coordinator

Robyn Penner
Kit Pick Up and Expo
Coordinator

Brad Pfleger
Start/Finish Line Logistics
Coordinator

Peter Robbie
Start/Finish Line Logistics
Coordinator

Kate Hall Hursh
Volunteer Co- Coordinator

Ainsley Rice
Volunteer Co- Coordinator

Danny Kustra
Water Stand Coordinator

Quinn Anderson
Water Stand Coordinator

Dan Michalchuk
Race Food Coordinator

Darrell Saria
Ambassador Program
Coordinator

Coral Wiebe
Course Entertainment
Coordinator & E-Newsletter
Contributor

Al Wingfield
Medical Logistics
Coordinator

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www.wfpshalfmarathon.com

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Download our ^{free} iPhone App!

Race to the App Store to download **WFPS Run 2017**



- 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 12:00am. 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. ABSOLUTELY 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.



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, 2017. Runner MUST submit all their collected pledges BEFORE October 31, 2017 in order to qualify for this offer.

****Qualifying Fundraising Levels:**

Half Marathon: \$250

10k: \$175

5k: \$150

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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 13, 2017

Kit Pick Up - featuring our new faster Active Onsite check in process. 9am – 7pm

WFPS Run Merchandise – on sale from 9am -7pm

Heart and Stroke Pledge Drop Off. 9am – 7pm

Race Expo Featuring:

- lululemon – Will be hosting our complimentary bib customization table, cheer sign making station and goal wall.
- City Park Runners - For all your race day nutrition and last minute gear, look no further!
- Cranked Energy - Will be handing out tasty samples.
- Saikel – Try out the Saikel experience on one of their demo bikes!
- Physiotherapy Works! - Any last-minute stretches and pre-race advice...come on over and say hi!
- Gravity Lingerie – Check out the very best in women's sports bras.
- Chris's Medal Racks – will be back again selling those highly sought after medal racks!

Complimentary Rotating Food Table

- 11:00am – 1:00pm: Myers Deli - will be serving bite sized sandwiches
- 5:00pm – 6:30pm: Carbone Pizza - will be serving slices of pizza
- DeLuca's Coffee Cart 3-7pm - Enjoy complimentary espresso drinks

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

Saturday, October 14, 2017

Kit Pick Up – featuring our new faster Active Onsite check in process. 9am – 5pm

WFPS Run Merchandise – on sale from 9am -5pm

Heart and Stroke Pledge Drop Off – 9am – 5pm

Race Expo Featuring:

- lululemon – Will be hosting our complimentary bib customization table, cheer sign making station and goal wall.
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- Cranked Energy - Will be handing out tasty samples.
- Saikel – Try out the Saikel experience on one of their demo bikes!
- Physiotherapy Works! - Any last-minute stretches or pre-race advice...come on over and say hi!
- Gravity Lingerie – Check out the very best in women's sports bras. From European labels such as Prima Donna, Chantelle and Panache. Sizes A - H
- Chris's Medal Racks – will be back again selling those highly sought after medal racks!

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. 500 Shaftesbury Blvd.

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!

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SCHEDULE OF RACE DAY EVENTS

Sunday, October 15, 2017 -- Race Day!

Bag Check – Presented by



Norwood
Chiropractic Centre

Open at 6:30am

Shirt Exchange Area – Open at 6:30am – Runners can exchange shirts if an alternative size is available.

WFPS Run Merchandise – on sale from 6:30am -1pm

Pre-Race Runner Warm Up Tent – Open at 6:30am – 8:30am – After dropping off your bag head outside to our heated runner's tent. Located inside Food Tent #2.

Half Marathon Starts at 8am

10k Starts at 8:30am

5k Starts at 8:45am

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.

RACE RESULTS

Race Results are being tracked by Sports Stats West.

Instant results can be found on our WFPS RUN Mobile app, or online at the following links:

Half Marathon Race Results

10k Race Results

5k Run 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
- 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

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.



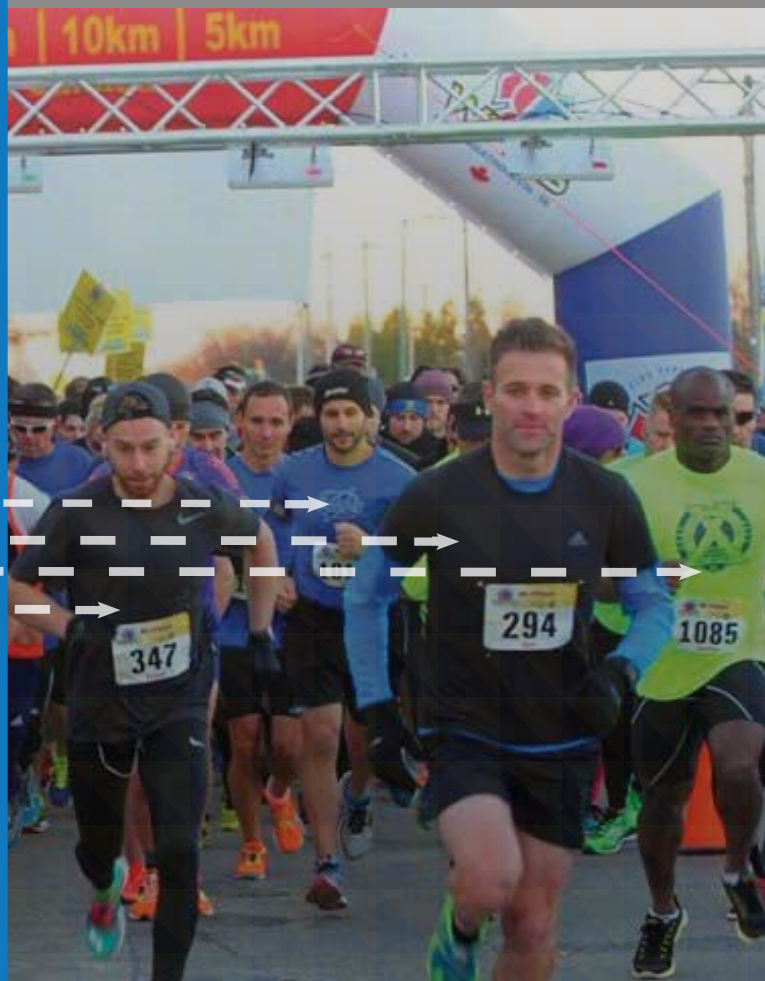
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SPORT*STATS* WEST

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!



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MEET YOUR RUN HAPPY PACE TEAM

1:30	Cory Smith	2:05	Daina Funk
1:35	Rebecca Cunnane	2:10	Kathryn Gompf
1:40	Thane Smith	2:15	Michael Bennett
1:45	Kris Joy	2:30	Catherine Moltzan
1:50	Shelan Ennis	2:45	Scott Sugimoto
1:55	Dennis Cunningham	3:00	Tracy Stempnick
2:00	Paul Brault	3:30 - Finish	Andrea Richardson-Lipon
2:00	Steve Lambert		



THANK YOU

2017 WFPS RUN AMBASSADORS

A big thank you to the 2017 WFPS Run Ambassadors.

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

Back Row – Chris Dick, Renée Desjardins, Kelly Sommerfield, Teresa Danyluk, Eddie Marion-Gerula, Chris Lemke
Front Row – Junel Malapad, Carolyn Muir, Sam Squire, Cheryl Stewart, Karly Tardiff, Ryan Awang, Lorraine Manson



POST-RACE

POST RACE RECOVERY AREA

Runner Recovery Area – Open 9am - Noon

Runner Massage – provided by



open from 9am – Noon

Runner Physiotherapy – provided by



open from 9am – Noon

Runner Chiropractic – provided by



Norwood
Chiropractic Centre

open from 9am – Noon

Runner Awards – 11am in the CMU Auditorium. Look for the signs inside the building! We will present top three finishers in the Half Marathon, 10km and 5km for Male and Female

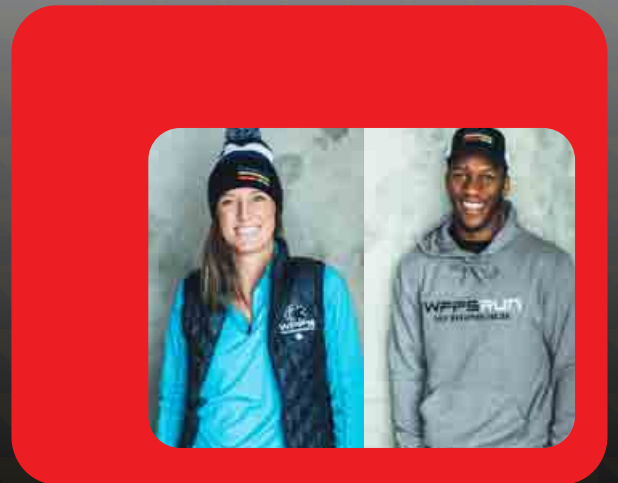
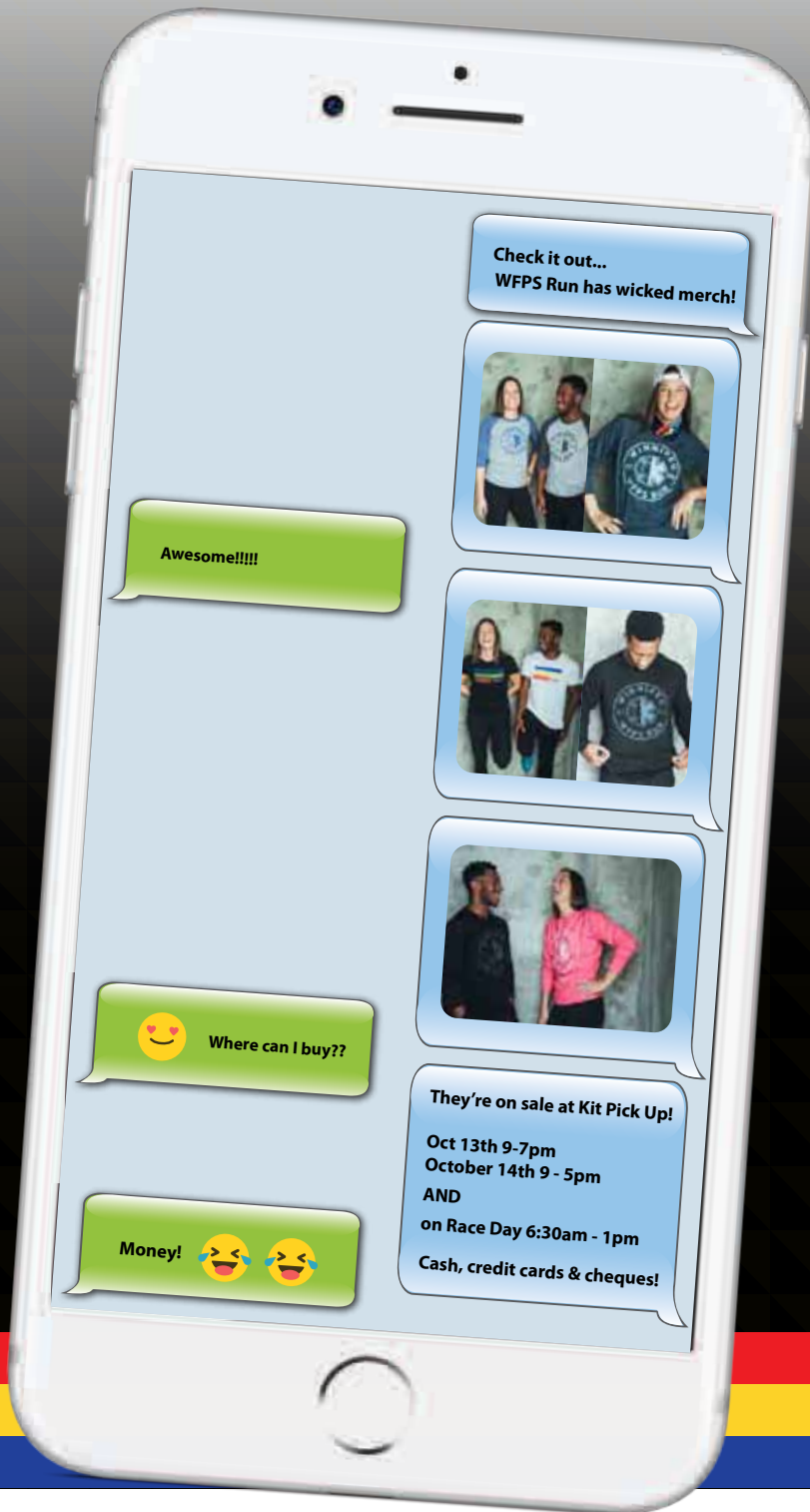
We will be mailing age awards post event for...

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

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Stay in the loop...and in style!



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2017 SITE MAP

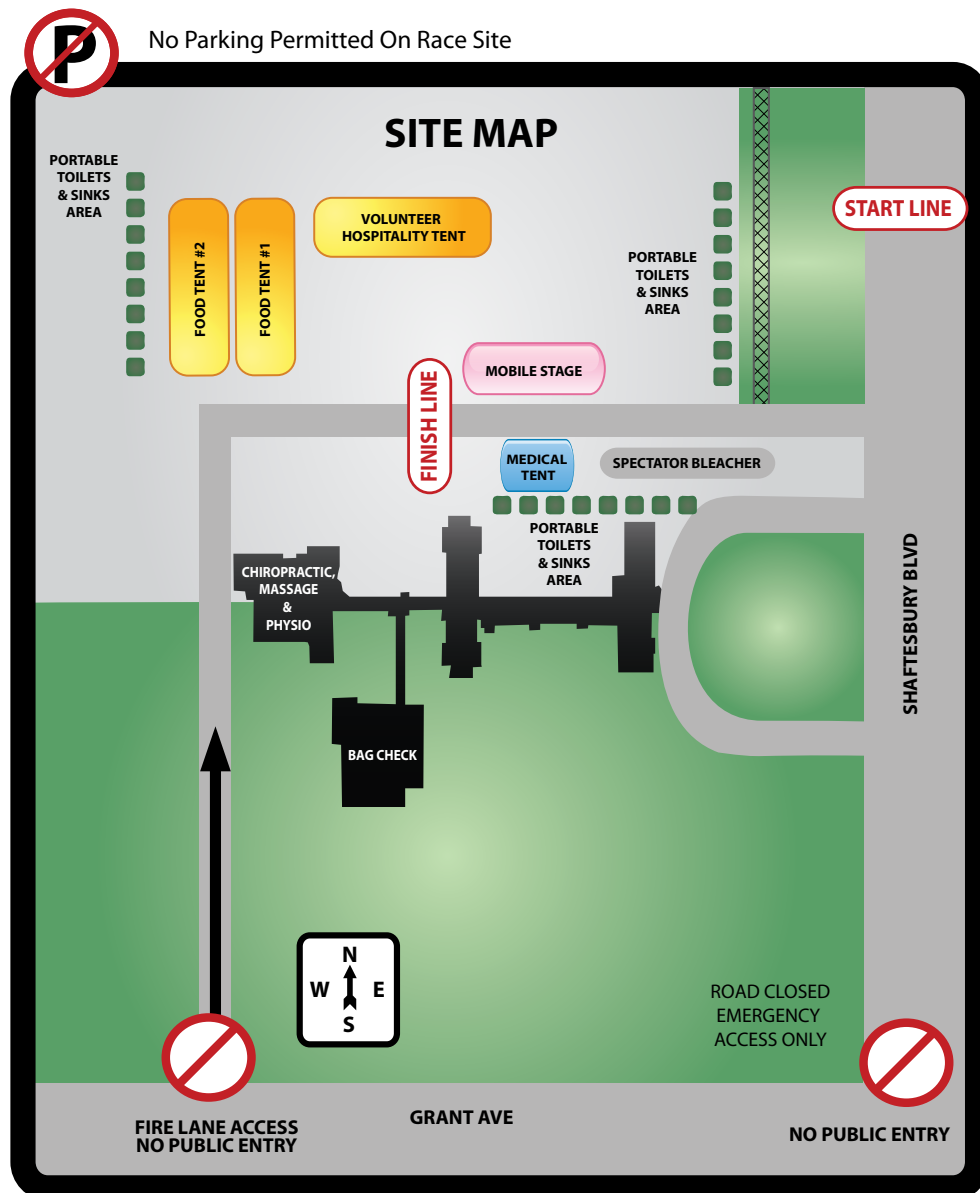


OCTOBER 15, 2017

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 – 11:00am
Course Closes at – 12:00pm

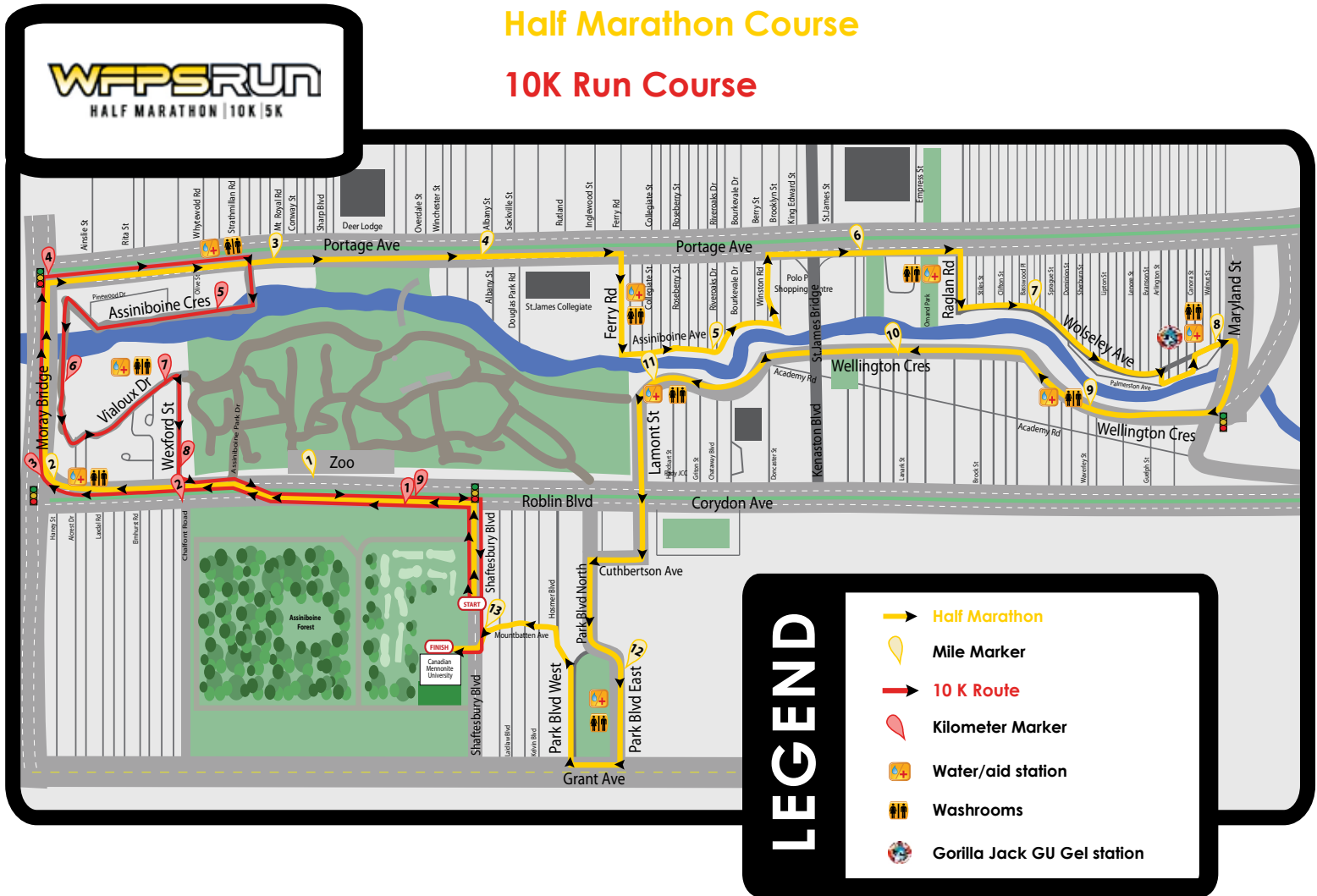
Location: Canadian Mennonite University,
500 Shaftesbury Blvd
(NORTH CAMPUS)



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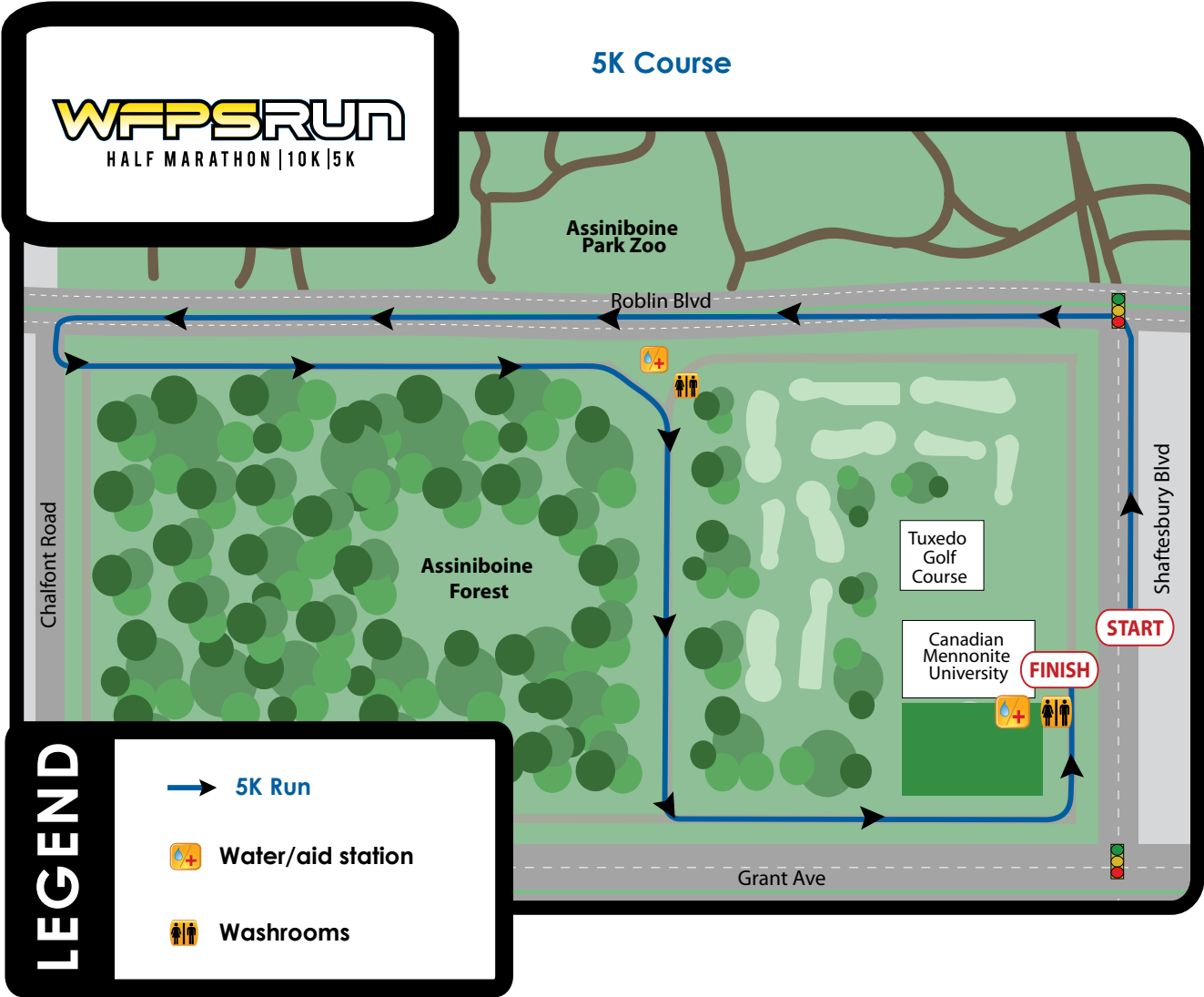
HALF MARATHON & 10K COURSE MAP



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2017 5K COURSE MAP



**Next year's race:
Sunday, October 14, 2018**



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