



2016

Participant Guide Book

HALF MARATHON, 10K, 5K



5 YEARS RUNNING

www.wfpshalfmarathon.com

In support of:



HEART &
STROKE
FOUNDATION



wfpstrun



@wfpstrun



@wfpstrun

READY TO RUN!



Dear Participant,

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

Can you believe it has been five years? We can't! We 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 \$47,000 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 and other causes that affect families in our community.

We look forward to having you join us on Sunday, October 16th for what promises to be an awesome day in support of a great cause! At the end of the day, SMILE AND HAVE FUN!

We are excited to announce new 5th Anniversary features:

Pre-Race Shake Out Run – join myself and members of the WFPS Race Committee on Saturday, October 15th at 9:30am for a pre race shake out run to get you pumped for the big day! 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! Rumour has it there will be treats and refreshments post run!

Participant Guidebook – it's back and better! This time we have all our supporters offers inside! Check it out online at wfpshalfmarathon.com

iPhone App – Yes! We decided to try an app. Go to the Apple App Store and download the WFPS RUN 2016 app to see all the cool race features at your fingertips.

New Event Timing – Provided by Sport Stats West – featuring...Live/instant results, Facebook/Twitter updates and customized printable online certificates

Special 5th Year Runner Extras – we can't tell you too much but we have lots of 5th year extras for our runners

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 – 8:35am
Award's show – 11:00 am
Course Closes at – 12:00pm

5 YEAR CLUB

Bruce Allenby
Ed Amman
Phil Anciro
David Anderson
Kim Bartlett
Elaine Beaudoin
Allison Bell
Janalee Bell-Boychuk
Lynne Berg
Melanie Bernadsky
Lisa Betke
Israel Binnun
Derek Bishop
Diana Mae Boychuk
Paul Brault
Scott Braun
Wilf Breyfogle
Cheryl Briggs
Gerry Briggs
Kaitlin Briggs
Sarah Briggs
Lance Brown
Christine Brown
Michael Bruenig
Grace Brykaliuk
Lance Burdett
Tara Caillier
Mike Campbell
Tricia Chestnut
Rob Clarke
Stephanie Collins
Paulette Collins
Fernie Conrad
Teresa Convery
Mike Cook
Lia Crabbe
Valerie Craig
Dennis Cunningham
Norie Cunningham
Chris Dick
Nancy Dodd
Trevor Doerksen
Marla Donolovitch
Louise Duncan
Rachelle Dunlop
Kim Duquette
Anne-Marie Dureault
Gary Dyck
Brenda Dyck
Adam Edson
Thomas Elskamp
Christine Epp
Tima Faria

Shannon Fijal
Drew Fontaine
Laura Forrest
Darlene Foster
Sarah Fotti
Waldo Friesen
Donna Friesen
Al Garlinski
Radny Geonanga
Ronald George
Tracie Goertzen
Sandi Goertzen
Lisa Goertzen
Cathy Gravelines
Lindsey Green
John Grivell
Kim Halikas
Stephany Halikas
Arthur Harris
Chris Harrison
Marion Hart
Darryl Hartle
Kristine Hayward
Kristy Herie
Diana Heywood
Gwen Hoare
Colleen Hogue
Kerrie Holm
Christine Houde
Dana Houston-Bishop
Will Huggard
Danielle Jobb
Meaghen Jones
Lori Klimczak
Jen Kreitz
Paula Kreitz
Margaret Kubas
Kevin Laliberte
Rick Lecuyer
Nichole Lees
Penny LeSage
Diane L'Heureux
Lisa Liske
Susan Loeppky
Jerri-Lee MacKay
Lisa Mackedenski

Christine MacMaster
Joan Marks
Geoff Martin
Ryan Masserey
Angele Matyi
Jennifer Mayor
Jennifer Mcbeth
Marco McDonald
Serena McDonald
Bryan McIntosh
Kim McKeever
Jonathan McLaren
Bryanne McLaughlin
Allen McLeod
Anita Miller
Maureen Morrice
Sara Morrison
Carolyn Muir
Shawna Musto
Trevor Myshrall
Amanda Nash
Sam Neis
Adolf Neufeld
Jacqueline Neumann
Alan Neumann
Dawn Niziol
Cindy Niziol
Cathy Ogonoski
Kathy Ollson
Chris Orbanski
Frank Paikin
Jacqueline Paquette
Cindy Parker-Rentz
Cam Parliament
Lori Pisclevich
Eran Plotnik
Annette Pratt
Andrew Pulo
Devon Quinn
Don Raymer
Gayle Reagh
Cailin Rehill
Kim Romano Lee
Wayne Roseberry

Kris Rosolowich
Anne Russell
James Samanta
Darrell Saria
Krista Semenchuk
Debra Shafransky
Shauna Shepit
Dawn Sherby
Dama Slutchuk
Ed Smadella
Beverley Smadella
Thane Smith
Bonnie Snow
Bob Steinberg
Tracy Stempnick
Brenda Still
Kristine Stirling-Carino
Tara Stokotelny
Linda Stupack
Victoria Sweatman
Wendie Swirski
Ava Thompson
Sandy Tolman
Maria Torchia
Agostino Torchia
Melissa Towle
Ashley Towle
Bogdan Uminski
Nathalie Veillette
Leanne Vervaeat
Jeff Vince
Jennifer Warkentin
Roxane Watson
Tracy Waugh-Smith
Don Webb
Christy Weitzel
Dwayne Wheeler
Randy Wieb
Sheila Wiebe
Chris Wiebe
Coral Wiebe
Tracey Wieringa
David Williams
R.Scott Williams
Vicky Wilson
Alan Woo
Marilyn Wright
Helen Yaworski
Elsie Yip
William R Younger
Walter Yuen
Kim Zacharias
James Zacharias



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COMMITTEE MUG SHOTS

Jessica C

Event Logistics & Finance
High Five (years and running)!



5 Years Served

Billy D

Course Marshalls/Logistics
I Fall for the last race of the year!



5 Years Served

Larissa F

Course Marshall Captain
I heart the WFPS run!



4 Years Served

Quinn A

Water Stand Coordinator
Quinncing your thirst!



3 Years Served

Mike K

Course Logistics
Watching Jonathan run is fun!



5 Years Served

Danny K

Water Stand Coordinator
Loves the energy of this race!



5 Years Served

Kris L

Course Logistics
Ready to run!



2 Years Served

Katie H

Volunteer Co-Coordinator
Energy, Joy and Fun all in one!



3 Years Served

Alix M

Kit Prep/Pick Up & Site
Smiles for 13 miles!



2 Years Served

Dan M

Food Coordinator
On fire when he's organizing!



5 Years Served

Mike O

Logistics Coordinator
Rose to the challenge this year!



3 Years Served

Robyn P

Merchandise
Merch you at the finish line!



2 Years Served

Ainsley R

Volunteer Coordinator
See you on the sidelines!



3 Years Served

Peter R

Start/Finish Logistics
Tactical & Practical!



5 Years Served

Jonathan T

Race Director
Running the show! (with help)



5 Years Served

Joe T

Course Logistics
Giving you a run for your money!



2 Years Served

Kristen F

Course Logistics
Loving every minute of it!



2 Years Served

Brad W

Course Logistics
Motivated and dedicated!



5 Years Served

Brad P

Start/Finish Logistics
Puts out fires and fires up others!



1 Year Served

Al W

Medical Coordinator
Boss of boo boos & owies!



1 Year Served

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)
- 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. ABSOLUTLY NO PARKING AT THE EVENT SITE. NO PARKING ON THE PROPERTY OF ST. DEMETRIOS GREEK ORTHODOX CHURCH

Out of town guests

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.



RUNNER INFO

Runner kit pick-up

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). Bib numbers will also be available in alphabetical order to look up.

Day1: Friday, October 14th, 2016

Time: 9am – 7pm

Day 2: Saturday, October 15th, 2016

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.



Runner Expo

Friday October 14th 9:00am – 7:00pm

Saturday October 15th 9:00am – 5:00pm

WFPS Run Merchandise Store Open All Day

Visit our Supporter Expo Featuring:

- City Park Runners - For all your race day nutrition and last minute gear, look no further!
- Freshii – Will be handing out samples
- Cranked Energy - Will be handing out samples
- Physio Works - Any last minute stretches, pre race advice, come on over and say hi!
- lululemon – will be hosting our complimentary bib customization table along with a cheer sign making station.

Friday Only

4:00pm – 6:00pm – live music - Skylar Bouchard

Friday Food Stations - Absolutely complimentary - for you to enjoy as a special thank you!

- 11:00am – 1:00pm - Myers Deli will be serving bite sized sandwiches
- 2:00pm – 4:00pm - Freshii will be serving up some unique creations
- 5:00pm – 6:30pm - Carbone Pizza will be serving slices of pizza

Saturday Only

9:30am – WFPS Run Happy shake out run!

- David's Tea - Will be handing out samples
- Global News – Will have a “green screen” to take some unique photos!

Join WFPS Run Race Director, Jonathan Torchia, WFPS Run Ambassadors, WFPS RUN HAPPY Pace Team and many others for a fun little shake out run! 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!

Bib Transfers

**** ALL FINANCIAL AND MONIES TRANSFERED BETWEEN BOTH PARTIES IS ON YOUR OWN TERMS****

****BIB SELLER WILL AUTOMATICALLY BE REFUNDED THEIR REGISTRATION MINUS THE \$20 TRANSFER FEE ONCE THE BIB BUYER ACCEPTS THE BIB****

****THE PERSON BUYING THE BIB WILL REGISTER ONLINE AT THE CURRENT PRICE OF THE BIB AND REGISTER LIKE NORMAL****

****ALL TRANSACTIONS WILL APPEAR ON CREDIT CARDS AS ACTIVE.COM****

1. Log on to www.active.com
2. Top right corner click sign in (with your login you used to register)
3. Under your profile, click my events.
4. Here you will see your registration for your event.
5. Click "Transfer registration to another athlete"
6. Type in the person's email address you will be sending the registration to.
7. Follow prompts.

DOWNGRADING YOUR RUN**

To downgrade from any race you are currently registered for:

1. Log on to www.active.com
2. Top right corner click sign in (with your login you used to register)
3. Under your profile, click "My events".
4. Here you will see your registration for your event.
5. Click "Change event category"

BIB TRANSFERS CAN TAKE PLACE UP TO FRIDAY, OCTOBER 7th.

****PLEASE NOTE YOU WILL HAVE TO ACCEPT THE SHIRT SIZE OF THE ORIGINAL REGISTRANT or YOUR ORIGINAL EVENT- SHIRTS CAN BE EXCHANGED ON RACE DAY – SIZES SUBJECT TO AVAILABILITY**



RACE DAY INFORMATION

Bag check area

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

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



Physio Area

Physio 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.



FIRST AID

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.

RACE DAY INFORMATION

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.



Refunded registrations or tax receipt process

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 be mailed before December 31, 2016. Runner MUST submit all their collected pledges BEFORE October 31, 2016 in order to qualify for this offer.

**QUALIFYING LEVELS

1. Half Marathon: \$225
2. 10k: \$150
3. 5k: \$125



AWARDS

The awards presentation will take place at:

- 11:00am
- 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+

RACE DAY INFORMATION

HOW TO WEAR YOUR BIB

Pre-Race

You will pick up and verify your Bib at the designated Sports Stats Tent as a chip check on your way out of the gym.

Do not crumple your race number or damage the bib in any way; a crumpled/damaged bib will cause the timing chip not to work. Attach your race number to the front of your shirt prior to the race. It records the time it takes you to get from start to finish no matter when you cross the start line.

Race Day

You must wear the bib you were assigned and you received at the kit pick up. Ensure your Race Number is clearly visible; the timing chip on the back of the bib will not work properly if it is covered with clothing. Make sure if you are wearing "throw away" clothing prior to the event you remove it before crossing the timing mats at the start line. You must cross the timing mats at the start and finish lines to receive a finish time. We will have an official 10km split clock which will also record a time for you. No other timing method will be used to record results.

How

How to Use Bib Tag

- The timing chip is stuck to the back of the bib. The bib must be worn in order for the athlete to get a time at the 10km split, and most importantly at end of the race.
- The bib must be worn flat on your chest, below your neck and above your belly button. Do not wear the bib on your back, thigh, hat, etc.
- The bib must be worn in the correct orientation (ex.: not sideways).

*The bib must not be covered by anything (ex.: do not wear bib under a jacket, sweater, etc.).

- Do not fold or crumple the bib, as this will damage the tag and prevent it from working.
- The bib must be perpendicular to the mats and uncovered as it crosses to ensure maximum detection rates.



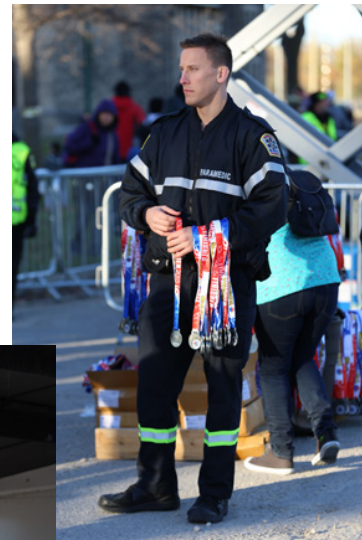
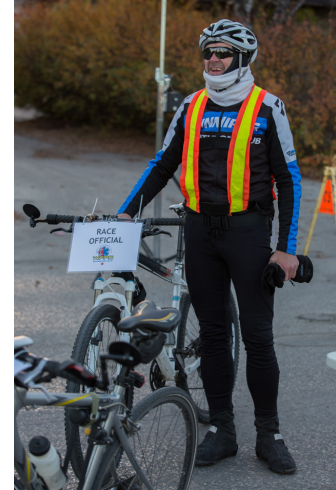
RACE DAY INFORMATION

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
Soup
Chocolate Milk
Coffee/Water/ Juices/Gatorade
Sorry – breakfast is for runners and volunteers only!



RACE RESULTS

Race results supported by:

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

10K RACE: Starts at 8:30am

- One 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
- One 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 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.



FAQ: 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 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.

RACE DAY CHECK LIST

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

Meet your Run Happy Pace Team

Meet Your WFPS Run Happy Pacers supported by



1:35 Tim Turner
1:40 Thane Smith
1:45 Martial Hebert
1:50 Rebecca Sturgess
1:55 Dennis Cunningham
2:00 Paul Brualt
2:00 Micheal Bennet
2:05 Daina Funk
2:10 Catherine Moltzan
2:15 Kelli Sinnock
2:30 Jamie Hardy
2:45 Daryl Arendt
3:00 Tracey Smith
3:30-finish Sam Neis

Come meet your Pacer Team at the Saturday, October 15th Shake Out Run!

WFPS RUN Happy Pace Team is trained to run straight through, and will NOT be running 10:1's.
We do not condone, nor promote this type of pacing



SPONSORS



CONTACT

WFPS Half Marathon Race Director: Jonathan Torchia



PHONE: 204-294-6737 EMAIL: DIRECTOR@WFPShalfmarathon.com
WEB: www.wfpshalfmarathon.com



wfpstrun



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www.wfpshalfmarathon.com

2016 SITE MAP



OCTOBER 16, 2016

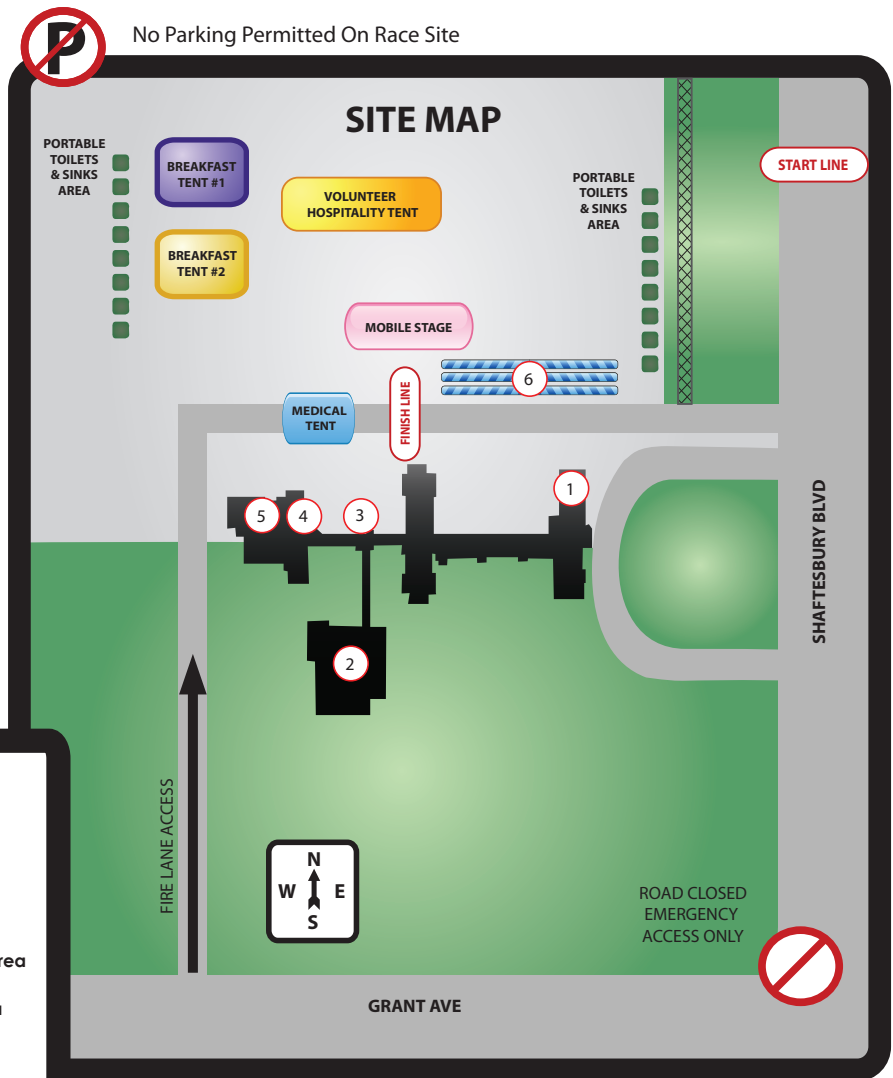
Run of show

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

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

LEGEND

- 1 Auditorium - Award Ceremony Area 11:00am
- 2 Loewen Gym - Courtesy Bag Check Area
- 3 Main Public Access Entrance to University
- 4 Massage & Kramp Chiropractic Area
- 5  Physiotherapy Area
- 6  Spectator Bleachers



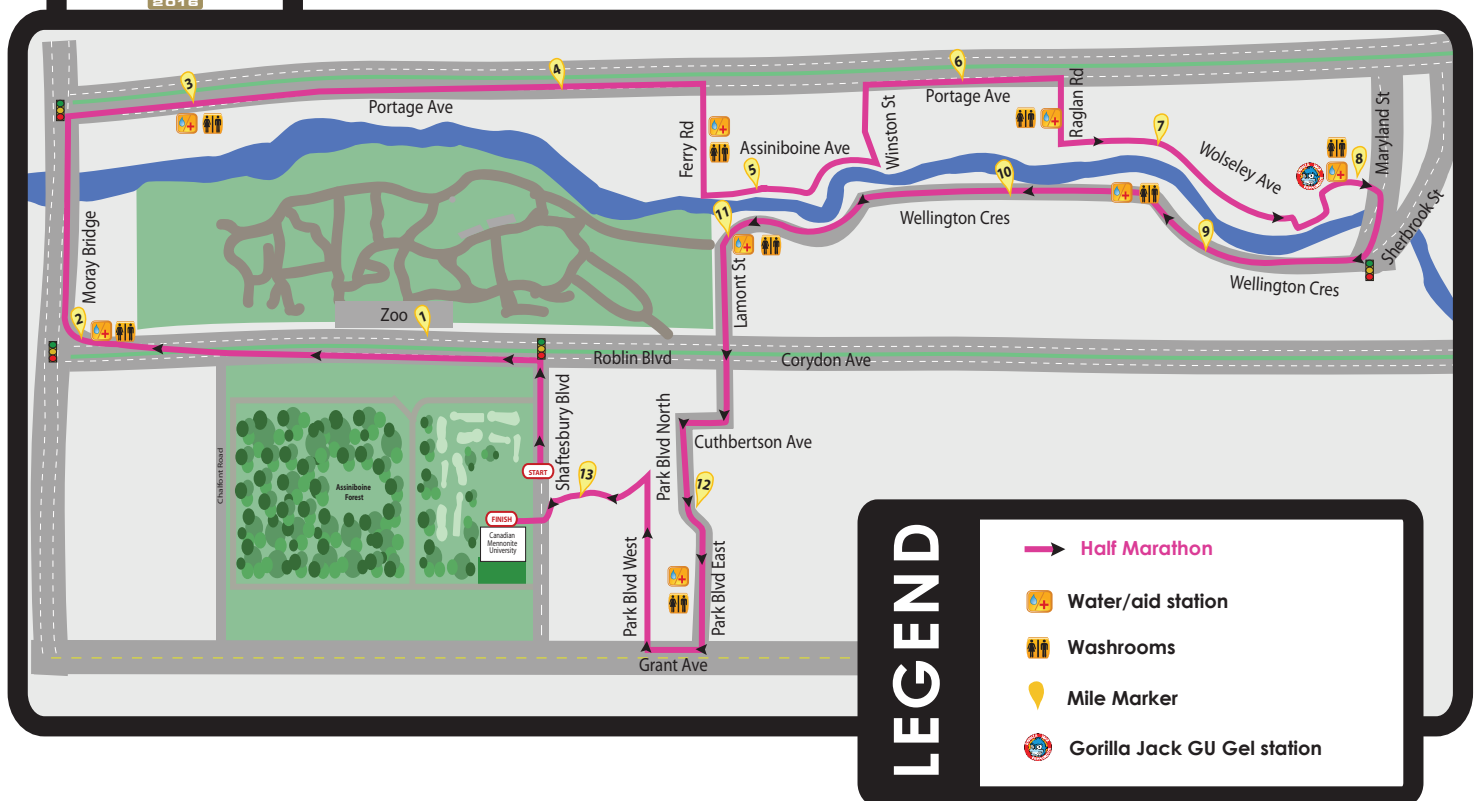
Have a
 great
 race!!!!

2016 HALF MARATHON COURSE MAP



Half Marathon Course

Sunday, October 16th - 8:00am



2016 10K COURSE MAP



10 K Run Course Sunday, October 16th - 8:30am

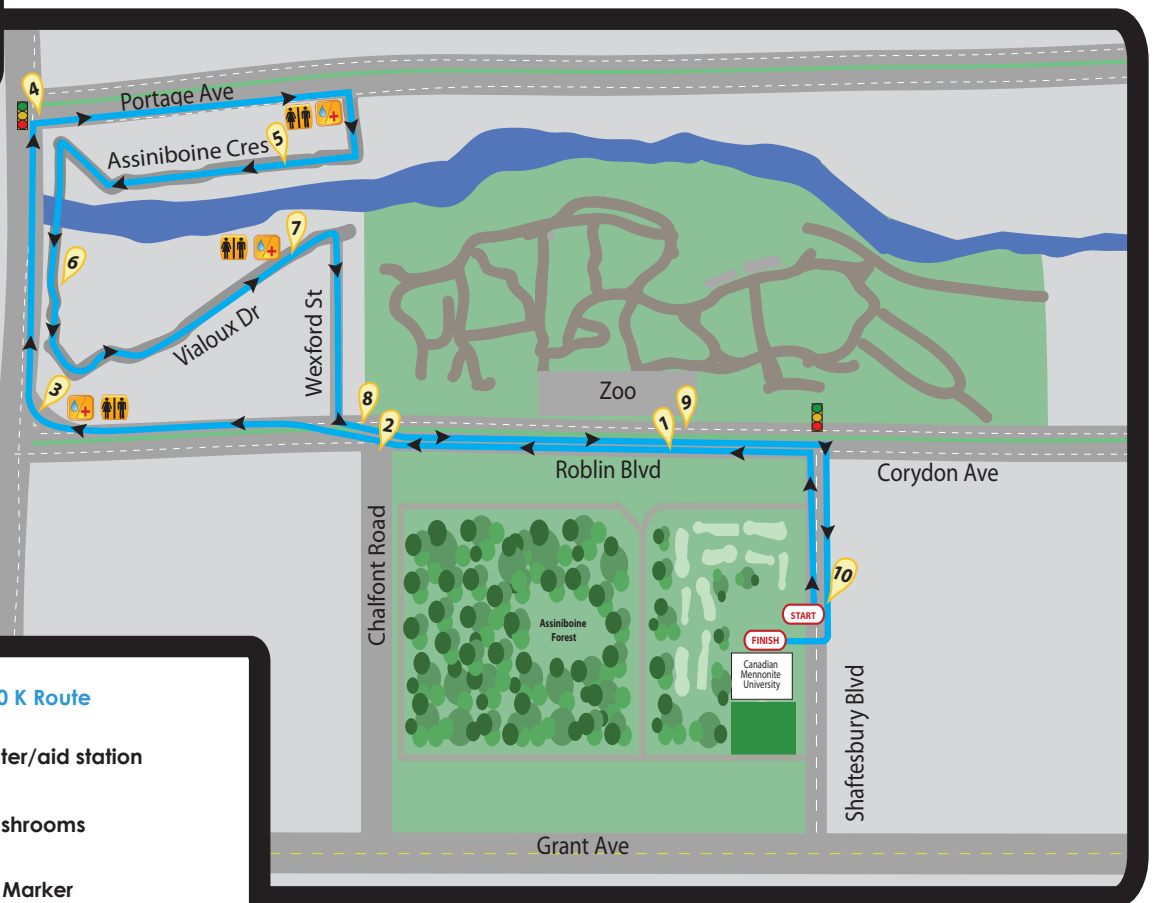
LEGEND

→ 10 K Route

Water/aid station

Washrooms

KM Marker

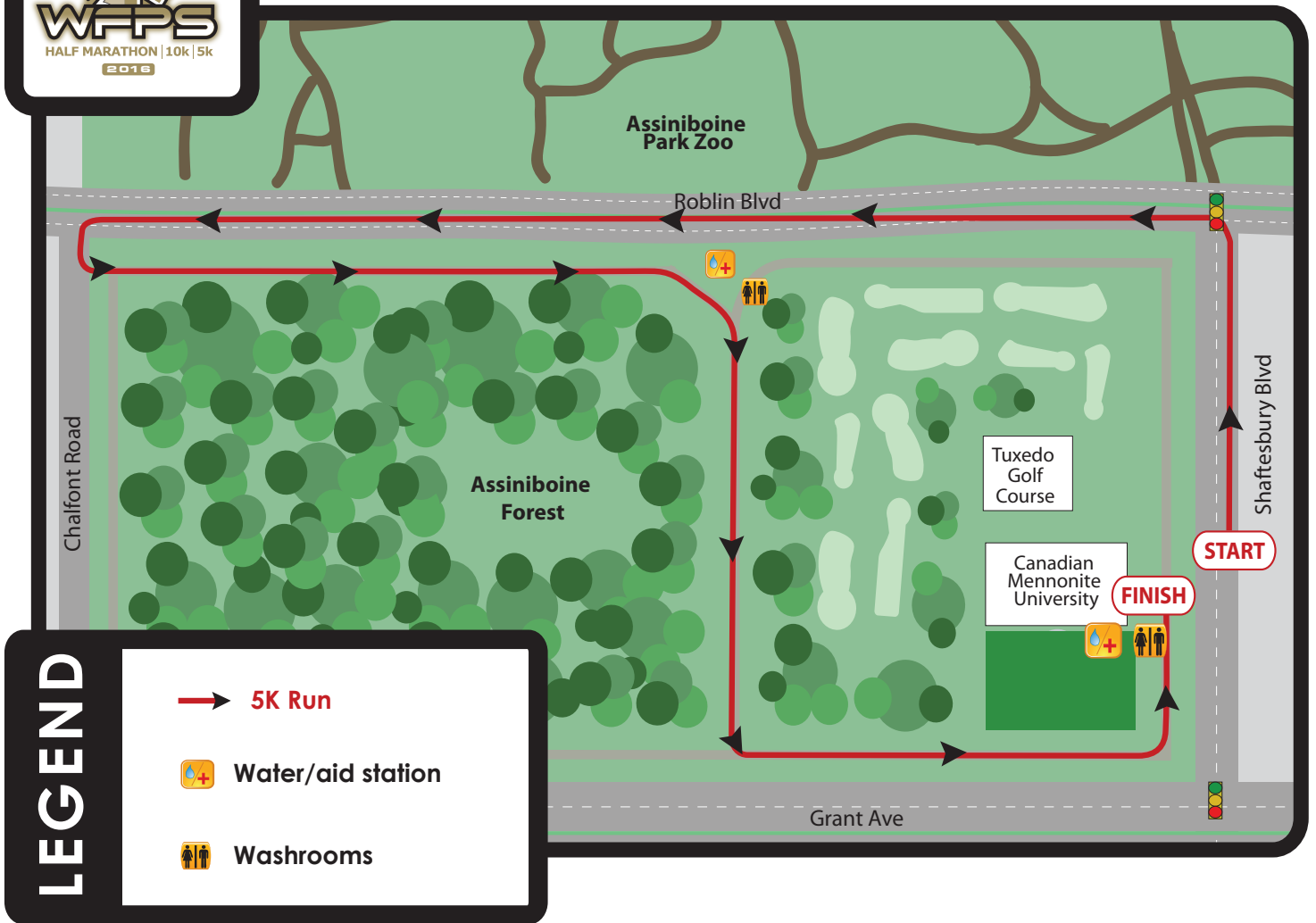


2016 5K COURSE MAP



5K Run Course

Sunday, October 16th - 8:35am





Next year's race:
Sunday, October 15, 2017