



**WELCOME TO THE 15th ANNUAL
WINNIPEG POLICE SERVICE HALF MARATHON
IN SUPPORT OF THE CANADIAN CANCER SOCIETY.**

Race Start/Location:

- Half/Relay start at 0800, 5k at 0810
- 5k has the same start/finish line as the Half Marathon and Relay
- The race start and finish line are in the green space just inside the park gates of the intersection of Wellington Crescent and Park Blvd.
- Refer to online map or large display map at race kit pick up.

Parking:

- Parking is available on all side streets North of the race site.
- There will be posted no parking on the South side of Portage from Douglas Park all the way to Woodhaven; vehicles parked in these spots **will absolutely be towed** at owner's expense.
- We also encourage parking in the Assiniboine Park Conservatory lot as well as the Zoo lot which are both just a short walk to the Start Finish area. **Please respect the reserved parking for Conservatory visitors.**
- Parking in the park (South of the River) will also save some of the delays for drivers in traffic expected to be caused by this event.

Starting Corrals:

- There will be 4 signed starting corrals, please place yourself for the start accordingly for everyone's safety and enjoyment; based on your goal finish time.

Information Booth/Volunteer Booth:

- Will be located near the main stage
- Will have information on race day events
- Lost and Found is located here

Race Updates



Facebook: WPS Half Marathon & Relay



Twitter: @wpshalfmarathon

- Will have information on race day events/updates

Dry Clothes:

- We will provide a dry clothes drop tent, please don't leave this until the last 5 minutes or you may be delayed.
- It will be located directly beside the start line.
- Please use the labels in your kit to pre-identify your bags by bib number allowing for a quick drop of your bag pre-race.

Lost and Found:

- Will be located at the Information Booth near the main stage
- Articles of clothing found along race route will **not** be brought to lost and found.

Race Course:

- Please refer to the online map at <http://www.wpshalfmarathon.ca/course.shtml> or the large display map at race kit pick up.
- Course is marked in miles.

Aid Stations:

- There is an aid station roughly every mile. You will go through a total of 12 aid stations.
- They will be stocked with water and Gatorade.

Washrooms/Handwash:

- Numerous located at Start/Finish area, 2 near each turnaround of each leg and 1 at half way point.

First Aid:

- The Winnipeg Fire Paramedic Service as well as volunteers from St Johns Ambulance will be out patrolling the course. If you have any concerns or see someone in trouble, please flag down a volunteer, a race official (grey jacket with orange sleeves), a police officer, or if it is an emergency and you have access, call 911.
- There will be medical staff at the finish line.

Relay Details:

- **Refer to separate handout for map.**
- Please note that there will be a port-a-potty in the relay exchange zone for your convenience.

Finishing:

- The finish line is in the green space just inside the park gates of the intersection of Wellington Crescent and Park Blvd.
- Once you leave the finish line area (Medals/Aid Station) no re-entry is permitted.
- **Relay teams are encouraged to finish together, so as ensuring they get their medals and finisher's gift!**

Family/Friends:

- You are welcome anywhere along the course to cheer on your runners. We will also have a bleacher area set up at the finish line to give an even better vantage point to watch as they run to the finish line.

Timing:

- There are 3 timing mats: the start mat, roughly half way mat at the relay exchange and finish line mat.
- **For Half Marathon :**
 - o Each runner will have their own chip, which is integrated into the running bibs. Runners do not need to attach timing chips to shoes, ankles etc and there is nothing to return after the run. Just ensure your bib is visible at all times during the race.
- **For Relay :**
 - o The relay runners will have a timing chip on a small strap you can carry or tuck in a pocket. There is no need to return them.

Breakfast:

- Breakfast for all runners and volunteers is provided in the Start/Finish area.
- Hot pancakes, fruit, bagels, yogurt, cookies and beverages will be provided to all race participants once you have cleared the finish area. Please pick up your food in the main food tent and move along to the adjacent large dining tent or the outdoor picnic tables to minimize congestion in the food lines.

Pancake Breakfast for Spectators:

- By donation to the Canadian Cancer Society- we are happy to feed your cheering section with food available from 8:15am to 12:30 pm. Donations gladly accepted at the entrance to the food tent.

Finisher's Shirts:

- Shirts for all participants will be provided at the kit pick up; sizes will be based on your request at time of registration.

Finisher's Gift:

- In keeping with the tradition started in the 2006, finishers will receive a surprise gift upon completion of the race!

Awards:

- The awards ceremony will start at 11:00am.
- Top 3 women and men will be presented with a prize on stage.
- Top 3 pledge collectors will be presented with an award from the Canadian Cancer Society.
- Race Results will be posted near the Information Booth/Main Stage.

Photography:

- The official race photographer will be at the kit pick up to provide details.
- There will also be photographers on course and at the finish line.

Merchandise:

- We will continue to offer a selection of WPS Half Marathon merchandise for sale at Race Kit Pick-Up as well as at Race Day in our Merchandise Area located inside the Food Tent. Be sure to check out our selection of technical shirts, casual wear, hoodies and more. New items will be added to our inventory this year.
- ***We accept cash, cheque (payable to WPS Half Marathon), Debit, Visa or Mastercard for all purchases .***

Pledges:

- A Canadian Cancer Society representative will be available at the start/finish line on race day to accept any outstanding or new pledges. There is **Top 3 pledge prizing**.

Safety Reminders:

- The course is not always closed to the exclusive use of race participants.
- Follow signage on the course; **review the course ahead of time** on line to ensure you know where you are going, especially if you are going to be a top 20 finisher or a walker.
- If you fall behind the closing vehicle, you must move off the course onto the sidewalk, we will wait for you at the finish line, but the permit to be on the streets has limits to 4 hours total time.
- **In some spots, vehicles will likely get onto the course even with the best efforts of our volunteers, be cautious, and be courteous.**
- **In some case our course blocks in streets from both ends, so drivers will need to cross the course to get out, please be courteous, we are using their neighborhood!**
- Feel free to drop litter/wrappers at the aid stations; we are set to clean those areas up.

PLEASE DO NOT LITTER BETWEEN AID STATIONS. YOU WILL BE DISQUALIFIED.

PLEASE REMEMBER, EVERYONE INVOLVED IN THIS RACE ARE VOLUNTEERS, ANY MISTREATMENT OF THEM WILL ALSO RESULT IN THE RUNNER BEING DISQUALIFIED.

THIS IS A FUN RUN; HELP US KEEP IT THAT WAY!
HAVE FUN, MEET SOME NEW PEOPLE AND TELL A FRIEND FOR THE 2020 RACE!

**MOST IMPORTANTLY, IN YOUR TRAVELS FOR THE DAY, THANK A VOLUNTEER!
EVERYONE WHO IS INVOLVED WITH THIS RACE IS ONE!**

SEE YOU IN 2020!

