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# 2018 PARTICIPANT HANDBOOK

40  
YEARS  
1979-2018

MANITOBA  
*Marathon*

WINNIPEG, MANITOBA  
JUNE 17, 2018

MANITOBAMARATHON.MB.CA  
#RUNWPG

THANKS  
TO OUR  
SPONSORS



## MESSAGE FROM THE PREMIER

On behalf of all Manitobans, I am pleased to convey my best wishes and encouragement to those participating in the 40<sup>th</sup> Manitoba Marathon. Whether it is the marathon itself, the half-marathon, the relay, the 10km run, the Super Run or the Mini Mites, participation in today's events is a tremendous testament to your commitment to fitness and healthy lifestyle.

It is often said sport is a metaphor for life; that the immense commitment required to succeed, and the obstacles encountered along the way, prepare us well for the myriad of challenges we will experience throughout our lives. Today's event may be one of those challenges for many of you, but it is also an opportunity to test yourself and emerge stronger.

Successfully staging an annual event such as the Manitoba Marathon is a huge challenge. I join our fellow Manitobans in thanking the organizers and many volunteers for the work they do each year in order to ensure the Marathon is the exciting, rewarding event that it is.



The Honourable Brian Pallister

## MESSAGE FROM THE MAYOR

It is my pleasure to extend greetings to all the participants, volunteers, staff and community members supporting this year's Manitoba Marathon! Celebrating 40 years of running this year, the Marathon is a tremendous way to challenge body and mind, enjoy our early summer weather, and support a great cause.

Since 1979, marathon runners have raised millions of dollars supporting hundreds of projects across Manitoba. With a beautiful – and flat! – route through the city, “Miles of Smiles” from course volunteers, and fantastic fan support and entertainment along the way, the Manitoba Marathon is the only Canadian Marathon to finish on a CFL field. The whole community gets involved, the whole community benefits, and the whole community feels proud of the runners and all those who make this successful event possible year after year.

On behalf of the City of Winnipeg and my City Council colleagues, I would like to recognize all the volunteers and organizers for their work to organize the run. And best wishes to all the participants as you lace up to support healthy living for everyone!

Warmly,



Mayor Brian Bowman

## MESSAGE FROM THE EXECUTIVE DIRECTOR

Welcome to the 40<sup>th</sup> running of the Manitoba Marathon! We are so proud to welcome you as a participant of the largest running event in Manitoba.

As we celebrate this milestone event, we want to say thank you to each and every one of our sponsors, volunteers and participants; past and present, for your support and commitment to this event over the past four decades.

Of course, we can't forget that with each step we take in the Manitoba Marathon, each of us is making a difference in the lives of Manitobans living with an intellectual disability. For 40 years, the Manitoba Marathon has been committed to providing funding which allows these individuals the opportunity to live more independently.

Congratulations on taking on this challenge. We are so excited to have you be a part of this great race that has become a Father's Day tradition: a celebration of Family, Fun and Fitness!

We can't wait for you to join us again next year as we welcome Canada's fastest runners for the Canadian National Half Marathon Championships!



Rachel Munday,  
Executive Director,  
Manitoba Marathon  
Foundation

# PARK N RIDE SHUTTLE MAP



**Site 4:** Goodlife Fitness parking lot. Kenaston at Commerce Dr.



**Site 1:** Manitoba Hydro parking lot, Waverly at Chevrier.



**Site 2:** Safeway, Pembina at Southpark.



### IMPORTANT CHANGES

There are changes at two of the Park and Ride locations Site 1 and Site 3. Ensure that you allow yourself extra time to arrive and park.

- Buses start at 5:30am
- Race starts at 7:00am sharp
- Plan on being at your Park & Ride location by no later than 5:45am
- Shuttle runs continually until event ends
- Strollers, pets and hot beverages not allowed on buses
- When you park your vehicle, please take note of any signage restricting parking. If you park in an area marked NO RUNNER PARKING your car may be towed at your expense



Start Smart. Get to the start line on time, stress-free, with the Park and Ride shuttle. Free buses start at 5:30 AM and run every few minutes until after the event. Information and toilets at each location. Avoid traffic congestion and do the right thing by using this easy service. Vehicles are left at your own risk.

**Site 3:** Margaret Grant Pool



Investors Group Field



Start Line

## Event start times

|     |                        |         |
|-----|------------------------|---------|
| mm  | Mini Mites             | 6:30 AM |
| M   | Full Marathon          | 7:00 AM |
| H1  | 1st wave Half Marathon | 7:00 AM |
| H2  | 2nd wave Half Marathon | 7:10 AM |
| R   | Relay                  | 7:10 AM |
| K   | 10 KM Run              | 7:15 AM |
| SR1 | Super Run (4 waves)    | 7:15 AM |
| SR2 |                        | 7:17 AM |
| SR3 |                        | 7:19 AM |
| SR4 |                        | 7:21 AM |



## Need Information on Race Day?

The Manitoba Marathon iTeam is here to help. Our friendly iTeam volunteers are dressed in bright orange shirts and will be located at the start, finish and concourse areas to answer any questions you might have.

## Course Closing

The Manitoba Marathon course officially closes at a pace of 14 minutes per mile. A well-marked Course Closing Vehicle will signal the closing of the course and the re-opening of the roadway. Participants must be aware that the Course Closing Vehicle is also the signal for volunteers to close down Hospitality and Medical stations. **Participants who have not reached Pembina Highway and Harrow Street by 11:35 am or who have not reached Pembina Hwy & Crescent Dr. by the posted course closing time of 12:45 pm will be REQUIRED to exit the course via complimentary shuttle back to the finish area at Investors Group Field.**

These participants are welcomed to the Manitoba Liquor & Lotteries recovery area for rest and refreshments, but will not receive an official time. All participants must be finished by no later than 1:00 pm.

## Runner Tracking

Keep time with your runner via our official mobile app courtesy of MyLaps. Manitoba Marathon will again have real time tracking of all athletes on the Full, Half and Relay courses via timing mats at checkpoints along the route. For an even more accurate tracking experience, your mobile device can be registered with the Manitoba Marathon app to enable real-time GPS tracking on course.

Use our **Bike Valet** for the easiest, greenest door-to-door experience you can get! Check your bike at our secure free bike valet and you are off to the race! Located on the east side of IGF just outside the Pinnacle Room entrance.

## VIP Runner Info

VIP runner participants will have received their parking pass and VIP access wristband at the Global News Fit Expo. A few things to remember for race day:

- You can access the suite level prior to the race via elevators on the east side of the stadium: wristbands will be required
- Private washrooms and bag check are available in the suite starting at 5:45 am. Please come early to enjoy breakfast

and a coffee prepared just for you by our Starbucks Coffee Masters!

- You are welcome to proceed through recovery on the concourse post-race, but note that food and refreshments will be available in the VIP suite
- Post-race massage will be available on a first come, first served basis

## Clothing Check

VIP runners will check their baggage in the VIP lounge on the suite level; all other runners will check their bags in the Pinnacle Club.

- Only Manitoba Marathon bags marked with bib number and name (received at the Global News Fit Expo) will be accepted: NO duffle bags or backpacks allowed

- To check your bag, take it to the Clothing Check area located in the Pinnacle Club
- Relay runners wishing to check clothing may have their first runner check a bag for them prior to race start
- All full marathon clothing will be available for pickup in the infield recovery area post-race

NOTE: Any bags/clothing left unattended on the streets will be collected and donated.

**No pets will be allowed in Investors Group Field; we thank you for your cooperation.**





# FINISH AREA

As you finish your event, all participants **EXCEPT FULL MARATHON RUNNERS** will proceed through the finish line to an open area of the field where you are welcome to take photos and enjoy your accomplishment. Runners will then proceed up the stairs to the concourse area to the Manitoba Liquor & Lotteries recovery area. Friends and family can be met on the spectator side of the stands (sections 108-121). Full Marathon Runners will proceed directly to their infield recovery area immediately following their finish. This area hosts clothing pickup, massage and post-race refreshments.

Enjoy some Blue Bomber hospitality at the iconic Rum Hut post-race! Located at the North end of the stadium, participants over 18 years old will have the opportunity to celebrate with fellow runners in this designated area. Runners will be required to show age of majority upon entry to the Rum Hut area with government issued photo identification. Please note that there will NOT be access to checked clothing before entering the Rum Hut area so ensure that you have cash for payment and your photo identification on your person at run time.

### Need to find a participant?

Located at Gate 2, the Information Desk has a message centre and can also help to answer your questions.

The Family Meet Me area is located in Section 143. Spectators are encouraged to plan to meet their Participants in this section once they have completed their event.



# MORE INFO

### Lost Children

Please ensure that all children know that if they are lost they should come to the Information Desk located at Gate 2, find an iTeam Member or Race Volunteer who will take them to the Family Meet Me Area in section 143 until a family member comes to get them.

### The Chipped Timing Bib

Chipped bibs are used in all events and may be kept as a souvenir. Relay bibs must be attached horizontally to the race belt. All participants must print their names, medical information, emergency contacts, and phone numbers on the back of their bib.

### At the Finish

Manitoba Liquor & Lotteries Full Marathon, Intrepid Dezine Half Marathon GoodLife Fitness 10K and Johnston Group Relay finishers will pick up their FINISHER MEDAL before exiting the track. Relay medals will be distributed to the final runner crossing the finish line.

Once you have received your medal and left the finish area you are encouraged to take some time on the field for photos and to cheer on fellow participants as they approach the finish line. Please note that once you proceed up to Recovery in the concourse there will be NO re-entry to field level.

NOTE for wheelchair, handcycle and stroller participants: as wheels cannot be used on the turf, you will be escorted to the post-race recovery area immediately after passing the finish line. A Marathon volunteer will be happy to take you to the elevators and bring you to Recovery for refreshments.

### Race Day Photos

**MarathonPhotos.com** will be taking as many pictures as they can: for identification purposes, keep your race number clear and be sure to SMILE!

### Post Race Massage

Complimentary to all full marathon runners in the infield recovery area; Half marathon participants can access massage on a first come first served basis in the Pinnacle Club post-race with a \$5 donation to the Manitoba Marathon Foundation. No pre-booked appointments will be taken.

### Typical Manitoba Weather Average temperatures range: 17°-21°C (62°-70°F)

Environmental conditions on the course are monitored by the Medical Director with respect to temperature, humidity and radiant solar energy and assigned a color code.

Watch for the color coded signs at most fluid stations along the course. Each sign will be updated hourly and posted on the "MEDICAL AID" sign.

### Use this important information to adjust your pace:

- LOW RISK** This does not guarantee that heat illness won't occur, but risk is low.
- MODERATE RISK** Keep an eye on your pace.
- HIGH RISK** Heat injury possible. **SLOW DOWN** if you hope to finish your event.
- EXTREME RISK** Course close will be accelerated. For your own safety, move onto the pick up bus as it gets to you.

# RELAY EXCHANGE ZONES

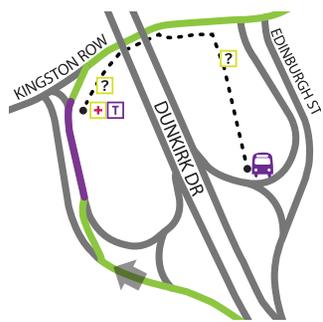
**PLEASE NOTE** that timing of all Johnston Group Relay teams is based on net chip time as some participants choose to run other events as well (half or full marathon). As such there will be no lead cyclists for relay teams and prizes will be awarded on race morning after results are confirmed.

# START

**1<sup>st</sup> Runner: (4.8 MILES = 7.7 km)**

**Start:** University of Manitoba Start Line.

**Finish:** Relay Exchange #1 Dunkirk to Kingston Row exit by Winnipeg Canoe Club.

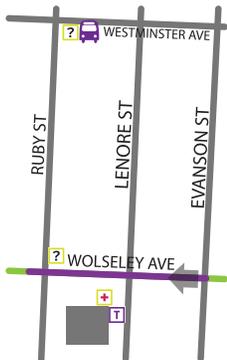


**1** **2<sup>nd</sup> Runner: (6.5 MILES or 10.5 km)**

**Start:** Relay Exchange #1 Dunkirk to Kingston Row exit by Winnipeg Canoe Club

**Finish:** Relay Exchange #2 on Wolsley Ave. between Lenore St. & Ruby St. (Laura Secord School).

**Zone #1 Bus Departure:** Bus Loop on **EAST** side of Dunkirk Drive.



**2** **3<sup>rd</sup> Runner: (4 MILES or 6.4 km)**

**Start:** Relay Exchange #2 on Wolsley Ave. between Lenore St. & Ruby St (Laura Secord School).

**Finish:** Relay Exchange #3 on Wellington Cres, between Chataway Blvd & Dorchester St.

**Zone #2 Bus Departure:** Bus stop: **SE** corner Ruby – Westminister Ave.

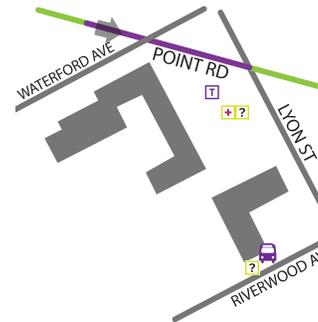


**3** **4<sup>th</sup> Runner: (4.9 MILES = 7.9 km)**

**Start:** Relay Exchange #3 on Wellington Cres, between Chataway Blvd & Dorchester St.

**Finish:** Relay Exchange #4 on Point Road between Lyon St. & North Drive.

**Zone #3 Bus Departure:** Rady Center, Doncaster at Willow.



**4** **5<sup>th</sup> Runner: (6 MILES = 9.6 km)**

**Start:** Relay Exchange #4 on Point Road between Lyon St. & North Drive.

**Finish:** Investors Group Field Finish Line.

**Zone #4 Bus Departure: NW** corner of Riverwood Ave and Lyon St.

**Finish Line Bus Departure to Relay #4:** Park n Ride Bus drop-off / pick-up area.

# RELAY SHUTTLE

## Relay Zone Shuttle Service

Each Relay Exchange Zone will have well marked buses indicating their destination (either the previous exchange zone or to the U of M). Once you arrive members of our iTeam can answer any questions. There will be no shuttles from the start line to relay zones.

## Post-Race Transportation

The Manitoba Marathon provides transportation from the University of Manitoba Stadium to the Park & Ride Shuttle locations and the 4<sup>th</sup> Relay Exchange Zone only.

# POST RACE

Visit [manitobamarathon.mb.ca](http://manitobamarathon.mb.ca) for official race results as soon as they are available.

## Downloadable Finisher Certificates

Find your results, then click on your name and you can view, download, save, or print a PDF file of your finishing time and place.

# RULES

## FOR PARTICIPANT SAFETY NO HEADPHONES, EAR BUDS OR OTHER LISTENING DEVICES ALLOWED.

- Only registered runners/walkers, wearing assigned bib numbers will be allowed on the courses: this includes strollers on the Goodlife Fitness 10K & GreatWest Life Super Run. Numbered participant bib must be worn on the front of your shirt or shorts; participants without numbers will be removed from the course.
- Each Relay team member will wear their team number and pass along the timing bib belt worn around the waist at all times (failure to do so may result in NO TIME and DISQUALIFICATION)
- For the safety of participants, all wheels except wheelchairs and handcycles (i.e. bicycles, rollerskates or blades, baby strollers, baby joggers, etc.) are prohibited from the Full, Half and Relay marathon courses. Any infractions will be removed by Police and Course Marshals.
- Any baby strollers or joggers participating in the Goodlife Fitness 10K or the Great West Life Super Run are asked to start

## Souvenir Photos

Remember your special day by purchasing photos of your accomplishment. Click the camera icon beside your name on your race results to order from [marathon-photos.com](http://marathon-photos.com).

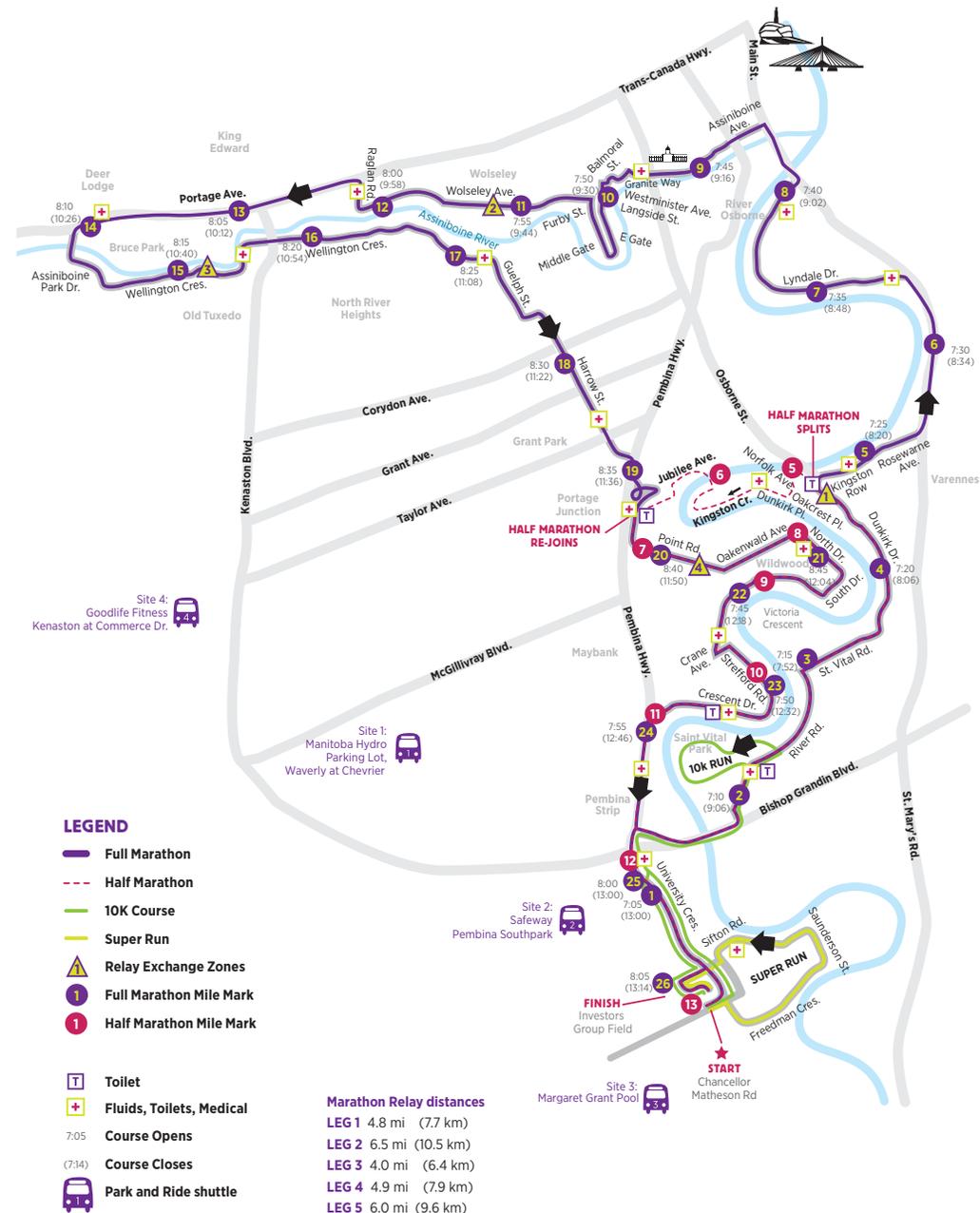
## Wheelchair Awards

To be considered for awards in the wheelchair category, no mechanical gears or levers shall be allowed that may be used to propel the chair (per International Paralympic Committee Rule 159 – Paragraph 5).

at the back of all runner corrals to avoid collisions and obstructions

- Participants **MUST** follow the correct course or face disqualification: it is the participant's responsibility to know their course.
- Fluids must only be taken from officially designated locations will be: participants accompanied by a cyclist will be disqualified
- No pets are allowed to accompany participants on the course.
- Any participant finishing twice or any Relay runners accompanying their last runner into the finish line area will lead to disqualification.
- Chip bibs are used to time ALL events: if a runner in any event crosses the finish line without their chipped bib their results will NOT be recorded or included in the overall standings. No chip – no time!
- Participants must complete the entire distance of their course without assistance and must cross the finish line completely unaided.

# 2018 ROUTE MAPS



# MANITOBA Marathon

## COURSE RECORDS

### MANITOBA MARATHON FULL MARATHON

|                        |                         |         |
|------------------------|-------------------------|---------|
| <b>Open Men:</b>       | Dennis Rinde, (1981)    | 2:13:53 |
| <b>Open Women:</b>     | Janis Klecker, (1985)   | 2:38:08 |
| <b>Masters Men:</b>    | John Robinson, (1980)   | 2:24:27 |
| <b>Masters Women:</b>  | Cindy Dalrymple, (1980) | 2:46:18 |
| <b>Manitoba Men:</b>   | Bob Walker, (1981)      | 2:19:06 |
| <b>Manitoba Women:</b> | Bev McKay, (1983)       | 2:45:30 |

### INTREPID DEZINE HALF MARATHON

|                        |                          |         |
|------------------------|--------------------------|---------|
| <b>Open Men:</b>       | Abduselam Yussuf, (2015) | 1:05:05 |
| <b>Open Women:</b>     | Janis Klecker, (1986)    | 1:19:48 |
| <b>Masters Men:</b>    | Grant Towns, (1987)      | 1:11:27 |
| <b>Masters Women:</b>  | Janice Gill, (1999)      | 1:25:39 |
| <b>Manitoba Men:</b>   | Abduselam Yussuf, (2015) | 1:05:05 |
| <b>Manitoba Women:</b> | Lorraine Wagner, (1989)  | 1:21:08 |

### JOHNSTON GROUP RELAY

|               |                                 |         |
|---------------|---------------------------------|---------|
| <b>Men:</b>   | Variety Heart Athletics, (1984) | 2:14:47 |
| <b>Women:</b> | The Running Room #2, (1996)     | 2:46:55 |
| <b>Mixed:</b> | City Park Runners, (2007)       | 2:29:42 |

### THANK YOU

Sponsors, Participants, Volunteers,  
Spectators and our amazing community for  
making the 40<sup>th</sup> running of the Manitoba  
Marathon so special!