



Fort Garry Rotary Club RACE FOR YOUTH

2023 Runners' Guide

Welcome

Welcome and thank you for registering in the 11th Annual Fort Garry Rotary Half Marathon "RACE FOR YOUTH". The layout of the racecourse and the related amenities at the start/finish site and along the course are of platinum level. To enjoy the event fully and to have a good running experience, please review the following information.

Race Schedule

- Race Day is Sunday, September 17, 2023
- Start time 8:00 a.m.
- Starts from St. Vital Park, near Picnic Shelters 1A + 1B

Start Line

- Runners will gather at the Picnic Shelters 1A + 1B as they arrive.
- Runners will be guided to the start line at 7:45 a.m.
- Start line is on the south west corner of the park and is marked by the Running Room Red Arch.

Start/Finish Line Program

- 7:00 Setup of start/finish site and race course complete
- 7:30 Welcome (Festivities start)
- 7:35 Site layout announcements
- 7:40 Sponsors Recognition
- 7:45 Runners line up in start line
- 7:50 Greetings: Race Course Director
- 7:53 Race Course Directions – Race Course Director
- 7:55 National Anthem
- 7:58 Invocation
- 8:00 Gun Start the Half Marathon
- 8:10 5K Fun Run Start
- 9:00 Runners coming back- Commentary and music
- 11:00 Awarding of Prizes and Medals.

For Further details, please see the Site Plan
Map enclosed in your Kit

Awards Information

Finisher Medal will be given to every Half Marathon finisher as they cross the finish line.

- Half Marathon and 5K Fun Run race winners will be presented their awards and medals at 11:00 a.m. outside the Food and Refreshment Tent. Gold, Silver and Bronze medals will be awarded to the top three finishers for both Male and Female
- Only Canadian Citizens over the age of 18 are eligible for the Canadian National Record Prize of \$5,000.

Thank you to our sponsors for making this race possible with their generous contributions!

GOLD SPONSORS



5K FUN RUN SPONSOR



SILVER SPONSORS



CARDINAL CAPITAL
MANAGEMENT, INC.



Ted Foreman



PRIVATE WEALTH
MANAGEMENT
KAISER & ASSOCIATES



ORGANIZATION & ADMINISTRATION SPONSORS



DRAW & PRIZE SPONSOR



NUTRITION SPONSORS



WATER STATION SPONSORS



ALLCO-ELECTRICAL LTD.



TapperCuddy LLP



ADDITIONAL SPONSORS



INDIVIDUAL SPONSORS

Russ Hood

Marcel Vermette

Scott Oake



2023 Runners' Guide

11th Annual



Fort Garry Rotary Club
RACE FOR YOUTH

HALF MARATHON



8th Annual

5K FUN RUN

GOLD SPONSORS



IN SUPPORT OF:



- Half Marathon start time 8:00 a.m.
- 5K Fun Run start time 8:10 a.m.
- Medals for all half marathon finishers
- Chip timing on certified course

Race Headquarters



September 17, 2023

www.rotarymarathon.ca

#rotaryrace4youth

Dry Clothing Pack

Please pack your dry clothing in the race kit bag; write your bib number on the bag in the space provided. Drop the bag at the Bag Drop Area.

At the end of the race you can collect your clothing at the Bag Drop Area.

Water and Aid Stations

Water stations are located every 2 miles. In addition to water, Gatorade will be available at miles 10 and 12.

Aid stations are located at miles 3, 6 and 9.

Safety, Security and Traffic Control

There will be four Police Officers to control traffic at three intersections. The rest of the intersections will be controlled by the Volunteer Race Marshalls. The Volunteer Race Marshalls will be wearing yellow Half Marathon Volunteer T-Shirts.

For your own safety and that of your fellow runners' safety, obey the volunteer's directions and be courteous to the public who may want to use the roadway. Volunteers from St. John Ambulance will be patrolling the racecourse. If you are experiencing any difficulty or see someone else experiencing difficulty, please report to one of the volunteers and ask for assistance. A nurse and a doctor are stationed at the finish line. Medical help is also available at miles 3, 6 and 9.

Physiotherapy and Massage



You are invited to visit the Winnipeg Spine and Sport Therapy tent located at the finish line for a free massage (based on availability).

Medical Assistance

For medical assistance, please visit the Medical Tent located at the finish line. A nurse and doctor are available to provide basic medical assistance.

Garbage and Litter

Garbage bins are located at the start/finish area and at all water stations and aid stations. In order to maintain the beauty and cleanliness of the area, please drop litter and garbage either directly in the garbage bins provided or drop it within the water station area for cleanup by the volunteers.

Transportation and Parking

Parking at the St Vital Park is limited and will be available on a first come first serve basis. To help alleviate congestion in the parking areas, please consider using alternative transportation or parking in another public space and walking to the start line.

Toilets

Toilets are conveniently located at the start and finish line and along the racecourse at miles 3, 6, and 9.

Race Timing

Timing of the race results, except for the National Record Prize Contender, is by chip that you will receive in your Kit. Please tie the chip securely to your shoelace. In order to qualify as an official finisher of the race and to register your time correctly, you must cross over two timing mats located at the start line and finish line.

The starting time for the National Prize Contender is both gun and chip timed for accuracy. Runners in contention for this record are asked to identify themselves at the start line prior to race start.

For split timing, there are clocks located at mile one and at exactly mid point.

Finish Line

The finish line is located near Picnic Areas 1A + 1B in St. Vital Park. The line is marked by the red Running Room Finish Line Arch and is equipped with a timing mat. In order to register the finish time and to qualify as an official finisher of the race, runners must cross this timing mat. This timing mat will also measure the finishing time of those contending for the National Record Prize.

At the finish line, the cheering volunteers will greet you with your Half Marathon finisher medal and guide you to the Food and Refreshment Tent.

Volunteers

We are grateful to the many volunteers for giving their time and talent freely. Without your commitment and hard work, this event would not be possible.

General Information

For general inquiries and information on race day, please visit the information desk located at the Start/Finish Line Site.

The Racecourse

The racecourse is certified and is an out and back course. The runners are asked to stay to their right in the running lane to avoid any interference with the returning runners. The course is marked with mile markers at every mile and with km markers at 5, 10 and 15 km marks.

From the start line near Picnic Area 1A + 1B at St. Vital Park, runners will run on Perimeter Road to the exit gate of the park, turn south on River Road to just before Bishop Grandin, turn right and follow the bike path to Red River leading to south side of Bishop Grandin. Make the loop to follow the path over the bridge to the west side of the Red River to Darcy Drive and to Thatcher Drive leading to University Crescent, turn left on University Crescent and left again on Sifton Road. Follow Sifton to Saunders, Freedman and turn left on Kings Drive and right to Kilkenny Drive to Perimeter Hwy. At this point cross over to the bike path going west along Cloutier Drive to the turn around point, make a slight left from the bike path to the left lane of Cloutier Drive and retrace the course back to the Park.

The race course is well marked with directional and other information signs. There are also Volunteer Race-course Marshalls all along the course for guidance. These volunteers are wearing yellow volunteer T-shirts and are easily identifiable.



Presents 8th 5K FUN RUN

The 8th Annual 5K Fun Run will start shortly after the Half Marathon at 8:10 a.m. and is 2 Laps (5 Km) around the beautiful St. Vital Park (Perimeter Road). The Fun Run is open to all ages and we encourage families, friends or groups to participate and join the fun!



**CREATE HOPE
in the WORLD**

2023-24 Rotary Presidentail Theme