

Frequently Asked Questions

Where is the race location?

In Assiniboine Park, all event activities will be in and around the Duck Pond shelter area.

What time does the race start?

The 10k race starts at 8:00 am.

The half marathon and 3k walk starts at 8:10 and the kids fun run, for kids 8 years and under 11:00 am.

Is there race day kit pick-up and registration?

There will be no race kit pick up for the half marathon or the 10k, but there will be registration and kit pickup for the 3k walk and the kids fun run.

Where can we park?

You can park in the Zoo Parking lot or the Conservatory lot inside Assiniboine Park, another option is to park on the side streets north of Portage Avenue across the street from the park. Please watch for no parking signs.

Will there be a bag check?

Yes, our volunteers will look after your bag, look for the location sign. Please make sure your name and bib number is on your bag and also have it ready when claiming your bag.

Do you allow participants to run with headphones?

Yes, If you want to run with music you are welcome to do so, but we do ask that you take extra care and be aware of your surroundings and volunteers on the course giving instructions.

Is the course certified?

The course is not certified, but it is measured by a qualified measurer. we have changed the half marathon and 10k course for this years event, the start and finish line will be in the same location by the duck pond shelter, so you will not run past the finish line until you are finishing.

Will there be finish line photos?

Yes, there will be photographers at the finish line. Photographs will be taken by Marathon Foto, You can review and order from their Web site with in a few days after the race. marathonfoto.com

Can I run/walk with my child in a stroller or chariot?

Yes, If you normally run with your child in a stroller or chariot we would love to have you at our event. but as a courtesy for other participants we ask that you line up at the back at the start line so runners are not forced to try to pass.

Can I participate in the family walk in a wheel chair?

Yes, this is a 3k course and you are welcome to do it on your own or with help, if this is what you normally do.

Can I run with my dog?

Sorry, many of us have dogs and we love them, but we cannot allow animals on the course due to the dangers it may cause other runners.

How long is the course open?

The course is open from 8:00 am. to 12:00 noon. For walkers and runners.

Can I walk the course?

All walkers are welcome in all our events and we would love to see you on the course

How is the course marked?

The course is marked in kilometers with some mile markers

Will there be Pace Bunnies?

Yes, we will have pace bunnies, with rabbit ears showing finish times, look for them at the start and pick the one to follow with your target finish time.

Will medical support be provided?

Yes, This service will be provided by; Pro-First Aid Training, they will be on the course and can be contacted by volunteers in case of an emergency.

Will there be cyclists?

Yes, there will be cyclists on the course from the start to the finish, providing guidance for lead runners and monitoring all participants on the course for any safety concerns.

What type of timing is used?

Chip timing will be used for the half marathon and the 10k. Results will be posted on site and on the Running Room and MRA web. sites after the event.

What is served at aid stations?

Gatorade and Water at all aid stations. Please do not litter between aid stations and dispose of any garbage in the aid station area.

Will portable toilets be available on the course?

Yes, there will be toilets on the course, tentative location is in the zoo parking lot along Roblin.

Where can my family watch?

The best place to watch the race is from our Start/Finish area or along the road leading to the duck pond shelter.

Do all participants receive a medal?

Everyone who crosses our finish line receives a finisher's medal, plus medals for the age group winners, and awards for the 3 top male and female finishers in the 10k and half marathon. Note: overall winners who receive an award will not be eligible for an age group award.

Do all participants receive a t-shirt?

All participants who register by Aug. 4th. will be guaranteed a shirt

Will post race massage be available?

Yes, this service will be provided by Massage Athletica, *we do encourage a small donation for*

the Canadian Diabetes Association.

Can I drop off pledges or donations on race day?

Yes, the Canadian Diabetes Association will be available on race day for pledge drop off and donations.

What is typical race day weather?

We have been very fortunate, the past two years we have had ideal weather conditions, a little cool in the morning, warming up and sunny the remainder of the day, if we expect the weather to be hot that day we will add more aid stations.

Do I have to raise money to participate?

No, you can pay the registration fee and participate, but we do encourage participants to raise extra money through donations and pledges for the Canadian Diabetes Association, check out the list of great prizes on the registration web site.

Where does the money go?

All proceeds from the event go directly to the Canadian Diabetes Association. Our race committee is made up of volunteers that put in countless hours to help make this event a positive experience for all participants. We do have expenses which come from your registration fees and not from donations or pledges, these costs are kept to a minimum, thanks to our generous sponsors, who donate food, refreshments, services, etc. Our goal is to raise awareness of Diabetes and help promote a healthy lifestyle, while raising much needed funds for research initiatives.

Other Event Information

Day of event schedule

Pre race announcements

Participant warm up with instructor

10k race start 8:00 am.

Half marathon and 3k family walk start 8:10

Watch for 10k lead runners 8:40

Kids fun run 11:00 am

Awards ceremony 11:00 am

Course closes at 12:00 noon

Check the white board in the prize area after your run/walk to see if you are a winner of one of our many great prizes. *Draws for a selection of great participant prizes will take place while you are on the course, the winners names will be posted on a white board.*

Note: we encourage everyone to gather at the finish line to cheer on our final finisher.

Awards

Awards will be issued for the following;

Top pledge / donation award, *for the person who raises the most money.*

Top 3 overall female finishers in the 10k and half marathon

Top 3 overall male finishers in the 10k and half marathon

Please note that if a runner wins an overall award, he/she is ineligible for an age category award.

Age group awards;

19 years and under

20 - 29

30 - 39

40 - 49

50 - 59

60 - 69

70+

Race Day Safety Reminders

We do not have exclusive use of the course roadway, we must share it with others including traffic, we will have signage on the course as well as course marshals.

Review the course description prior to the event to make sure you know the course and where you are going.

Follow the signs and pay attention to the course marshals

Stay to the side of the road and run single file as much as possible

Be aware of your surroundings at all times, and please be cautious and courteous

Keep in mind that all the people you see helping and providing support for this event is a volunteer, without their help and support this event would not take place, I hope you will take the time to smile and say thank you, I know they will appreciate it.

Race Director

On behalf of all our volunteers and myself I would like to welcome you to our 3rd. annual Run for Diabetes in Winnipeg.

When we started our first run in 2010 we had just under 400 participants, last year we had over 600 and thanks to all our supporters we have raised over \$80,000 to date for the Canadian Diabetes Association.

This year with your valued support, we know we can reach our target participation of 1000+

Our goals are simple, have a fun and rewarding running/walking event, to help heighten awareness of diabetes, promote a healthy lifestyle while raising funds for the Canadian Diabetes Association.

Each year we continue to try and find ways to improve our event. (we welcome your suggestions.) This year we will have our mascots, food tent, refreshments, awards, prizes *which are great*, finish line pictures, massage, warm up instructor, on course cyclists, pace

bunnies etc. new for this year is chip timing and an improved course.

We will be up dating our information pages as we get closer to the event, so keep checking.

I welcome and look forward to seeing you, your family and friends this year at what will be a fun filled rewarding event in support of a great cause.

John Murphy

Race Director

Run for Diabetes