







2nd Annual INDIGENOUS WOMEN & GIRLS RUN 5K WALK | RUN | ROLL

Everyone is welcome to participate!

Saturday,
September
24th, 2022

Kildonan
Park
Winnipeg

SCAN ME



2nd Annual Indigenous Women and Girls Run 5k Walk | Run | Roll

Kildonan Park, Winnipeg
 Saturday September 24, 2022
 9:00AM

Participant Guide



Event Schedule

8:00 - 9:00AM: Registration

9:00 - 9:30AM: Speeches and getting organized into heats

9:30 AM: Heat 1 starts*

9:35 AM: Heat 2 starts

9:40 AM: Heat 3 starts

9:45 AM: Heat 4 starts

9:50 AM: Heat 5 starts

**Our goal to start the run at 9:30AM, but we may start a bit earlier or later.*

Registration

Time: Runners can register anytime between 8:00-9:00AM Saturday, September 24, 2022

Location: Hawk and Owl Shelter, Kildonian Park

Deciding on Your Heat: during registration you will be asked what heat you would like to run in*:

- 1) GREEN (Heat 1) - running competitively to track and record their time
- 2) BLUE (Heat 2) - running competitively to track and record their time
- 3) RED (Heat 3) – running or jogging for fun
- 4) YELLOW (Heat 4) - running or jogging for fun
- 5) WHITE (Heat 5) – walking

**This is just to help us schedule folks so there is not too much congestion at the start, you can definitely run, walk, roll at your own pace no matter the heat you start in!*

Run Map

Attached to this guide is the run map, the route is on either on road or sidewalk and is accessible for wheelchairs. There are a few places where participants will be crossing the road, volunteers will be patrolling traffic, but please also watch for traffic.

Parking

There is parking available in Kildonan Park, the parking lot closed to registration is off of McKay Dr. There is also another parking lot off of Riverview Dr, which is a 5-10min walk from registration. You are also able to park along the road, however we just ask that you do not park on McKay Drive in between Pegius Dr. and Rainbow Dr. as runners will be crossing the road during the run.

COVID-19

If you have any symptoms of COVID-19 or are not feeling well, please stay home to both get better and keep others safe. We will have hand sanitizer and masks available at info desk and with the refreshments.

Washrooms

Washrooms are available at the Kildonan Park pavilion (in the basement of the Prairie's Edge restaurant in the parking lot off of McKay Dr.

Storage of Personal Items

Unfortunately, we do not have the ability to store your personal items so please do not bring valuables with you other than those you can keep with yourself.

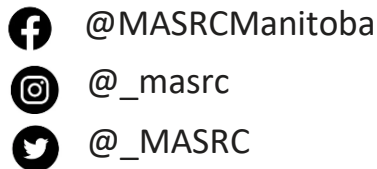
Passing the Finish Line

After you pass the finish line you will receive an Indigenous Women and Girls Run Shirt, and there will be Bannock from Feast and some refreshments! Then you are free to go, but of course you are more than welcome to stay and cheer on your fellow run/walk/rollers as they finish!

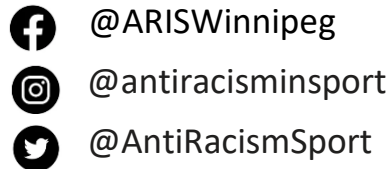
SHARE SHARE SHARE!

You'll have some massive bragging rights for participating in the 2nd Annual Indigenous Women and Girls Run, so make sure to take pictures and share with your friends and family on social media... and kindly tag us!

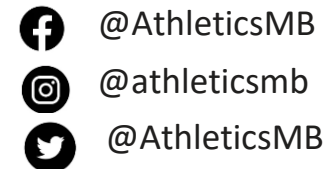
Manitoba Aboriginal Sports and Recreation Council



IPW's Anti-Racism in Sport Campaign



Athletics Manitoba



Donations

If you would like to make a further donation, you can do so on our registration page. Donations over \$20 receive a charitable tax receipt: www.TrackieReg.com/2022-IWGrun .

THANK YOU!

On behalf of the organizers of this event, Manitoba Aboriginal Sport and Recreation Council, Immigration Partnership Winnipeg's Anti-Racism in Sport Campaign, and Athletics Manitoba, would like to thank you from the bottom of our hearts for your support! The funds raised from this run will go to supporting safe sport and recreation programs for Indigenous women and girls ran by MASRC and Athletics Manitoba.

MASRC Indigenous Women and Girls 5K Run Map

September 24, 2022

-  Lap 1
-  Lap 2
-  Volunteers

