



PARTICIPANT GUIDE

2K & 5K Run | Walk | Roll

St. Vital Park, Winnipeg, MB

September 20, 2025 | 9AM



**Immigration
Partnership
Winnipeg**



EVENT SCHEDULE

8:30–9:00AM: Registration

9:00AM: Opening Prayer

Opening Remarks:

- *The Manitoba Aboriginal Sports & Recreation Council (MASRC)*
- *Anti-Racism in Sport Campaign*
- *Athletics Manitoba*
- *Gena Boubard – Miss Indigenous Canada 2025*
- *Samantha Powderhorn*
- *Madisson Lawrence*
- *Binesi Ikwéwag Singers*
- *Lacy Bird (Dancer)*
- *Tyshaundrea Desjarlais (Dancer)*
- *Warm Up – Big Mama (Michelle from BMHOP)*

**Our goal is to start the run at 10:00AM, but we may start a bit earlier or later.*

10:00 AM: 5K Start

10:05 AM: 2K Start

REGISTRATION

Time: Runners can register anytime between 8:30AM–9:00AM
Saturday, September 20th, 2025.

Location: St. Vital Park

PARKING

There is parking available around St. Vital Park. The parking lot across from the Duck Pond shelter will be reserved for people with accessibility needs, volunteers, event staff, Elders, performers, and honoured guests.

WASHROOMS

Washrooms are available in the Duck Pond shelter.

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 there will be refreshments from **Shelly's Indigenous Bistro!** Then you are free to go or stay and cheer on your fellow run/walk/rollers as they finish!

2K MAP

Important Details:

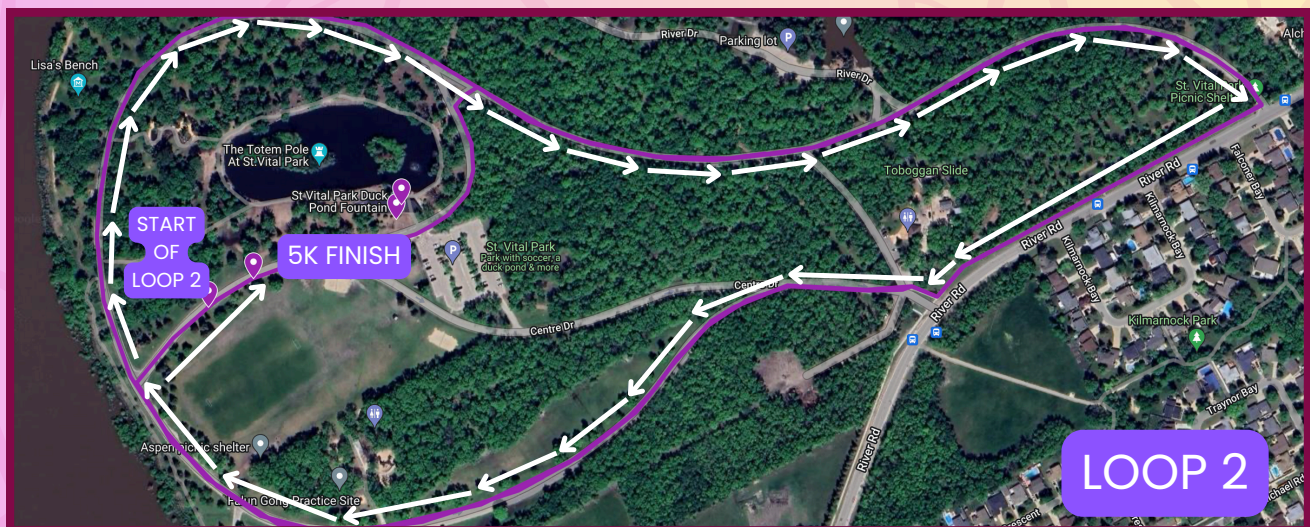
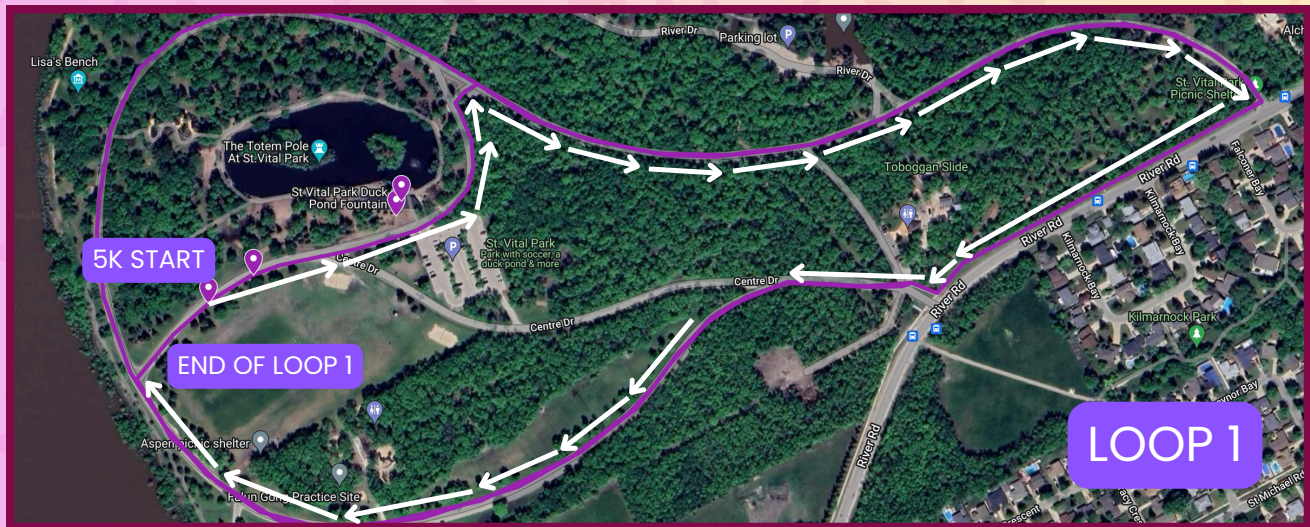
- The 2K route is entirely on pavement and is wheelchair/mobility aid accessible.
- We may be sharing the route with traffic - keep your eyes up and stay aware at all times.
- Volunteers will be stationed along the route, marshalling traffic and intersections.
- Signage will be placed the route - but please make sure you are double checking!
- **Please note that this route differs from the 5K route.**



5K MAP

Important Details:

- The 5K route is entirely on pavement and is wheelchair/mobility aid accessible.
- We may be sharing the route with traffic – keep your eyes up and stay aware at all times.
- Volunteers will be stationed along the route, marshalling traffic and intersections.
- Signage will be placed the route – but please make sure you are double checking!
- **Please note that this route differs from the 2K route.**
- **Loop 1 & 2 are different – make sure you know what loop you are on, and are following the directions on the map & the signage.**





SHARE! SHARE! SHARE!

You'll have some massive bragging rights for participating in the 5th 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 & RECREATION COUNCIL

 @MASRCManitoba

 @_masrc

ANTI-RACISM IN SPORT

 @ARISWinnipeg

 @antiracismsport

 @AntiRacismSport

ATHLETICS MANITOBA

 @AthleticsMB

 @athleticsmb

 @AthleticsMB

DONATIONS

If you would like to make a further donation to MASRC, you can do so on our registration page. Donations over \$20 receive a charitable tax receipt:

<https://www.trackie.com/event/5th-annual-indigenous-women-and-girls-run/1030347/>



THANK YOU!

On behalf of the Manitoba Aboriginal Sports & Recreation Council, Immigration Partnership Winnipeg's Anti-Racism in Sport Campaign, and Athletics Manitoba, we extend our heartfelt gratitude for your support.

The funds raised from this event will directly contribute to the development and maintenance of safe sport and recreation programs for Indigenous women and girls, presented by the MASRC and Athletics Manitoba. **Thank you for making a difference!**

THANK YOU VOLUNTEERS



The MASRC, Anti-Racism in Sport, and Athletics Manitoba appreciate the volunteers for donating their time to ensure that this year's 5th annual Indigenous Women & Girls Run is a safe and welcoming environment for all. We acknowledge all the hard work that it takes to make an event such as this, run as smoothly as possible. Miigwetch, Kinanaskomitinaw, Pidamaye!!

THANK YOU SPONSORS

Birchwood

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Club of Winnipeg

