

# Important Contact Information

## Manitoba Runners' Association

Kathy Wiens, Executive Director  
Box 34148 Fort Richmond  
Winnipeg, MB.  
R3T 5T5  
Phone: 204-477-5185  
E-mail: [office@mraweb.ca](mailto:office@mraweb.ca)

## City of Winnipeg – Planning an Outdoor Event

Race Directors can find guidance for all permitting requirements and procedures at:  
<http://winnipeg.ca/filmandspecialevents/pdfs/PlanningAnOutdoorEvent.pdf>

Rob Kristjansson (this should be your first contact for city information)  
Special Events Liaison-City of Winnipeg  
Email: [RKristjansson@winnipeg.ca](mailto:RKristjansson@winnipeg.ca)  
Phone: 204-986-7828  
Cell: 204-941-9287

## City of Winnipeg Parks (St. Vital, Kildonan, Whittier & Crescent Drive)

Race Directors can find guidance for all permitting requirements and procedures at:  
<http://winnipeg.ca/filmandspecialevents/pdfs/PlanningAnOutdoorEvent.pdf>

Park Bookings Office Phone: 204-986-7469

## Assiniboine Park Conservancy

Lisa Lowe  
Phone: 204-927-6085  
E-mail: [llowe@assiniboinepark.ca](mailto:llowe@assiniboinepark.ca)  
Events general phone number: 204-927-6060

## The Forks National Historic Site (Parks Canada – permit)

Kate Donetz- Special Events Coordinator  
Phone: 204-983-2348  
E-mail: [kate.donetz@pc.gc.ca](mailto:kate.donetz@pc.gc.ca)

## The Forks North Portage Partnership-Forks Renewal Corporation

Kristin Pauls – Events Manager  
Phone: 204-987-4378  
Email: [Kristin.pauls@theforks.com](mailto:Kristin.pauls@theforks.com)  
Alternate email: [event@theforks.com](mailto:event@theforks.com)

## **Birds Hill Provincial Park**

Melissa Bergen - Park Activities Coordinator

Phone: 204-795-7665

E-mail: [Melissa.Bergen@gov.mb.ca](mailto:Melissa.Bergen@gov.mb.ca)

## **Medical Services**

### **Canadian First Aid Training**

Christian Clavelle

Phone: 204-955-9241

Email: [CC@Canadian-Training.ca](mailto:CC@Canadian-Training.ca)

Website: [www.Canadian-Training.ca](http://www.Canadian-Training.ca)

### **Xtreme Sports Medics**

Robert Paige

Phone: 204-583-7474

Email: [Robert@mxmedics.com](mailto:Robert@mxmedics.com)

### **Canadian Ski Patrol – Red River Zone**

Lori Natuik

Email: [m.natuik@shaw.ca](mailto:m.natuik@shaw.ca)

### **Accurate Fire & Safety-Special Event Medical Division**

Gerry Desjardines

Phone: 204-890-3238

Email: [mbspecialeventsmedics@gmail.com](mailto:mbspecialeventsmedics@gmail.com)

### **St. John's Ambulance**

Ruth Howard

Phone: 204-784-7025

Email: [Ruth.Howard@mb.sja.ca](mailto:Ruth.Howard@mb.sja.ca)

### **WINSAR (Winnipeg Search & Rescue Volunteer Association)**

Randy Antonio

Email: [info@WinnipegSearchandRescue.ca](mailto:info@WinnipegSearchandRescue.ca)

[www.WinnipegSearchandRescue.ca](http://www.WinnipegSearchandRescue.ca)

<https://www.facebook.com/winipegsearchandrescue/>

## **Results/Timing Services**

### **Race Results**

Steve Gajerski

Email: [timing@raceresults.ca](mailto:timing@raceresults.ca)

Website: [www.raceresults.ca](http://www.raceresults.ca)

### **Prairie Timing Services (formally City Park Timing)**

Dwayne Olson

Phone: 204-451-1349

Email: [prairietiming@gmail.com](mailto:prairietiming@gmail.com)

### **Swamp Donkey**

Rick Shone

Phone: 204-793-1314

### **Zone 4 Timing System (system rental & training)**

Cindy Low

Phone: 1-888-444-0199

## **Registration Services**

### **Running Room**

Website: <https://www.runningroom.com/hm/inside.php?lang=1&id=3027>

### **Registration Logic**

Website: <https://www.registrationlogic.com/>

### **Race Roster**

Website: <https://raceroster.com/features>

## **Announcing/Master of Ceremonies Services**

Chrissy Troy email: [Chrissy@virginradio.ca](mailto:Chrissy@virginradio.ca)

Mandy Shew email: [Mandy.Shew@bellmedia.ca](mailto:Mandy.Shew@bellmedia.ca)

Steve Scoles email: [Steve\\_Scoles@hotmail.com](mailto:Steve_Scoles@hotmail.com)

## **Athletic/Physio/Massage Therapy Services**

### **Massage Athletica**

Michael Booth 204-781-4073

Email: [info@massageathletica.com](mailto:info@massageathletica.com)

Website: <https://www.massageathletica.com/>

### **Revolution Rehab**

Nikki Smith 204-223-7358

Email: [revolution.rehab.therapy@gmail.com](mailto:revolution.rehab.therapy@gmail.com)