

**FREE THE
SPIRIT
FESTIVAL**



**FESTIVAL
LIBÈRE
L'ESPRIT**

**Free the Spirit Festival
EVENT SCHEDULE**

Saturday, September 23

freethespiritfestival.ca

RUN/WALK ZONE

10:00 am | Welcome & Pump music led by Dancing Genie

10:15 am | 10K Run begins

10:20 am | 5K Run begins

10:30 am | Walk begins led by bagpipers Garth & Ian McCombe & cheerleaders & mascots

Artisans Market

10:00 am – 2:00 pm

Activities

Winnipeg Fire & Paramedic Service Demo Trailer & Mascot | Winnipeg Police Display Car & Mascot

Food & Drink

Beverage bar - Coffee & Hot chocolate

Nuburger – noon-2pm

FAMILY ZONE

**Main Stage – Sponsored by Bockstael Construction,
Winnipeg Kinsmen, Northway Pharmacy ReadyMeds**

12:00 pm | Dancing Genie DJ Dance Party

12:45 pm | Teakle Circus Performance

1:55 pm | 50/50 Draws

Activities

Wild Life Haven | Face Painting | Bouncers Manitoba
Baton | Photobooth | Balloon Twister | Mascots |
Bubble Lab | Costume Alliance

Food & Drink

Popcorn

Pancake breakfast – 10am-noon