



## 2009 MANITOBA ROAD RUNNING CALENDAR OF EVENTS

### APRIL

- Sun 5 Puma Road Running Series  
TIMEX #1: 5km**
- Sun 19 Puma Road Running Series  
TIMEX #2: 10km**
- Sun 26 Puma Road Running Series  
TIMEX #3: 15km  
ALL RACES:  
Assiniboine Park (Duck Pond) 9:00 am  
Race Directors: Wayne Ford 488-6219  
wkford@shaw.ca  
Patrick Riddell 669-2218 (after March 30/09)  
e-mail priddell@mts.net**
- Sat 25 Setter Prediction Race\***  
*St. Vital Park 10:00 am start  
MRA office: 477-5185*

### MAY

- Sat 2 Run at the Ridge**  
2km, 5km, 10km  
400 Scurfield Blvd (Whyte Ridge School)  
8:30 am (2km); 9:00 am (5km/10km)  
Race Director: Joe Woitas jwoitas@shaw.ca  
Contact: Bernie Agius bernieagius@hotmail.com
- Sun 3 Police Half Marathon  
TIMEX #4: Half Marathon  
Half Marathon Provincial Championship**  
Half Marathon, 2 person relay  
Assiniboine Park 8:00 am  
Race Director: Nick Paulet npaulet@winnipeg.ca  
803-4018 www.wpshalfmarathon.ca
- Sat 9 Physio Fit Run  
TIMEX #5: 10km**  
10km, 5km fun run, 3km walk, 10km inline  
Assiniboine Park (Duck Pond) 8:00 am  
Race Director: Stephanie Roberecki  
physiotherapy@shaw.ca  
942-2463 or 771-7844
- Sun. 10 Women Running For Women 8k, 5k, and 2.5k\***  
*St. Vital Park 9:00 am  
MRA Office: 477-5185  
Email: office@mraweb.ca*
- Sun. 10 Lake of the Woods 10k Race/5k Fun Run/Walk\***  
*Kenora Harbourfront, Kenora, ON 10:00 am  
Gord McTaggart: (807) 468-8979 or  
Email: gmctaggart@shaw.ca*
- Sat. 23 Run the Five 5km Race & 1km Run/Walk\***  
*Kirkbridge Park 10:00 am  
Amanda Hamel: 230-2704  
Sam McDougall: 275-7091*
- Sun. 24 Commit to Get Fit Run 5k & 10k\***  
*Wellness Institute, 1075 Leila Ave. 9:00 am  
Karin Whalen: 632-3912*

- Sat 30 Headingley Fire Dept Run for Wishes  
TIMEX #6: 5km**  
5km; 3km fun walk/run 9:00 am  
Headingley Fire Dept—126 Bridge Road  
Race Director: Glenn Reimer  
greimer@shaw.ca 889-5806
- Sun 31 Brandon Family YMCA Spring Run  
TIMEX #7: Half Marathon**  
(8:00 am) Half Marathon (8:05 am) 5km & 10km  
(8:10 am) 5km & 10 km walkers  
Brandon YMCA—231 8th Street  
Race Director: Cindie Dunn  
ymca.hfr@wgwave.ca 727-5456
- Sun. 31 Air Force Run 1/2 Marathon, 10k & 5k\***  
*9:00 am & 9:30 am start; Whytewold Road  
Capt. Justin Boileau: 833-2500 Ext: 4162*

### JUNE

- Sat 6 Run for Rights**  
10km/5km fun run 9:30 am  
Kildonan Park  
Race Director: Allan Beach  
abeach@mts.net  
668-7668 471-6426
- Sun 7 Debra Supene Run**  
5 mile fun run 8:30 am  
1km fun walk/run 8:35 am  
St. Vital Park  
Race Director: Marilyn Fraser  
mouse1001@mts.ca  
453-6145
- Sat. 13 Niverville 10k Race & 5k/2.5k Fun Run/Walk\***  
*Part of the Niverville Old Tyme Country Fair  
8:30 a.m. start; Niverville, MB  
Shari or Bob: (204) 388-4360 or  
Laura or Dave: (204) 388-4280*
- Sun 14 WalMart Walk for Miracles\***  
*10:00 a.m. start; St. Vital Park  
MRA office: 477-5185*
- Sun. 21 Manitoba Marathon: Full Marathon, Half Marathon, Marathon Relay, 10k Walk, Super Run\***  
*7:00 a.m. start; University of Manitoba  
MB Marathon office: 925-5751*

### JULY

- Sun 12 Grand Beach Sun Run  
TIMEX #8: 10 km**  
10km, 5km, 3km fun run 8:30 am  
Grand Beach Provincial Park, West Beach  
Race Director: Sandra Marriott-Silver  
smsilver@nets.net  
254-4731
- Sat. 18 Manitoba "Try a Trail" Series #1 6 km\***  
*9:00 a.m. start; Equestrian Centre, Birds Hill Park  
Dwayne Sandall: 227-8698 or  
Email: dwayne.sandall@gmail.com  
Website: www.trailrunmanitoba.com*

**Sat 25 Beaches Half Marathon**  
**TIMEX #9: Half Marathon**  
Half Marathon, Half Marathon Relay  
Quarter Marathon 8:00 am  
Hillside Beach  
Race Director: Natasha Smith  
inatasha@mts.net  
756-3868  
www.events.runningroom.com

## AUGUST

**Sun 2 Islendingadagurinn**  
**TIMEX #10: 10 mile (16 km)**  
10 mile, Winnipeg Beach to Gimli 8:00 am  
Jan's 1 mile Family Fun Run—Pavillion Park 8:30 am  
Race Director: Amanda Younka  
ayounda@shaw.ca  
488-9833

**Sun. 2 Frog Follies 10k Race and 5k Fun Run/Walk\***  
8:30 a.m. start; St. Pierre Rec Centre  
St. Pierre, MB; Ray Gosselin: (204) 746-0199

**Sat. 8 Manitoba "Try a Trail" Series #2 9 km\***  
9:00 a.m. start; Equestrian Centre, Birds Hill Park  
Dwayne Sandall: 227-8698 or  
Email: dwayne.sandall@gmail.com  
Website: www.trailrunmanitoba.com

**Sun. 9 Birtle River Run Half Marathon & 5k Family Fun Run\***  
8:00 a.m. start; Birtle Riverside Park, Birtle, MB  
Steve Desjardins: (204) 842-3944  
Email: steveal@mts.net

**Sat. 15 Run with Porter 5k Fun Run/Walk\***  
9:00 am start; Birds Hill Park/Pine Ridge Trail  
Greg & Kelly Lehmann: 284-5371

**Sun 16 Ron Melnichuk Half Marathon**  
**TIMEX #11**  
Half Marathon 8:00 am 5km 8:15 am  
Race Directors: Ken Friesen & Jack Booth  
Contact: Diana Rasmussen  
alsdevelopmentdirector@deerlodge.mb.ca  
831-1510

**Sat. 22 Manitoba "Try a Trail" Series #3 12 km\***  
9:00 a.m. start; Equestrian Centre, Birds Hill Park  
Dwayne Sandall: 227-8698 or  
Email: dwayne.sandall@gmail.com  
Website: www.trailrunmanitoba.com

**Thurs. 27 River Run at the Forks 10k Race, 5k Fun Run, 5k Corporate Relay & 3k Walk\***  
6:30 p.m. start; Scotia Bank Stage at The Forks  
Chris Mellway: 275-6934 or  
Email: cmellway@shaw.ca

## SEPTEMBER

**Sat. 12 Manitoba "Try a Trail" Series #4 14 km\***  
9:00 a.m. start; Equestrian Centre, Birds Hill Park  
Dwayne Sandall: 227-8698 or  
Email: dwayne.sandall@gmail.com  
Website: www.trailrunmanitoba.com

**Sun 13 Treherne Marathon—Run for the Hills**  
Marathon, Half Marathon, 10km fun run 8:00 am  
Race Director: Gary Lodwich  
trehernemarathon@mts.net  
723-2542

**Sat. 19 Awesome Twosome Goes Both Ways (5 km x 2)\***  
10:00 a.m. start; Duck Pond, Assiniboine Park  
MRA Office: 477-5185

**Sun 20 CN Tracks of Glory**  
**TIMEX #12: 10km**  
**Provincial 10km Championship**  
10km 10:00 am 5km fun run/walk 10:05 am  
Assiniboine Park  
Race Director: Lori Orchard  
lori.orchard@cn.ca  
231-7718

**Thurs 24 Athletics Manitoba Provincial 5km Championship**  
**TIMEX #13**  
Provincial 5km Championship; 2km/3km cross country school challenge  
Kildonan Park  
Times TBA  
Information: Athletics Manitoba 925-5743

## OCTOBER

**Sun 3 Race for Your Heart Hi-Speed Hounds Greyhound Rescue and Adoption Inc.**  
Portage la Prairie  
5km Fun Run; 10km; ½ Marathon  
Michaela Lamoureux 774-2076

**Sat. 3 Beaudry Lemming Loop: 3/6/12 hour time limit\***  
7:00 a.m. & 9:00 a.m. start; Beaudry Park, Headingley  
Dwayne Sandall: 227-8698 or  
Email: dwayne@trailrunmanitoba.com  
www.trailrunmanitoba.com

**Sat. 10 Winkler's Thanks For Giving Run 1/2 Marathon and 5k Run\***  
9:00 a.m. start; Winkler Recreation Centre, Winkler  
Anna Matuszewski: (204) 312-0472 or  
Helena Heppner: (204) 362-6415

**Mon. 12 6th Annual Linden Woods Fall Classic 10k Race/5k Fun Run/Family Walk\***  
8:45 am start for the walk; 9:00 a.m. start for the race  
Van Wallegem School, 1 Princemere Rd., Winnipeg  
Mark d'Almeida: 489-6296 Website: [www.lwfc.ca](http://www.lwfc.ca)

**Sat. 17 Manitoba "Try a Trail" Series #5 8 km or 22 km\***  
9:00 a.m. start; Equestrian Centre, Birds Hill Park  
Dwayne Sandall: 227-8698 or  
Email: dwayne.sandall@gmail.com  
Website: [www.trailrunmanitoba.com](http://www.trailrunmanitoba.com)



\*Manitoba Runners' Association Event

**Athletics Manitoba**  
200 Main Street  
Winnipeg, MB R3C 4M2  
(204) 925-5743 [www.athleticsmanitoba.com](http://www.athleticsmanitoba.com)

