



2009 MANITOBA ROAD RUNNING CALENDAR OF EVENTS

APRIL

- Sun 5 Puma Road Running Series for Hemophilia
TIMEX #1: 5km**
- Sun 19 Puma Road Running Series for Hemophilia
TIMEX #2: 10km**
- Sun 26 Puma Road Running Series for Hemophilia
TIMEX #3: 15km
ALL RACES:**
Assiniboine Park (Duck Pond) 9:00 am
Race Directors: Pat Riddell/Ingrid Olson
Contact: Christine Keilback ~ 775-8625
chsmb@hemophilia.mb.ca
www.pumaroadrunning.com

- Sun 12 Pace 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; Whytefold 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 Marriot-Silver
smsilver@mets.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 219-4029

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

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



*Manitoba Runners' Association Event

Athletics Manitoba
200 Main Street
Winnipeg, MB R3C 4M2
(204) 925-5743 www.athleticsmanitoba.com