



## 2009 MANITOBA ROAD RUNNING CALENDAR OF EVENTS

### 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@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
- Sun. 16 Debra Supene Run**  
**TIMEX #11**  
5 km - 8:30 am 1km fun walk/run 8:35 am  
St. Vital Park  
Race Director: Marilyn Fraser  
mouse1001@mts.ca  
453-6145
- 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
- Thur. 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
- Sat. 29 Rocky Mountain Soap Company Women's Run  
10km Run and 5km Run/Walk**  
Assiniboine Park, Winnipeg, MB 11 am  
<http://www.rmswomensrun.com/main.php>

### AUGUST

- Sun 2 Islingadagurinn**  
**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
- Sun. 3 Islingadagurinn McMahon Mile**  
Gimli, MB 10:00 am  
Race Director: Cam Arnason  
jancam06@hotmail.com  
Gimli - (204)-642-8636 or  
Rob Guy - robguy@mts.net  
Winnipeg - (204) 925-5745

- 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

### 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  
treherne Marathon@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 Athletics Manitoba Provincial 10km Championship  
TIMEX #12**  
10km race & 5km Fun Run  
Assiniboine Park (Duck Pond) 9:00 am  
Race Director: Athletics Manitoba  
925-5744

### 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
- 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

## OCTOBER cont'd

**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](mailto:dwayne.sandall@gmail.com)  
Website: [www.trailrunmanitoba.com](http://www.trailrunmanitoba.com)



\*Manitoba Runners' Association Event

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