



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 mile 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

**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