



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

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

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
ayounka@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 Islendingadagurinn McMahon Mile

Gimli, MB 10:00 am

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

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TBA 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

OCTOBER

**Sun 3 Race for Your Heart Hi-Speed Hounds
Greyhound Recue 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

**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 Wallegghem 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