



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

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

Sun. 3 Islendingadagurinn 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

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

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 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
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