



## 2009 MANITOBA ROAD RUNNING CALENDAR OF EVENTS

### JUNE

- Wed 3 HSC GD6 5km Run/Walk**  
In honour of Chris McCubbins  
Assiniboine Park (Duck Pond) 7:00 pm  
gd6projecthope@alitra.com or call 488-7917
- 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
- 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
- Sat 20 GoodLife SuperHero Fun Run (3k & 6k) & BBQ**  
1 pm at GoodLife on Kenaston  
Proceeds to the GoodLife for Kids Foundation  
[www.goodlifekids.com](http://www.goodlifekids.com)
- 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 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](mailto:dwayne.sandall@gmail.com)  
Website: [www.trailrunmanitoba.com](http://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](http://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](mailto:dwayne.sandall@gmail.com)  
Website: [www.trailrunmanitoba.com](http://www.trailrunmanitoba.com)
- Date Debra Supene Run**  
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
- 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](mailto: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
- 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](mailto:dwayne.sandall@gmail.com)  
Website: [www.trailrunmanitoba.com](http://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](mailto:cmellway@shaw.ca)
- 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](mailto:dwayne.sandall@gmail.com)  
Website: [www.trailrunmanitoba.com](http://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

### SEPTEMBER

## SEPTEMBER cont'd

**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 #11: 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 #12**  
Provincial 5km Championship; 2km/3km cross  
country school challenge  
Kildonan Park  
Times TBA  
Information: Athletics Manitoba 925-5743

## OCTOBER

**Sat. 3** **Race for Your Heart Hi-Speed Hounds**  
**Greyhound Recue 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 Wallegghem 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  
Website: [www.trailrunmanitoba.com](http://www.trailrunmanitoba.com)



\*Manitoba Runners' Association Event

**Athletics Manitoba**  
200 Main Street  
Winnipeg, MB R3C 4M2  
(204) 925-5743 [www.athleticsmanitoba.com](http://www.athleticsmanitoba.com)