



2009 MANITOBA ROAD RUNNING CALENDAR OF EVENTS

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****
9:15 am start for the walk; 9:30 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

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