



2010 MANITOBA ROAD RUNNING CALENDAR OF EVENTS

AUGUST

- Sat. 21 Race for Your Heart Hi-Speed Hounds Greyhound Recue and Adoption Inc.**
Portage la Prairie
5km Fun Run; 10km; 1/2 Marathon
Michaela Lamoureux
- Sat. 21 Manitoba "Try a Trail" Series #3 12 km***
9:00 a.m. start; Equestrian Centre, Birds Hill Park
Race Director: Dwayne Sandall 227-8698
dwayne@trailrunmanitoba.com
www.trailrunmanitoba.com
- Thu. 26 River Run at the Forks 10km Race, 5km Fun Run, 5km Corporate Relay & 3km Walk***
6:30 p.m. start; Scotia Bank Stage at The Forks
Race Director: Bill Anderson 269-9516
bill.anderson@mgeu.mb.ca
- Sat. 28 Rocky Mountain Soap Co Women's Run**
Assiniboine Park, Winnipeg, MB - 9:00am
10km Run, 5km Run/Walk
http://www.rmswomensrun.com
Winnipeg@rmswomensrun.com

SEPTEMBER

- Mon. 6 Run for Diabetes 10km 3km & 1km Fun Run***
8:00 am start; Assiniboine Park
Race Director: John Murphy 895-4013
jmurphy@mts.net
- Sun. 12 Treherne Marathon—Run for the Hills**
Marathon, Half Marathon, 10km2 fun run 8:00 am
Race Director: Gary Lodwich 723-2542
trehernemarathon@mts.net
- Sun. 12 Awesome Twosome Goes Both Ways (5km x 2)**
10:00 am; Duck Pond, Assiniboine Park
MRA Office 477-5185
office@mrweb.ca
- Sat. 18 Manitoba "Try a Trail" Series #4 14 km***
9:00 a.m. start; Equestrian Centre, Birds Hill Park
Race Director: Dwayne Sandall 227-8698
dwayne@trailrunmanitoba.com
www.trailrunmanitoba.com
- Sun. 19 Athletics Manitoba Empower Run
TIMEX #11
Provincial 10km Championship**
10km 9:00 am 5km fun run/walk 9:05 am
Kildonan Park
Race Director: Diana Stevens 925-5744
diana_stevens@shaw.ca
www.athleticsmanitoba.com

SEPTEMBER cont'd

- Sun. 26 A Run Through History
5km; 10km The Forks**
Race Director: Erick Oland
citypark@mts.net
www.cityparkrunners.com

OCTOBER

- Sat. 2 Going Beyond Run for Aids
5km Run/ 3k & 5K Walk**
St. Vital Park - 5km Run 10:00 a.m. start
3km & 5km Walk 10:30 a.m. start
Contact: C. Wilson
c/o 877 Wilkes Ave, WPG, MB
online registration through Running Room
- Sat. 2 Beaudry Lemming Loop:
3/6/12 hour time limit***
7:00 a.m. & 9:00 a.m. start;
Beaudry Park, Headingley
Race Director: Dwayne Sandall 727-8698
dwayne@trailrunmanitoba.com
www.trailrunmanitoba.com
- Sat. 9 Winkler's Thanks For Giving Run
1/2 Marathon and 5k Run***
9:00 a.m. start; Winkler Recreation Centre,
Winkler
Race Directors: Anna Matuszewski
(204) 312-0472
Helena Heppner: (204) 362-6415
- Mon. 11 7th Annual Linden Woods Fall Classic
10k Race/5k Fun Run/Family Walk***
9:15 am walk; 9:30 a.m. run
Van Wallegghem School, 1 Princemere Rd.
Race Director: Mark d'Almeida 489-6296
www.lwfc.ca
- Sat. 16 Manitoba "Try a Trail" Series #5 8 km or 22 km***
9:00 a.m. start; Equestrian Centre, Birds Hill Park
Race Director: Dwayne Sandall 227-8698
dwayne@trailrunmanitoba.com
www.trailrunmanitoba.com

*Manitoba Runners' Association Event



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