



2010 MANITOBA ROAD RUNNING CALENDAR OF EVENTS

JULY

- Sat. 24 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
- Sun. 25 Neepawa Chiropractic Lily Duster**
Neepawa
10km & 5km 8:00 am
Race Director: Beth Eagan: 476-3984
Email: neepawachiropractic@gmail.com
www.lilyfestival.com

AUGUST

- Sun. 1 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: Jill Neumann 983-2266
gillian.neumann@servicecanada.gc.ca
- Sat. 7 Manitoba "Try a Trail" Series #2 9 km***
9:00 a.m. start; Equestrian Centre, Birds Hill Park
Race Director: Dwayne Sandall 227-8698
dwayne@trailrunmanitoba.com
www.trailrunmanitoba.com
- Sat. 21 Race for Your Heart Hi-Speed Hounds
Greyhound Recue and Adoption Inc.**
Portage la Prairie
5km Fun Run; 10km; ½ 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@mraweb.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
- Sun. 26 A Run Through History
5km; 10km The Forks**
Race Director: Erick Oland
citypark@mts.net

OCTOBER

- Sat. 2 Joe Keeper-Angela Chalmers Run
TIMEX #12: 10km**
10km, 3km run/walk, 3km relay, 1km kids run
Assiniboine Park (Duck Pond) 10:00 am
Race Director: Rockford McKay 940-7041
rockym@mfnerc.com www.mfnerc.org
- 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

October cont'd

**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 Wallegem 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*

**Athletics Manitoba
145 Pacific Ave
Winnipeg, MB R3B 2Z6**

(204) 925-5744 www.athleticsmanitoba.com