



2010 MANITOBA ROAD RUNNING CALENDAR OF EVENTS

JUNE

Sun. 20 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

Sat. 10 Pace Setter 5km Prediction Run*
9:00 am start St. Vital Park
MRA office: 477-5185
office@mraweb.ca

Sun. 11 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 471-0329
smsilver@mrha.mb.ca

Sat. 17 Manitoba "Try a Trail" Series #1 6 km*
9:00 a.m. start; Equestrian Centre, Birds Hill Park
Race Director: Dwayne Sandall: 227-8698
dwayne@trailrunmanitoba.com
www.trailrunmanitoba.com

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

AUGUST cont'd

Sat. 21 Race for Your Heart Hi-Speed Hounds Greyhound Rescue 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

SEPTEMBER cont'd

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@mfnrc.com www.mfnrc.org

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