



## 2010 MANITOBA ROAD RUNNING CALENDAR OF EVENTS

### MAY

- Sat. 1 Run at the Ridge**  
2km, 5km, 10km  
400 Scurfield Blvd (Whyte Ridge School)  
8:30 am (2km); 9:00 am (5km/10km)  
Race Director: Joe Woitas jwoitas@shaw.ca  
Contact: Bernie Agius bernieagius@hotmail.com
- Sun. 2 Police Half Marathon**  
**TIMEX #4: Half Marathon**  
**Half Marathon Provincial Championship**  
Half Marathon, 2 person relay  
Assiniboine Park 8:00 am  
Race Director: Nick Paulet 803-4018  
npaulet@winnipeg.ca www.wpshalfmarathon.ca
- Sat. 8 Physio Fit Run**  
**TIMEX #5: 10km**  
10km, 5km fun run, 3km walk, 10km inline  
Assiniboine Park (Duck Pond) 8:00 am  
Race Director: Stephanie Roberecki 942-2463 or  
771-7844 physiotherapy@shaw.ca
- Sun. 9 Women Running For Women 8k, 5k, and 2.5k\***  
St. Vital Park 9:00 am  
MRA Office: 477-5185 office@mraweb.ca
- Sun. 9 Lake of the Woods 10k Race/5k Fun Run/Walk\***  
Kenora Harbourfront, Kenora, ON 10:00 am  
Race Director: Gord McTaggart: (807) 468-8979  
gmctaggart@shaw.ca
- Sun. 16 Commit to Get Fit Run 5k & 10k\***  
Wellness Institute, 1075 Leila Ave. 9:00 am  
Race Director: Casie Nishi: 632-3912  
cnishi@sogh.mb.ca
- Sat. 29 Run the Five 5km Race & 1km Run/Walk\***  
Ft. Richmond Collegiate 10:00 am  
Race Director: Ashley Resler: 612-4933
- Sat. 29 Headingley Fire Dept Run for Wishes**  
**TIMEX #6: 5km**  
**5km Provincial Championships**  
5km; 3km fun walk/run 9:00 am  
Headingley Fire Dept—126 Bridge Road  
Race Director: Glenn Reimer 889-5806  
greimer@shaw.ca
- Sun. 30 Brandon Family YMCA Spring Run**  
**TIMEX #7: Half Marathon**  
(8:00 am) Half Marathon (8:05 am) 5km & 10km  
(8:10 am) 5km & 10 km walkers  
Brandon YMCA—231 8th Street  
Race Director: Cindie Dunn 727-5456  
ymca.hfr@wgwave.ca
- Sun. 30 Air Force Run 1/2 Marathon, 10k & 5k\***  
9:00 am, 9:30, 10:00 am start; Whytewold Road  
Race Director: Major Rob Clark 833-2500, Ext 6759

### JUNE

- Sat. 5 Run for Rights**  
10km/5km fun run 9:30 am  
Kildonan Park  
Race Director: Allan Beach 250-1556 or 982-6438  
racedirector4r@mts.net
- Sun. 6 Run with Porter 10km & 5km fun run/walk\***  
9:00 am start; Birds Hill Park grp use area #1  
Race Directors: Greg & Kelly Lehmann 284-5371  
info@runwithporter.com
- Sat. 12 Run 4NF - 5km & 10km\***  
10:00 am start; Minnedosa Beach Pavillion  
Race Director: Tracy Gregorash 204-807-3219  
run4nf@live.ca
- Sun. 13 WalMart Walk for Miracles\***  
10:00 a.m. start; St. Vital Park  
MRA office 477-5185
- 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

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### AUGUST

- Sun. 1 Islandingadagurinn**  
**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
- Thurs. 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

### 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 10km Championship**  
**TIMEX #11: 10km**  
**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@mfncr.com www.mfncr.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 Wallegghem School, 1 Princesmere 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**  
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