



Athletics Manitoba

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Contact the office if
you would prefer to
receive the newsletter
electronically!

Road Race Committee

If you are interested in
becoming involved, please
contact the office!

Karen Fletcher
Marilyn Fraser
Rocky McKay
John Murray
Andrea Paci
Ken Perchaluk
Pat Riddell
Diana Stevens
Jeff Vince
Kathy Wiens

Staff

Rob Guy,
Managing Director

Diana Stevens,
Program Manager

Dallas Mooney,
Communication &
Membership Coordinator

2008 Youth Series

Age Categories ~ Male and Female ~ 12 & under; 13-14; 15-17

Tentative 2008 Youth Series Races

April 13	Puma 5km	Assiniboine Park
April 20	Puma 5km	Assiniboine Park
April 27	Puma 5km	Assiniboine Park
May 3	Physio Fit 5km	Assiniboine Park
May 3	Run at the Ridge 5km	Whyte Ridge School
May 10	Headingley 5km	Headingley, MB
May 23	Brandon 5km	Brandon, MB
June/August	Cross Country Series	Churchill Drive
July 13	Grand Beach 5km	Grand Beach, MB
August 3	Gimli 1 mile	Gimli, MB
August 17	Ron Melnichuk 5km	Birds Hill Park
September 7	Investors 5km	University of Manitoba
September 21	CN 5km	Assiniboine Park

2008 Timex and Youth Series Point System

Place	Points	Place	Points	Place	Points
1	300	2	285	3	275
4	265	5	255	6	245
7	235	8	225	9	215
10	205	11	195	12	185
13	175	14	165	15	155
16	154	17	153	18	152
19	151	20	150		

Points will continue to decrease by 1

National Timex 10km Championships Criteria
Athletics Manitoba or Run Manitoba membership is required to qualify

A maximum of four individuals will be selected. These athletes must meet or exceed the following standards will be considered for funding to the National Timex 10km Championships in Ottawa, Ontario on Saturday, October 18, 2008.

Minimum time standards:

Open Men	33:30
Open Women	38:00
Masters Men	35:30
Masters Women	43:30

We will focus on choosing one runner from each category. If a category fails to produce a qualifier, the next fastest qualifier from all the other remaining categories will be considered.

To qualify you must run a minimum of three of the Manitoba Timex Series 10km races. At least one of these races must be run at the minimum standard listed.

Masters runner is defined as 35 years of age and over. You must meet the masters standard when you are 35 years of age.

In 2007 the following Run Manitoba members represented us at the Championships:

- Open—Brian Walker
- Open—Darolyn Trembath
- Masters—Darcy Ready
- Masters—Andrea Paci

*If you have a running story you want to share please send to
diana_stevens@shaw.ca
We would love to hear from you!*

Twin Cities Marathon – Eighteen years Running! October 3 – 6th 2008 inclusive



This is year number 18 for the Trudge and Tour bus to make its way down to St. Paul for the marathon weekend. This year the entry for the full marathon goes online on **April 18th** – it seems to get earlier each year and it takes dedication to commit to a fall marathon when the snow is barely off the ground in Manitoba – but it is the only chance to enter this wonderful event. The ten miler registration goes online **July 7 – 16th**. It is all at <http://www.mtcmarathon.org>

Every Fall, a bus load of runners, mostly from Manitoba, makes its way across the border for a weekend of running, sharing running stories, personal bests, and of course, shopping! We have had runners from Alberta, Nova Scotia, British Columbia, Ontario and Quebec fly in to join friends and relatives on the trip and to run with us.

Why do folk go down on the bus – why are there old and new running friends each year to join in? The formula doesn't change much from year to year. I think the answer lies with the camaraderie of a bus full of like-minded runners all pursuing running goals, and shopping bargains. One year, Lindor Reynolds from the Free Press joined the group and wrote an article about our pre-race habits and conversations that I am sure made a non-running reader agog with details of time split into seconds, negative splits and the often heard lament, "I haven't gone to the bathroom yet!!!" But for the runner, to share the positives and the perils of the sport.

Each year we depart early on the Friday morning of marathon weekend and make our way across the border, stopping at Fargo for lunch and the inevitable shopping. The tripdown is a time for us to get to know the new Trudgers, as Terry and Wes do a number of roll-calls and nose counts to make sure we have everyone after stops. We have draw prizes and a movie that makes the time go very quickly. And there are quiet times too, that we can have a snooze while our driver gets us closer to St. Paul and the Friday night Fitness Expo. New running shoes, here we come!!! There are still great bargains to be had at the Expo. We pick up our race packets and head to our home for the weekend, *The Best Western Kelly Inn*. The bonus is the Kelly is right at the Finish Line, so once finished the race, it is a few minute walk to the hotel to freshen up and walk back to cheer at the Finish Line.

The weekend is full of visits back to the Fitness Expo on Saturday, and the 5 km race for the ambitious who want to warm up for the day to follow. We go on a beverage and food run in the afternoon and the Mall of the Americas, a sports discount store, and to the Spaghetti dinner back at the Fitness Expo site. All of these activities are great fun and also optional. Some choose to do some of the activities or to keep a low profile and rest before the Sunday run.

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Sunday morning, we have the comfort of the bus to take us to the start in Minneapolis – biggest bonus is having our own washroom. Full of race day jitters and lots of hydration, our driver finds we don't want our own warm or cool (whatever the weather dictates) shelter and washroom to leave!!! Finally he departs and we are all left to run back to St. Paul!!! Most years we have some cheering section join us and they accompany the bus back, stopping for coffee and donuts on the way. Despite giving the marathon or the ten-miler our all, we manage to be the first folk up at Famous Dave's BBQ and Blues House that evening to dance!!! What a blast – great food (not pasta!!!, large glasses of beverages (not water!!!!) and the wailing of Moses Oakland's blues band.

No, the formula doesn't change much. But every year there are new passengers, new friends made, and lots of old stories shared (anyone want to hear about my 1990 awesome marathon...aah yes, the glory days!

I have nearly 20 years of memories of Trudges to Twin Cities and they are made possible by the kind folks at the Kelly Inn and their hospitality suite where the bus folk gather on Sunday before dinner for a drink and trading running stories, our driver, Ray, who has looked after us each year (only missed last year, and his replacement went the extra mile (good running term) to take great care of us, and most of all the memories of old and new friends sharing a fun filled weekend – we come back one large bus family with lots of shopping treasures and running medals.



My partner, Wes and I do hope that you will add to our memories and join us on year number 18. I think you will agree that the running course and the camaraderie are beyond compare. Do some hill training in preparation and experience an incredible race and a weekend full of personal bests.

Terry Cooke

Trudge and Tour

teresacooke@shaw.ca

Run at the Ridge

**Run at the Ridge with RONA is in the 5th year of operation
and we are expecting over 1000 participants!**

**Join us on Saturday May 3rd for a run....either 2km/5km or 10km.
The Family 2km event starts at 8:30am
with the 5km and 10km to follow at 9:00am**

If you register for the 5km or 10km you can also run the Family 2km as well!

Age group and draw prizes and a great breakfast hosted by SCU.

**The proceeds from the run go directly to Whyte Ridge School, Stride Ahead/Tough
Track and the Victoria Hospital Foundation in honour of Darlene Williams.
Visit www.runattheridge.com for race maps and on line entry**

Tips for Marathon Running

Jeff Vince

I am not a writer or a running trainer like Mike Booth, Coach Ken or a running store leader but I have completed 29 marathons and want to share some suggestions that I have learned during my training. These training tips work for me but others train and run marathons differently. I change my training based on time allowed and how I feel. You should listen to the suggestions of other more qualified on running or read running books, articles or magazines. Consult a doctor if you have any concerns about doing a marathon.

The hardest part of a marathon is the training. Running and training for a marathon is different from regular road running. It requires discipline and a lot of hard work. This can make up some of the difference between a naturally gifted runner and an average one. Doing quality training is as important as having natural speed. You should not run a marathon unless you train properly. Some runners run one with little or no training and they risk injury and could get discouraged from future marathons. You need to increase your mileage every week. This is especially important if you are recovering from an injury. Start slowly even if you can only run less than a mile at first.

I suggest that you run a half marathon before you attempt a full one. This will teach your body how to do long distances. Until six years ago, Manitoba offered only one half marathon on Father's Day but now you can run a half marathon every month in Manitoba from April to October. There is also the hypothermic half marathon in February and half marathons in Fargo, Regina and Saskatoon.

I use a 12-week training plan. I can run 10 miles at the start of the plan and increase the long run by one or two miles per week. I do at least one 20 mile run during the training. I try to do 50 miles a week for most of the first 10 weeks. You have time to think or relax the mind. I reduce the long run or total miles if I have a small injury or cannot find the time or energy to follow the schedule. I often run one or two miles on an off day just to keep loose. I taper the last two weeks reducing the mileage to about 25 miles in the last week.

You need to listen to your body as you train. It will tell you if you need to run slower or take a day off. I keep track of the miles run each day and have a weekly goal. This stops me from being lazy and taking too many days off. You will have some pain in the legs to build muscles to run a marathon. However, you must be careful not to get a real injury. Every extra pound you lose can make a marathon easier and faster. I ran 3,044 miles in 2004. They were at a slow speed but built my legs for future marathons. I am not sure that other people's legs would allow them to run this many miles. You can change your training plan to meet your current lifestyle and make training more interesting. I trained differently when I tried to achieve faster times.

Try to run a fast mile or two during some of your training runs. This will help you on marathon day. Imagine that you are finishing the marathon that you are training for, this will help you push a little harder. You can increase your speed if you run with someone as fast or a little faster than yourself. In 2007 and 2008 I have run indoors at the Peguis Fitness Center with runners of different speeds. This can take your mind off hard training and all runners can go faster.

I suggest that you run a few shorter 5 km and 10km road races. You can build short-term speed. This will help a runner learn how to get a reasonable start with other runners and learn how to drink at water stations. The Puma Series and other Athletics Manitoba races in May are great training for the Manitoba Marathon.

You also need to train for the heat or hills of a specific marathon. I ran beside some busy roads to get used to the smog in Chicago. Every marathon is different. Some have hills and a lot of turns. Sometimes you feel strong and other times you are tired after a few miles. The number of other runners, spectators or entertainment affects your run. Hot, cold, rainy, humid or windy weather can make the course different. Run a pace that suits the course and conditions. You remember the difficult marathons longer but remember that everyone who finishes a marathon is a winner!

Training in the winter is difficult and can be slippery. The stride is different and running through snow is hard. You have to dress in layers for the cold. After a while you get too warm. I remember the frost in the beard, I now run in the comfort of an indoor track. A friend of mine qualified for the Boston marathon using a treadmill!

2008 Canadian Marathon Championships

May 25, 2008

Ottawa, Ontario

www.runottawa.ca

Pre-Marathon and Race Day Tips

- ◆ Begin taking in extra water starting four days before the marathon.
- ◆ Watch what you eat the day before and the morning of the marathon. I eat a lot of pasta and stay away from spicy foods. I eat very little on the morning of the race.
- ◆ Get to the race early and use the washrooms – this will reduce the chance of having to stop during the marathon.
- ◆ Try to get a good nights sleep and get a wake up call if you are in a hotel.
- ◆ Get your marathon clothes, bib and chip ready the night before.
- ◆ Do not change what you use when you train. I use a caffeine energy drink. I take a water bottle so I can avoid the first busy water stations and have water ready when I need it.
- ◆ Do not wear any clothes that you have not trained in. They can cause blisters and rashes. Vaseline your armpits, nipples and groin area to reduce chafing and bleeding.
- ◆ Tie your race-timing chip into your shoe lace. Do not rely on the plastic strip to attach to the shoe. Also remember to tie your laces tight. There is nothing as bad as stopping to tie a shoe lace.
- ◆ Cut your toenails short since a long toe nail can cut the toe. This also reduces the chance of loosing a toenail. However, a black toenail is one of the “prizes” of a marathon.
- ◆ I do not stretch but do a slow run or walk just before the marathon start.
- ◆ Do not start too fast—you have a lot of time to speed up during a 26.2 mile race!
- ◆ Take lots of water during the run. It is too late if you feel thirsty. However, it can be dangerous to have too much water. It is also uncomfortable to feel the water in your stomach.
- ◆ I usually wear a race band that gives the pace per mile or km that is needed to do a finishing time. This allows me to monitor if I am running too fast or slow. Unfortunately, most show the average time per mile and do not include an allowance for slowing down due to fatigue. I might wear a 3:45 race band if I want to do a 4-hour marathon.
- ◆ I avoid taking showers or sprinklers during the marathon if the weather is not too hot. Your feet get wet and can cause blisters. Try to run around puddles for the same reason.
- ◆ Run tangents. This can reduce the course by many yards. Remember that the official course is measured that way.
- ◆ Remember that the halfway mark of a marathon is the 20 mile point—this is where you rely on your training. Your legs feel sore and you must be determined to finish. Your mind will often tell you to stop or slow down after 18 to 20 miles. You should try to convince your body that it can finish.
- ◆ Watch out for other runners, a fall can be very painful.
- ◆ Acknowledge spectators and volunteers. They can keep you going when things get hard. They are often out in the difficult weather for hours and deserve a thank you or a good morning. Be aware though that sometime the spectators lie and say, “You are looking good” when you are completely worn out. They shout, “The finish line is just around the corner” when there are actually miles to run yet.
- ◆ You should reduce training a month after a full out full or half marathon. The exception is if you run a full or half at training pace.

My next run is the Boston Marathon. I like to think that I can run well at an older age since I followed my training plan. I trained differently for this marathon running more training runs at faster speed. I have averaged 67 miles per week but have taken more days off to recover from long runs. My long run was 28 miles but was about 30 minutes slower than my marathon times. It gives more endurance and should tell my mind that I can finish. I will see on April 21 if this plan has worked for me!

Congratulations to the following Manitoban's who qualified and entered the Boston Marathon! Best of luck to all those who run on April 21st!

Jayson Adams (Winnipeg)	Darren Bittner (Winnipeg)	David Cormie (Ste. Anne)
Cathy Cullen (Winnipeg)	Demetro Danyluk (Winnipeg)	William Diehl-Jones (Winnipeg)
Donna Dixon (Winnipeg)	Ted Dodd (Winnipeg)	Kevin Donnelly (Winnipeg)
Carl Duerksen (Winnipeg)	Gareth DuPlooy (Winnipeg)	Gordon Fairman (Winnipeg)
Jake Fehr (Winnipeg)	Mario Fonseca (Winnipeg)	John Gavloski (Carman)
Allen Gilleshammer (Wpg)	Charles Gordon (Winnipeg)	Luc Guillette (Winnipeg)
Dawn Hanson (Winnipeg)	Marissa Harvey (Winnipeg)	Martial Hebert (Winnipeg)
Barret Hildebrant (Grunthal)	Raymond Jones (Winnipeg)	John Kelleher (Brandon)
Bruce Kucey (Winnipeg)	Rick Lecuyer (Winnipeg)	Shelley Masson (Winnipeg)
Catherine McKay (Winnipeg)	Susan McMurrich (Winnipeg)	Russell Meier (Winnipeg)
Thomas Mitchell (Belair)	Roger Morcilla (Winnipeg)	Pam Nichol (Winnipeg)
Karen Olekson (West St. Paul)	Lisa Osler (Winnipeg)	Jennifer Ritter (Winnipeg)
Amleset Samuel (Winnipeg)	Stephanie Schultz (Winnipeg)	Reesa Simmonds (Winnipeg)
David Sitarik (Winnipeg)	James Slade (Winnipeg)	Daryl Somers (Winnipeg)
Lynda Tunny (Starbuck)	Jeff Vince (East St. Paul)	Marlene Wagner (Winnipeg)
Edward Willmott (Winnipeg)	Myrna Yorke (Winnipeg)	Monica Young (Winnipeg)

2008 Run Manitoba Jersey Series Awards

A runner is awarded a jersey to wear in the following year's Timex series and must "surrender" it if lost in the Subsequent year (once surrendered, the runner is allowed to keep it but must not wear it in the following year's Races). Only Athletics Manitoba Timex races will be used for selection of jersey award winners.

A runner can only win one jersey. The ranking order of jersey shall be:

1. Fastest aggregate time overall
2. Total overall Timex points
3. Fastest Age-graded aggregate time winner
4. Fastest newcomer

Categories & Criteria—Male and Female

1. Fastest Aggregate Time Overall— Gold Jersey

Best time aggregate to include one—5km, two—10km and one half marathon race

2. Total Overall Timex Point Winner—Burgundy Jersey

All Timex Series points for all races will be used to calculate the final score. Therefore, the more Timex races run, the more points accumulated.

3. Fastest Age Graded Aggregate Time Overall—Green Jersey

WAVA standards (World Association of Veteran Athletes) is used—age determined as of April 13, 2008

Best time aggregate to include one—5km, two— 10km and one half marathon race

4. Fastest Aggregate Time for a Newcomer—Blue Jersey

Newcomer is defined as a runner that did not run a race in the Timex Series in the last three years.

Best time aggregate to include one—5k, two—10km and one half marathon race



Joe Keeper – Angela Chalmers Celebration Run

By Rocky McKay



The Joe Keeper – Angela Chalmers Celebration Run is raising funds for the Manitoba First Nations Education Resource Centre's Scholarship Fund. The event also honours the accomplishments of Manitoba First Nations Olympians Joe Keeper and Angela Chalmers.

This year's race will be taking place on Sunday Sept. 28, 2008 at Assiniboine Park's Duck Pond with a 8:30 am start for the 10 K race and the 3K Fun run/walk to start shortly after.

The race is once again part of the Timex series. In the past it has been a favorite race for a number of runners. We are hoping to see you back in the race this year. This is a community celebration; so everyone is welcome to share in this celebration!

Medals will be given to 1st, 2nd, and 3rd place winners in all 5 year age categories. We will also be recognizing the Open and Master 1st, 2nd, and 3rd place winners with awards. The first Aboriginal male and female finishers will also be recognized with a beautiful award.

You don't need to place in your age group to receive a medal. We are giving out a beautiful finisher's medal to all participants who finish their event.

Traditional First Nations Foods such as Fried Bread, Bannock, wild berries, and much more will be offered as well. Watch the traditional entertainers as you regain your energy stores.

Stay for great random draw prizes. We will once again make it worth the wait.

I hope you participate in this year's event. If you have in the past, a big thank - you. If you have not been a part of this event in the past, please consider this event and mark it on your calendar.

For more information contact:

Ron Hallock 336 – 7068

email: ronh@mfnerc.com

Susan Ollinger 336 – 7061

email: susano@mfnerc.com

A Really Good Day

By Ada Letinsky

Shortly before leaving for the Fargo Marathon in mid-May two years ago, I dropped by the Running Room on Regent in Winnipeg to talk to Marilyn Fraser, who was working there at the time.

We exchanged news of the local running scene—how others were doing, who was recovering from an injury, and so on—the usual shoptalk that all runners enjoy.

“I’m worried about Fargo,” I told her. “I haven’t trained enough. I didn’t do any speed work, and I missed my last long run.”

“Which one will this be?” she asked, while she rang up the price of some gel packs I happen to like.

“Sixty-five.”

She chuckled. “I’m sure you’ll have a good day,” she said. “You always do.”

After driving down to Fargo on Thursday (the race was on Saturday), all I had left to do was get a good sleep, figure out how far to run on Friday morning, and decide what shoes to wear.

On Friday morning I took a half hour slow run along streets near the hotel. But afterwards, I must have spent at least four hours walking around, shopping and sightseeing. Perhaps because of that I slept soundly on Friday night, although they say that doesn’t matter as much as a good sleep two nights before the race.

At 5:00 a.m. on Saturday morning, I was still debating whether to wear a newer pair of runners I’d trained in, or the same ones I’ve saved only for running marathons in the last 20 years. Another runner had advised me that he ran a race with old runners by mistake, and said they just didn’t have the bounce. It was like cycling on soft tires. So I decided to skip the sentimental pair and run in my newer Asics.

By 8:00 a.m., start time, the temperature had dipped to 48°F, and clouds the colour of lead raced by overhead, threatening rain. But the rain held off, except for a few light sprinkles, and the wind blew us south into the city and out into the suburbs. After the turnaround, the sun peeped through and the wind laid a cool restraining hand against us.

The spectators were terrific. I was wearing a T-shirt with the Canadian flag, which was partially covered by my bib number, but several people called out “Go, Canada!”

Meanwhile, I listened to songs on my iPod, my feet scarcely touching the ground when good ones came along. But even with Aretha Franklin belting out “Drop the pedal and go...,” I held a steady pace, which is really about the only race strategy I’ve ever applied.

The Fargo marathon finishes inside the Fargodome, at the end of a downhill ramp. Even though I’ve been running marathons for years, I’ve always felt a tremendous thrill at the end, and at the Fargodome, it was one of the biggest moments. There’s nothing like it when the runners and the great races come together at the end.

I’d finished in 4:19:06, enough to take first in my 65 - 69 age category. I later learned that a trim, grey-haired woman of 83 had completed the course in 5:13:38, which is a source of inspiration for all of us.

The first female was a 25-year-old dietician from Fargo, in a time of 3:04:44. The papers reported she had never run more than 12 miles in practice, which is enough to make you wonder if less really *is* more—at least some of the time!

After returning to Winnipeg, I dropped by the Running Room and told Marilyn about Fargo.

“I knew you’d have a good day,” she said.

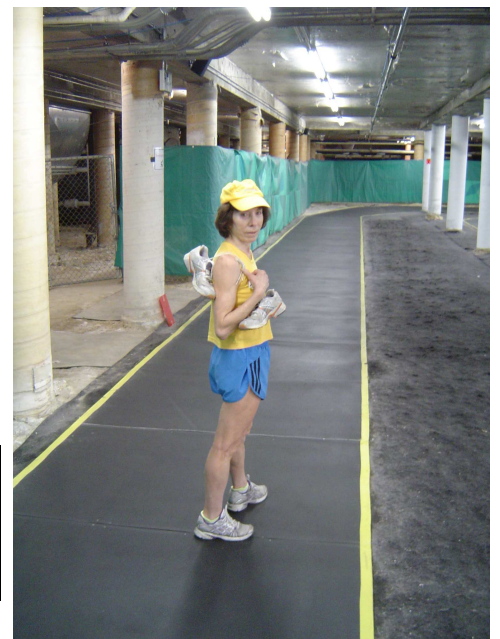
Then I told her about the first female and her training regime.

She stared at me, shocked, then shook her head.

“Now that’s what I call having a really good day!” she said.

Ada’s Running Career

To date, Ada has completed 65 full marathons and an estimated 25 half marathons. She has run Boston, New York, Chicago, Portland, Minneapolis, Duluth, Fargo, Vancouver, Manitoba, and Ottawa. In some of the earlier runs she won trips to Boston, Chicago, and Hong Kong. Her personal best, recorded in the Manitoba Marathon, is 3:05. JV



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2008 Road Running Calendar

Run Manitoba Tentative 2008 Road Running Calendar

APRIL

Sun 13 PUMA ROAD RUNNING SERIES FOR HEMOPHILIA
Timex #1: 5 km race

Sun 20 PUMA ROAD RUNNING SERIES FOR HEMOPHILIA
Timex #2: 10 km race

Sun 27 PUMA ROAD RUNNING SERIES FOR HEMOPHILIA
Timex #3: 15 km race

Assiniboine Park (Duck Pond) 9:00 am
Pat Riddell 669-2218 983-3805
Christine Keilback 775-8625
Ingrid Olson 787-7000
chsmb@hemophilia.mb.ca
www.pumaroadrace.com

MAY

Sat 3 PHYSIO FIT FUN
Timex #4: 10 km race,
5km fun run, 10km in-line & 3km walk
Assiniboine Park (Duck Pond) 8:00 am
Stephanie Roberecki 942-2463 or 885-0825
physiotherapyworks@mts.net

Sat 3 RUN AT THE RIDGE
2km, 5km, 10km
400 Scurfield Blvd
8:30am–2km; 9:00am –5km/10km
Sheldon Reynolds–488-4245 sreynolds@pembinatrails.ca
www.runattheridge.com

Sat 10 HEADINGLEY FIRE DEPT FUN RUN FOR WISHES
Timex #5: 5 km race
5km; 3km fun walk/run – both races begin at 9:00 am
126 Bridge Road Headingley
Glenn & Joanne Reimer 889-5806
greimer@pembinatrails.ca

Sun 25 BRANDON YMCA SPRING WALK OR RUN
Timex #6 Half Marathon race
9:00 am–5km fun run or walk, 10km run, 1/2 marathon
Brandon YMCA 231-8th Street
Tanya LaBuick/Nikki Schinkel–204-727-5456
ymca.hfr>wcgwave.ca

JUNE

Sun 1 RUN WITH ME ... 4NF
5km & 10km
Pavilion–Minnedosa Beach, Minnedosa, Manitoba
Tracy Gregorash– 867-3219
www.mbnf.ca

Sat 7 RUN FOR RIGHTS
9:30 am–5km; 10km
Kildonan Park
Alan Beach
668-7668; 791-6426

Sun 15 MANITOBA MARATHON
Half Marathon Relay, 10km fun walk, 4.2 fun super run,
Wheelchair half & full
University of Manitoba 7:00 am
925-5751
www.manitobamarathon.mb.ca

JULY

Tue 1 HBC RUN FOR CANADA
10km race (8:00 am) , 3km family fun walk (10:00 am)
1km kids Provincial Championship (9:30 am)
Assiniboine Park
Pat Riddell 669-2218
www.hbcrunforcanada.com

Sun 13 GRAND BEACH SUN RUN
Timex #7: 10km
5km fun run
8:30 am–Grand Beach Provincial Park, West Beach
Sandra Marriott-Silver 254-4731
smsilver@wrha.mb.ca

Sat 26 BEACHES HALF MARATHON
Timex #8: Half Marathon
10km Run
Hillside Beach
Natasha Smith (204) 756-3868
natasha@beacheshalfmarathon.ca
www.beacheshalfmarathon.ca

2008 Road Running Calendar

AUGUST

Sun 3 ISLENDINGADAGURINN
Timex #9: 10 mile (16 km) race
 1 mile family fun run
 10 mile – Winnipeg Beach to Gimli 8:00 am
 1 mile – Pavilion Park, Gimli 8:30 am
 Amanda Younka 488-9833

Sun 17 RON MELNICHUK MEMORIAL RUN
Timex #10: Half Marathon Race
AM Provincial Half Marathon Championship
 5km fun run
 Birds Hill Park
 Jack Booth—781-5866; (204) 422-5248
 Ken Friesen – 477-4975
stride@mts.net

SEPTEMBER

Sun 7 INVESTORS GROUP WALK/RUN FOR CHILDREN
Timex #11 5km & AM Provincial 5km Championship
 Location to be announced
 8:00 am – 5km; 8:10 am – 10km Fun Run; 8:30 am – 3km Family Fun Run
 Andrew Beer – 956-8191
shwalkr@investorsgroup.com

Sun 14 TREHERNE MARATHON—RUN FOR THE HILLS
 Marathon; Half-Marathon; 10km race (timed); 10km fun walk – all races 8:00 am start time
 Gary Lodwick (204)723-2542 (W); (204)723-2132 (H); (204) 723-0051 (C)
trehernemarathon@mts.net
www.runningroom.com

Sun 21 CN TRACKS OF GLORY
Timex #12: 10 km race & AM Provincial 10km Championship
 5km family fun run
 Assiniboine Park (Duck Pond) 10:00 am
 Kathryn Sawatzky 231-7718
kathryn.sawatzky@cn.ca

Sun 28 JOE KEEPER-ANGELA CHALMERS CELEBRATION RUN
 Timex #13: 10km race
 3km family fun run
 Assiniboine Park (Duck Pond) 8:30 am
 Ron Hallack— 336-7068 Susan Ollinger—336-7061
 rhallock@mfnerc.com susano@mfnerc.com
www.mfnerc/joekeeper.org

OCTOBER

Sat 4 Race for Your Heart
Hi-Speed Hounds Greyhound Rescue and Adoption Inc.
 Portage la Prairie
 5km Fun Run; 10km; ½ Marathon
 Michaela Lamoureux 774-2076
 Murray Rose

Did you know?

The first year of the PUMA Grand Prix series was April of 1979, which was the beginning of the running boom in North America. In the beginning, the series was run in three different parks in the City of Winnipeg: the 5km race was run in West Kildonan Park, the 10km race was run in St. Vital Park and the 15km race was run in Assiniboine Park. As the popularity of the race grew, the venue for all three races was changed to Assiniboine Park, which is the largest of the three parks and has a natural 5km loop. The PUMA series is the start of the road running season in Manitoba.

2008 RUN MANITOBA MEMBERSHIP

For Office Use Only: ATHLETICS CANADA # _____

Name (Last, First) _____

Address _____ Phone (H) _____ (B) _____
 _____ (Alt) _____ Fax: _____

E-mail _____ (hotmail accounts have restrictions and may not receive all documents)

Date of Birth / / Gender M F Club Membership _____ (If applicable)

Place of Employment / School _____ Position / Degree _____

As an alternative to the individual membership for \$25.00, Athletics Manitoba offers family memberships for \$30.00.

Road Runner membership cards can be purchased from Athletics Manitoba in person or by mailing the completed form along with a cheque to cover the cost of membership. Make cheques payable to Athletics Manitoba.

Please check only one box per line.

ROAD RUNNER MEMBERSHIP FEES			
Name	M/F	Date of Birth (DD/MM/YR)	Membership Only
1 ST FAMILY MEMBER			θ \$25.00
2 ND FAMILY MEMBER			θ \$5.00
3 RD FAMILY MEMBER			θ FREE
4 TH FAMILY MEMBER			θ FREE
5 TH FAMILY MEMBER			θ FREE
6 TH FAMILY MEMBER			θ FREE

Membership Benefits

- Membership with Athletics Manitoba and Athletics Canada
- Full year accident insurance for racing AND training
- Point accumulation in the Timex Road Race Series
- Eligibility for Provincial Championships and Teams
- Through Athletics Manitoba, eligibility for awards, grants, funding and programs
- Road Running & Athletics Manitoba

(ALL FEES ARE NON-REFUNDABLE)

Total ^

=

Your name and address information, including email address, will be used to correspond with you regarding your membership, and to send you information about current and future Athletics Manitoba events and information. Athletics Manitoba may also contact you to conduct research and surveys in an effort to continually improve our programs and events. We also maintain and publish records of athletics and road race results. Your personal information will not be used for any other purpose without your consent. You may withdraw your consent to any further collection, use or disclosure of information about you at any time by giving us reasonable notice.

From time to time, Athletics Manitoba makes its contact information available to other carefully screened organizations (primarily sport organizations) that want to let you know about an event or service that might interest you. If you do not want your contact information to be made available to third parties, please check this box.

Athletics Manitoba Sport Safety / Acknowledgement of Risk (this statement is part of the application for membership)

The responsibility for sport safety must be shared by all. I, the undersigned, am aware that there is a certain risk of injury involved in my own or my child's participation in sport, either while traveling to or from the event; or while attending or participating in the programs or activities of the events which are sanctioned/approved by Athletics Manitoba, its Divisions, its Member Clubs or recognized organizing societies. It is understood by me that the signing of this document is intended to indicate that on behalf of myself and/or my child I assume the shared responsibility and acknowledge the risk of injury by so participating.

Applicant signature – ALL applicants must sign

Parent / Guardian signature – For applicants 18 and younger