



Run Manitoba

Athletics Manitoba
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Winnipeg, MB R3C 4M2

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Monday to Friday
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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!

Keith Bilous
Jack Booth
Karen Fletcher
Marilyn Fraser
Steve Gajerski
Rocky McKay
John Murray
Ken Perchaluk
Pat Riddell
Diana Stevens
Jeff Vince
Craig Wilcock

Staff

Donna Bell,
Executive Director
Diana Stevens,
Program Manager

Run Manitoba Equipment Fundraiser & Social Evening “Bud, Spud & Steak” Friday, April 7, 2006 6—9 pm Tijuana Yacht Club CanadInns Polo Park Tickets \$12.00

The Run Manitoba Committee would like to invite everyone to a season starting social event and fundraiser to assist in the purchasing of new road race equipment. The equipment will include a new display clock, long range radios, voice amplifiers, safety vests and other supplies.

The evening will include a steak dinner, with your choice of potato and one free beverage. There will be a silent auction, door prizes and a chance to win big bucks. Music, dancing and socializing—Running shoes optional!

Individual and Group Tickets may be purchased from Athletics Manitoba.

Anyone interested in donating auction prizes, selling tickets or helping out the fundraising group collect prizes, please contact Diana in the office: 925-5744 or Diana_Stevens@shaw.ca.

*As this event is being held in a bar, only those 18 years of age and older may attend.

PLEASE PRESENT THIS PORTION
FOR YOUR BUD, SPUD & STEAK

**"RUN
MANITOBA"
FUNDRAISER**

0001

**FRIDAY
APRIL 7/06
6:00 PM - 9:00 PM**

TIJUANA YACHT CLUB
Canad Inns - Polo Park
1405 St. Matthews

**AUCTION
DOOR PRIZES
"YOUR CHANCE TO WIN
A MILLION DOLLARS!"
Admit One - \$12.00**

NO ONE UNDER 18 ALLOWED
IN THE BAR UNDER ANY
CIRCUMSTANCES 0001

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2006 Tentative Road Race Calendar

Please note that this is a tentative schedule.

All Timex Races must be run on certified courses recognized by Athletics Canada. 'Fun Runs' do not need to be on a certified course.

APRIL

Sun 9 PUMA ROAD RACE SERIES FOR HEMOPHILIA
Timex #1: 5km race
Assiniboine Park (Duck Pond)
9:00 am
Pat Riddell 669-2218/983-3805



Sun 23 PUMA ROAD RACE SERIES FOR HEMOPHILIA
Timex #2: 10km race
Assiniboine Park (Duck Pond)
9:00 am
5km run, 1km Kids' Race
Pat Riddell 669-2218/980-3805



Sat 29 PUMA ROAD RACE SERIES FOR HEMOPHILIA
Timex #3: 15km race
Assiniboine Park (Duck Pond)
9:00 am
5km run, 1km Kids' Race
Pat Riddell 669-2218/980-3805



MAY

Sat 6 PHYSIO FIT FUN
Timex #4: 10km race, 5km fun run, 10km in-line & 3km walk
Assiniboine Park (Duck Pond)
8:00 am
Stephanie Roberecki 942-2463 or 885-0825



Wed 10 JOE KEEPER—ANGELA CHALMERS CELEBRATION RUN
Timex #5: 5km race
Assiniboine Park, 6:00 pm
Rockford McKay 940-7041
www.mfnc.org/JoeKeeper



Sat 13 HEADINGLEY FIRE DEPT FUN RUN FOR WISHES
Timex #6: 5km race, 3km fun walk
126 Bridge Road Headingley
9:00 am
Glenn & Joanne Reimer 889-5806
greimer@pembinatrails.ca



Sat 13 RUN AT THE RIDGE
Whyte Ridge Elementary School: 400 Scurfield Blvd.
8:30 am – 2km 8:40 am – 5km/10km
Sheldon Reynolds – 488-4245
sreynolds@pembinatrails.ca

Sun 28 BRANDON YMCA SPRING WALK OR RUN
Timex #7: Half Marathon race
* NEW DISTANCE
2km or 5km fun run/walk, 10km run
Brandon YMCA 231-8th Street
9:00 am
Kerri Bridges 1-204-727-5456



JUNE

Sat 3 EASTERN CHRYSLER KILOMETRES FOR KIDS
Timex #8: 10km race, 10km relay, 5km fun run
442 Scotia Street
9:00 am
Deborah Zanke 336-5505



Sat 10 RUN FOR RIGHTS
5km or 10km fun run, walk, bike
Kildonan Park South Shelter
Registration and pledge money collection 8:30 am
Karen Schlichting 942-8578 litepr@mts.net

Sun 11 CHILD FIND MB GREEN RIBBON OF HOPE RUN
Timex #9: 5km race, 3km walk
Kildonan Park 9:00 am
Registration begins 8:00 am
Erin Madden 945-1866 Kevin Cook 986-4510
em@childfind.mb.ca



Sun 11 WHEELS IN MOTION
5km or 10km fun run
The Forks
Ken Faulder 925-2232

Sun 18 MANITOBA MARATHON
AM Provincial Marathon Championships
Half Marathon Marathon Relay, 10km fun walk, 4.2km fun super run,
Wheelchair half & full marathon
University of Manitoba 7:00 am
www.manitobamarathon.mb.ca 925-5751

JULY

Sat 1 HBC RUN FOR CANADA
10km race, 3km family fun walk, 1km kids fun run
Assiniboine Park
Pat Riddell 669-2218
www.hbcrunforcanada.com

Sun 16 GRAND BEACH SUN RUN
Timex #10: 10km race, 5km fun run
West Beach, Grand Beach
Provincial Park
8:30am
Pat Riddell 669-2218



Sun 23 NEEPAWA LILY FESTIVAL RUN
10km and 5km fun run, 10km and 5km walk
8:00 am
Mark Perrett – 1-204-476-3903 Fax 1-204-476-5222
npwchiro@hotmail.com

2006 Tentative Road Race Calendar

Please note that this is a tentative schedule.

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AUGUST

Sun 6 ISLENDINGADAGURINN

Timex #11: 10 mile (16km) race,
Winnipeg Beach to Gimli

8:00 am

1 mile family fun run, Pavilion
Park, Gimli - 8:30 am

Amanda Younka 488-9833

AmandaY@autobahnaccess.ca



Sun 13 QUINN'S QUEST

5km fun run or walk—9:00am

1km & 3km fun run or walk—9:15 am

Pineridge Hollow, Bird's Hill Park

Melanie Cardinal – 946-8261

Quinnsquestforacure.com

Sun 20 RON MELNICHUK MEMORIAL RUN

Timex #12: Half Marathon Race
AM Provincial Championship

5km fun run

Location to be announced

Jack Booth 831-5805 Craig Wilcock 487-7582



Sun 27 DEBRA SUPEENE RUN

Timex #13: 10km race

St. Vital Park Duck Pond

8:00 am

Ken Perchaluk 489-9051



SEPTEMBER

Sat 9 5km Run and Walk for Peace

Timex #14: 5km Race

St. Paul's College, U of Manitoba

AM Provincial Championship

8am – 5km Run & Walk

Chris Hrynkow 474-9158

Rug800@hotmail.com



Sun 24 CN TRACKS OF GLORY

Timex #15: 10km race

AM Provincial Championship

5km family fun run

Assiniboine Park Duck Pond 10:00 am

Kathryn Sawatzky 934-7455

ksawatsky@mts.net / sawat201@cn.ca



OCTOBER

Sat 7 ATHLETICS MANITOBA TURKEY RUN

5 km race

Time and location to be announced

Jack Booth 831-5805 Craig Wilcock 487-7582

OFF THE CONCRETE Indoor Track & Field

February 16th & 17th

Grand Prix #5 & #6 Evening Meets

6:00—9:30 pm

Max Bell Centre, U of MB

Entry Fee: \$4.00/event by Feb. 10th

Late Entry: \$7.00/event

800m, 1500m, 3000m, relays and
more! All events are run Open—heats
are decided by seed times.

March 3rd & 4th

Boeing Indoor Championships

Max Bell Centre, U of MB

Entry Fee: \$5.50/event

Entry Deadline: February 21, 2006

Age Group Competition including
Senior (20-39) and Masters (40+)

Visit the "Track & Field" page on
www.athleticsmanitoba.com
for more information!

Summer Cross Country Series

Have some fun off the beaten path!

Thursday Evenings 6:00 pm

July 6—August 24

In Parks around the city

Same day registration

Stay tuned for specific locations.



Track & Field | Road Running Cross Country

2006 RUN MANITOBA MEMBERSHIP APPLICATION

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)

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.

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 and the Exclusive Use pass (if applicable.) The Athletics Manitoba membership card must be issued prior to getting the U of M facility pass for Exclusive Use. Make cheques payable to Athletics Manitoba.

Please check only one box per line

Membership Benefits

RUN MANITOBA MEMBERSHIP FEES			
Name	M/F	Date of Birth (DD/MM/YR)	Membership Only
1 ST FAMILY MEMBER			<input type="checkbox"/> \$15.00
2 ND FAMILY MEMBER			<input type="checkbox"/> \$5.00
3 RD FAMILY MEMBER			<input type="checkbox"/> \$5.00
4 TH FAMILY MEMBER			<input type="checkbox"/> FREE
5 TH FAMILY MEMBER			<input type="checkbox"/> FREE
6 TH FAMILY MEMBER			<input type="checkbox"/> FREE
(ALL FEES ARE NON-REFUNDABLE)		Total →	+ =

- 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 & Representation
- Through Athletics Manitoba, eligibility for awards, grants, funding and programs
- Road Running & Athletics Manitoba newsletters and information

** Exclusive Use is for the track and field facilities located at the University of Manitoba, South Campus and is an option available to road runners at a cost of \$275.00 (\$225.00 for under 15 years of age.) Exclusive Use fees for 2004-2005 include the cost of facility exclusive use times for the indoor (Max Bell) and outdoor (Pan Am Track) season at the University of Manitoba, plus the \$50.00 University of Manitoba Facility Pass (swipe card.) Due to University of Manitoba policy, athletes under the age of 15 are ineligible for the facility pass, therefore their Athletics Canada Road Runner membership card will have a special designation and they must check in at the facility desk prior to entering the track area.

Exclusive use times are: **Monday to Thursday 4:30 p.m. to 7:30 p.m. & Saturday and Sunday 11 a.m. to 2 p.m.** Some exceptions will be noted at a later date.

Cards will be issued to valid users, which must be carried when training during Exclusive Use times. Athletes may be asked to produce this card for periodic checks of people using the facility.

The University of Manitoba Facility Pass (swipe card) allows the athlete to use ANY U of M Recreational Facility throughout the year, when not being used by a rental group. Group training in these areas will not be permitted.