



# JOIN US

## BENEFITS OF MEMBERSHIP IN THE MRA

- ✓ MRA website which is constantly updated with event information, news, results and other resources. It also contains Provincial Rankings for the 5k, 10k, Half Marathon and Full Marathon.
- ✓ MRA Facebook Page is a vibrant social media connection to the running community at large.
- ✓ Regular e-mails to members keeping them informed about what is happening in the Manitoba running community.
- ✓ A 20% discount at Stride Ahead Sports (located in the Grant Park Shopping Mall) for new members or current members that renew before Dec. 31st of the preceding year.
- ✓ MRA's local Discount Sponsors provide members with specified discounts on their products and services.
- ✓ Many of the MRA sanctioned events provide a discount on their entry fees to members.
- ✓ Annual MRA Hall of Fame Banquet is a prestigious event that honours the outstanding achievements of selected members and bestows Athlete of the Year and Race Director of the Year awards.
- ✓ MRA Race Calendar published annually is a detailed list of all of our sanctioned events.
- ✓ Two Ice Cream Runs organized by the MRA are community events held in July and August that encourage families to come out and run together.
- ✓ MRA membership includes an Athletic Manitoba membership, which provides insurance for members whenever they compete on the road or at any event sanctioned by the MRA.
- ✓ Opportunities to serve as a volunteer or to become an MRA board member.
- ✓ Membership gives you the satisfaction of knowing that your annual dues help to support running and fitness in Manitoba and are a way of giving back to the running community.  
The Manitoba Runners' Association is often the first place that the media comes to for important information about road running in Manitoba. We help to create a sense of community and comradery among Manitoban runners. Membership in the MRA not only strengthens the Association; it improves its negotiating stance with outside organizations and funding agencies and increases its ability to promote the benefits of running to all Manitobans. In essence, the MRA is helping to promote humanitarianism by supporting events that give back to their communities.