

RUN 4 Your Cause EVENT descriptions

Events are open to everyone! Please note that we are limited to a combined total of 500 participants in the timed events. So, don't delay, register now to support your Cause!

1. The Traditional 10

This is a newly certified 10K and it is part of the *MRA Classic Race Series***. **The Traditional 10** is a timed RUN that starts at 7:30am with the Presentation at 9:00am.

2. The Awesome Twosome

This is a certified 5K course and it is part of the *MRA Youth Race Series***. You and your partner run the same 5K course, you start at the same time, but run in opposite directions. You'll cross paths at some point during the race; a great opportunity to cheer each other on!

Each participant receives their own 5K time but it's the Teams who have a friendly competition in one of 18 different combined age/gender categories.

If you have a partner - set-up your team first (have a team name ready) register yourself next, then invite your partner to join your team (you'll need their email address).

If you do not have a partner - register as an individual. After the on-line registration is closed, the Race Directors will create teams out of all the individuals registered. The Race director will send you an email with your team info.

The Awesome Twosome is a timed RUN/WALK that starts at 9:30am with the Presentation by 11:00am

3. Tri 3.3

This is approximately a 3.3K course that is part of the *MRA Youth Race Series***. **Tri 3.3** is a quick event for runners who want a short course, it's great for anyone who would like to just get moving again and works for every stage in between!

Tri 3.3 is a timed RUN/WALK that starts at 8:30am with the Presentation by 10:00am.

4. Happy Feet Dash

This is a 400m Fun Run for kids of all ages. You can register online or in person at Stride Ahead in Grant Park Plaza. The **Happy Feet Dash** starts at 8:00am.

** for more information on both *MRA Race Series*, check out our website
<http://mraweb.ca/804-2/>

Presentations & Recognition

Participants in the Happy Feet Dash will receive a ribbon when they cross the finish line and are entitled to join the Participant Refreshment Line (just show your ribbon:).

Participants in the TIMED events will receive a hand-made, fairly-traded medal when they cross the finish line. There will be draw prizes for volunteers and participants. The top finishers will be recognized at each event's Presentation. Official Times will be posted on the MRA website.