

Registration

Online Registration closes Friday August 25

In person at Stride Ahead – Grant Park Plaza till 1:30pm Saturday August 26 (cash or cheque)

*Please Note: we are limited to a combined total of **500** participants in the timed events so registration could close sooner.

Entry Fees

Our Entry Fees include the Event Fee and a \$20 donation to one (or All) of the participating CAUSES. MRA members receive a \$5 discount on the Regular Entry Fee*

TOTAL Entry Fee (includes a \$20 donation)	Early Bird April	Regular May 1 – August 19	Late Aug 20 - 26
10K & 5K	\$40	\$50*	\$65
3.3K	\$35	\$40*	\$50

Some of the CAUSES will issue income tax receipts for the donation, (see the CAUSE Chart) but please note that if the participant and credit card holder are not the same person, then the income tax receipt is issued to the credit card holder.

Causes

This year, you can choose to support 'ALL' or one of: Canadian Mennonite University, Earthdog Terrier Rescue, Hand in Hand with Haiti, Hemophilia Society, Leukemia & Lymphoma Society, Manitoba Pioneer Camp or Winnipeg General Strike-Ultimate Team. Check out our CAUSE Chart for more information.

Bib Pick Up and Donation Drop Off

at **Stride Ahead** – Grant Park Plaza

Friday August 25, 4:30-7:30pm and

Saturday August 26, 10:30am-1:30pm

at **CMU**

Sunday August 27, 6:30 -9:15am

Location, Parking & Course

These courses are very simple; mostly on wide sidewalks with no street crossings.

Because we share the course with the public and especially during the Awesome Twosome, people are going in both directions on the course. Participants need to keep right (no bunching up) except to pass.

For the safety of all participants please note that access in & out of the Shaftesbury entrance will be closed 7am-11am on Sunday August 27, 2017