

See you there!



Sunday August 27, 2017
Canadian Mennonite University (CMU)

The Manitoba Runners' Association is proud to present the first annual RUN 4 Your Cause Plus the ever popular 5K Awesome Twosome is one of the 4 events you can choose.



New Certified 10K Course
Fair Trade Medals 4 ALL Finishers
Post-race Refreshments

Massage Therapy
Papa John's Blues Band
Choose from a list of causes to support

4 Events	Distances	Start	Presentation
Traditional 10	10K	7:30 am	9:00 am
Happy Feet Dash (Fun Run \$5 registration)	400m	8:00 am	Ribbons for all at Finish Line
Tri 3.3	3.3K	8:30 am	10:00 am
Awesome Twosome (paired event)	5K	9:30 am	11:00 am
Entry Fees	Early Bird April	Regular May 1 – Aug 19	Late Aug 20-25
10K & 5K	\$40	\$50	\$65
3.3K	\$35	\$40	\$50



stride ahead ●●●
 the running store



For more information please Visit:
www.mraweb.ca/events/run-4-cause

