



# 2017 Manitoba Runners' Association Race Calendar

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**Sun. 29 Frostbite River Run 5 Mile Race**  
Riverview Community Centre 10:00 a.m.  
90 Ashland Avenue, Winnipeg  
Dennis Cunningham: (204) 891-6229  
E-mail: racedirector@frostbiteriverrun.ca

**Sat. 11 Great Grain Wellness Relay**  
Max Bell Centre, U of M - 12:00 noon  
David Hooper: (204) 926-3848; dhooper@colliers.mb.ca  
Website: greatgrainrelay.ca

**Sun. 2 MEC Winnipeg Race One - 5k & 10k**  
*MRA#1 MRA Race Series - 5k*  
Assiniboine Park Conservatory 8:00 a.m.  
MEC Winnipeg: (204) 943-4202; Winston.to@mec.ca

**Mon. 3 MRA Annual General Meeting - 7:30 p.m.**  
Reh Fit Centre, 1390 Taylor Ave. Seminar Room "B"  
MRA office: (204) 477-5185; office@mraweb.ca  
All 2017 members welcome!

**Sun. 9 Tri MB April Run Series #1 - 2k & 5k**  
*MRA#2 MRA Race Series - 5k/Youth Series - 2k or 5k*  
*YS#1*  
Assiniboine Park Conservatory 9:00 a.m.  
Dwayne Olson: dwayne\_olson@hotmail.com

**Mon. 10 MRA Hall of Fame Banquet**  
Canad Inn - 1824 Pembina Hwy. 5:30 p.m.  
MRA office: (204) 477-5185; office@mraweb.ca

**Sat. 22 Freedom Run 2 - 5k & 10k races; 1k Family run**  
St Peter's Parish 748 Keewatin St Wpg 9:00 a.m.  
Aileen Layacan: (204) 918-5790  
Luz Sanchez: (204) 228-8891

**Sun. 23 Tri MB April Run Series #2 - 2k, 5k & 10k**  
*MRA#3 MRA Race Series - 10k/Youth Series - 2k or 5k*  
*YS#2*  
Assiniboine Park Conservatory 9:00 a.m.  
Dwayne Olson: dwayne\_olson@hotmail.com

**Sat. 29 Go for the Burn Run 10k run; 5k run/walk; 3k Youth run; 3k walk**  
*YS#3 MRA Youth Series - 3k or 5k*  
Assiniboine Park Conservatory 9:00 a.m.  
Ashley Wilson: (204) 298-1379  
ashleyjdwilson@hotmail.com

**Sun. 30 Tri MB April Run Series #3 - 2k, 5k & 15k**  
*MRA#4 MRA Race Series - 15k/Youth Series - 2k or 5k*  
*YS#4*  
Assiniboine Park Conservatory 9:00 a.m.  
Dwayne Olson: dwayne\_olson@hotmail.com

**Sun. 30 Manitoba Mutts Annual Run Your Heart Out 5k & 8k Fun Run**  
St. Vital Park (Site #4) 9:30 a.m.  
Michelle Sutherland: (204)995-3393  
msutherland@manitobamutts.org

**Sat. 6 Run at the Ridge 2k & 5k race**  
*YS#5 MRA Youth Series - 2k or 5k*  
Whyte Ridge Elementary School, 400 Scurfield 8:30 a.m.  
Sue Zajac: (204) 488-4245; szajac@pembinatrails.ca

**Sun. 7 Winnipeg Police Service Half Marathon 2 Person Relay & 5k**  
*MRA#5 MRA Race Series - Half Marathon*  
Assiniboine Park 8:00 a.m.  
Nick Paulet: www.wpshalfmarathon.ca

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**Sat. 13 27th Annual Physio Fit Run 10k & 5k (timed), 3k walk/run & 1k Kid's Run**

*MRA#6 MRA Race Series - 10k/Youth Series - 1k, 3k or 5k*  
*YS#6*  
Assiniboine Park 8:15 a.m. Website: www.physiofitrun.ca  
Stephanie Roberecki: (204) 771-7844; info@physiofitrun.ca

**Sat. 13 Let's Run - Steinbach 1/4 Marathon, 5k & 2k Kids' Run - 10th Race!**  
Steinbach West, MB 8:30 a.m.  
Website: http://www.letsrunsteinbach.ca

**Sun. 14 MEC Winnipeg Race Two - 5k, 10k & Half Marathon**  
Birds Hill Provincial Park/Group Use Area loop 7:00 a.m.  
MEC Winnipeg: (204) 943-4202; Winston.to@mec.ca

**Sat. 27 Headingley Fire Dept Run for Wishes 5k run & 3k walk**  
*MRA#7 MRA Race Series - 5k/Youth Series - 3k or 5k*  
*YS#7*  
Headingley Fire Hall - 126 Bridge Rd. Headingley 9:00 a.m.  
Glenn Reimer: (204) 889-5806; greimer@shaw.ca  
Doug Hansen: (204) 782-8217

**Sat. 27 Run and Walk to Remember (10k Run/5k Run/Walk) Sponsored by the Curtis Klassen Memorial Fund**  
Altona Park, Altona, MB 9:00 a.m.  
Wendy Dyck: (204) 324-7681; ckmemorialfund@hotmail.com  
Find us on Facebook

**Sat. 27 Color Me Rad 5k**  
Red River Exhibition Park 9:00 a.m.  
Wyatt Grow: (801) 787-4387; wyatt@colormerad.com

**Sun. 28 RCAF Run - Half Marathon ; 2-person Relay; 10k 5k & 3k Family Fun Run/Walk**  
17 Wing, 680 Wihuri Road., Winnipeg, MB 9:00 a.m.  
Heather Collins:204-833-2500 ext 6719;airforcerun@forces.gc.ca

**Sat. 3 Winnipeg Frontrunners Pride Run 5k & 10k Fun Run/Walk**  
The Forks Festival Park and Stage 10:00 a.m.  
Claude Ouellette: (204) 960-3936; wpgpriderun@gmail.com

**Sat. 3 Walk/Run to Cure Huntington Disease 5k & 10k Fun Run/Walk**  
Assiniboine Park Conservatory 9:00 a.m.  
Vern Barrett: (204) 694-1779; info@hdmanitoba.ca  
www.hdmanitoba.ca

**Sun. 4 Commit to Get Fit Run 5k & 10k**  
*MRA#8 MRA Race Series - 10k/Youth Series - 5k*  
*YS#8*  
Wellness Institute, Seven Oaks General Hospital 9:00 a.m.  
(204) 632-3900; info@wellnessinstitute.ca

**Sun. 4 Lace Up for Diabetes 10k, 5k, 3k & Kids' Fun Run**  
Assiniboine Park Conservatory 8:00 a.m.  
Gwen Smith: (204) 925-6193; gwen.smith@diabetes.ca

**Sun. 4 Swan River Fun Run 2k, 5k, 10k & 1/2 Marathon**  
Legion Park, Swan River, MB 8:00 a.m.  
Keith Immerkar: (204) 734-0720  
http://swanriverfunrun.webs.com

**Sun. 18 Manitoba Marathon: Full Marathon, Half Marathon, Marathon Relay & Super Run (4.2k)**  
*MRA#9 MRA Race Series - Half Marathon*  
Investor's Group Field, 315 Chancellor Matheson Road 7:00am  
Marathon Office: (204) 415-4517  
running@manitobamarathon.mb.ca

**Thurs. 29 Healthy Horizon 5k Fun Run**  
The Forks/Oodena Celebration Circle 12:00 p.m.  
Cynthia Clark: (204) 934-1534  
healthyhorizonsfoundation@northwest.ca

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**Sat. 1 East St. Paul Canada Day "Super" Run**  
**10k 🏆, 5k 🏆 & 3k Family Fun Run/Walk**  
*MRA#10 MRA Race Series - 5k/Youth Series - 3k or 5k*  
*YS#9* East St. Paul Community Centre 9:00 a.m.  
 264 Hoddinott Road, East St. Paul  
 Dave Lipchen: (204) 250-5107;trigeekcanada@hotmail.com

**Wed. 5 Family Ice Cream Run #1 - 8k , 2.2k & 1k**  
*YS#10 MRA Youth Series - 1k & 2.2k*  
 Crescent Drive Park 7:00 p.m.  
 MRA Office: (204) 477-5185; office@mraweb.ca

**Sun. 16 MEC Winnipeg Race Three Trail Run 5k/10k/15k**  
 LaBarriere Park 8:00 a.m.  
 MEC Winnipeg: (204) 943-4202; Winston.to@mec.ca

**Sun. 16 Clearwater Lake Marathon 21k, 10k, 5k & 1k**  
 Clearwater Lake Airport Hall 8:30 a.m.-21k/9:00 a.m.  
 Michael O'Rourke: (204) 623-0288/(204) 623-4900  
 Alison O'Rourke: (204) 623-0288

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**Wed. 2 Family Ice Cream Run #2 - 8k , 2.2k & 1k**  
*YS#11 MRA Youth Series - 1k & 2.2k*  
 Crescent Drive Park 7:00 p.m.  
 MRA Office: (204) 477-5185; office@mraweb.ca

**Sun. 6 Islandingadagurin 10 Mile 🏆 Road Race and Jan's 1 Mile Family Fun Run**  
*MRA#11 MRA Race Series - 10 Mile*  
 10 Mile: Winnipeg Beach to Gimli 8:00 a.m.  
 1 Mile: Gimli Pavilion Park 8:30 a.m.  
 Jill Seymour: (204) 489-7361  
 flyingmathleticclub@hotmail.com  
 Information: www.flyingm.ca

**Sun. 27 Run 4 Your Cause - 10k 🏆, 5k 🏆 Awesome Twosome, 3.3k & Happy Feet Dash**  
*MRA#12 MRA Race Series - 10k/Youth Series - 3.3k or 5k*  
*YS#12* Canadian Mennonite University, North Campus 7:30a.m.  
 MRA Office: (204) 477-5185; office@mraweb.ca

**Sun. 10 Treherne Marathon 🏆, Hilly Half Marathon 🏆, Flat Half Marthon, 10k & 5k**  
 Treherne Community Centre 8:00 a.m.  
 Judy McKellar: trehernemarathon@gmail.com


**Sun. 10 Run2Believe 10k & 5k Fun Walk/Run**  
 Whittier Park, Winnipeg 9:00 a.m.  
 Kimberly Jabusch & Diane Genyk  
 run2believe@outlook.com

**Sat. 16 Point Douglas Run—10k & 5k Fun Run & Walk**  
*YS#13 MRA Youth Series - 5k*  
 Norquay Community Centre, Point Douglas 9:00 a.m.  
 Bridget: (204) 330-0022 or Kim: (204) 261-9006  
 www.streetfeetrunwell.ca/events



## Manitoba Runners' Association

Box 34148 Fort Richmond  
 Winnipeg, MB R3T 5T5  
 (204) 477-5185  
 Email: office@mraweb.ca

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**Sun. 17 Fort Garry Rotary Half Marathon 🏆 & 5k Fun Run**  
*MRA#13 MRA Race Series - Half Marathon*  
 St. Vital Park, Winnipeg 8:00 a.m.  
 Patrick O'Connor: (204) 291-9551

**Sun. 17 Riding Mountain Half Marathon & 10k**  
 Riding Mountain National Park, Wasagaming MB 9:00am  
 Ellis Crowston: (204) 726-1490; (204) 848-2620 (RMNP)  
 RMTRI@mts.net

**Sat. 23 Abas Auto Stony Mountain Run—5k Race, 10k Race, 3k Fun Run & 4x1 Mile Relay**  
*YS#14 MRA Youth Series - 3k or 5k*  
 Stony Mountain Community Centre 10:00 a.m.  
 Dave VanHeyst: (204) 344-5081; ld@mymts.net  
 www.stonymountainmb.ca/SMRUN/

**Sun. 24 MEC Winnipeg Race Four - 5k 🏆, 10k 🏆 & 15k 🏆**  
 East St. Paul Community Centre 8:00 a.m.  
 MEC Winnipeg: (204) 943-4202; Winston.to@mec.ca

**Sun. 24 Ted's Run for Literacy - 7th Annual 10k 🏆, 5k 🏆 & 2k Fun Run**  
*MRA#14 MRA Race Series - 10k/Youth Series - 2k or 5k*  
*YS#15* Kildonan Park, Shelters Fox & Deer-North Shelter picnic area 10:00 a.m. Website: tedsrnforliteracy.com  
 M. Bennett: (204) 793-0934; tedsrnforliteracy@gmail.com

**Sun. 1 Linden Woods Fall Classic 10k 🏆, 5k & Mighty Mile**  
*MRA#15 MRA Race Series - 10k/Youth Series - 5k or Mighty Mile*  
*YS#16* Van Wallegghem School, 1 Princemere Road 9:00 a.m.  
 Wil Hedges: (204) 430-5770  
 Website: www.lwfc.ca

**Sat. 7 Winkler's Thanks for Giving Run Half Marathon 🏆, 10k Run & 5k Run**  
 Winkler Arena, 600 Park St. Winkler, MB 9:00 a.m.  
 Dwight Suderman: (204) 362-8223  
 Website: www.thanksforgivingrun.ca

**Sat. 14 Lakeview Hecla Half Marathon 🏆, 10k & 5k**  
*MRA#16 MRA Race Series - Half Marathon*  
 Lakeview Resort, Hecla Island, MB 11:00 a.m.  
 Dwayne Olson: (204) 451-1349; cityparktiming@gmail.com

**Sun. 15 6th Annual WFPS Half Marathon 🏆, 10k 🏆 & 5k**  
 Canadian Mennonite University (North Campus) 8:00a.m.  
 Jonathan Torchia: (204) 294-6737  
 wfpshalfmarathon@hotmail.com

**Sun. 29 MEC Winnipeg Race Five Spooky Dash 3k, 5k 🏆 & 10k 🏆**  
*MRA#17 MRA Race Series - 5k/Youth Series - 3k or 5k*  
*YS#17* Assiniboine Park Conservatory 8:00 a.m.  
 MEC Winnipeg: (204) 943-4202; Winston.to@mec.ca

**Wed. 15 MRA Race Series & Youth Series Awards Pizza Night**  
 Starts at 6:00 p.m.; Belgian Club, 407 Provencher Blvd.  
 MRA office: (204)477-5185; E-mail: office@mraweb.ca

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There are 17 races in the MRA Race Series. You must run 5 races to qualify for a MRA Race Series award with your best 10 races to count.

There are 17 races in the MRA Youth Series. Runners 16 and under must run in 3 of these races to qualify for Youth Series points, medals and prizes.

Age for both series is determined as of January 1st.