

## ***BENEFITS OF MEMBERSHIP IN THE MRA:***

For only \$40 your annual MRA membership provides you with a number of benefits such as:

- ✓ Discounted entry fees at many of our sanctioned events;
- ✓ Discounts on products and/or services at our local Discount Sponsors;
- ✓ Participation discounts-run 5 events in one of our Race Series and get \$5 off your next year's full primary membership; run 10 events and get \$10 off!;
- ✓ 20% discount at Stride Ahead for all new members as well as current members that renew before December 31st;
- ✓ MRA website is constantly updated with event information, news, results and other resources. It also provides 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;
- ✓ Online access to On the Run, our comprehensive quarterly newsletter;
- ✓ Race Calendar published annually that provides a detailed list of all of our sanctioned events;
- ✓ Entry forms and online registration links for upcoming races are available on our website, assisting you to take advantage of early-bird pricing;
- ✓ The opportunity to compete for MRA Classic Race Series points or MRA Youth Race Series points with awards given out at our annual Awards Banquet in November;
- ✓ The opportunity to reach your personal goals at high-quality, safe races enhanced by a spirit of camaraderie;
- ✓ Regular emails from the Executive Director keeping you informed of what is happening in the road running community in Manitoba;
- ✓ 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;
- ✓ Two Family Ice Cream Runs which are community events held in July and August that encourage families to come out and run or walk together;
- ✓ The opportunity to serve as a volunteer or become a member of the MRA Board of Directors;
- ✓ The satisfaction of knowing that your annual dues are helping to support road running and general fitness in Manitoba and are a way of giving back to the road 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.