



2019 MRA RACE CALENDAR

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Sun. 27 Frost Bite River Run 5 Mile and 5K
Riverview Community Centre 10:00 a.m.
90 Ashland Avenue, Winnipeg
Dennis Cunningham: (204) 891-6229
racedirector@frostbiteriverrun.ca

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Sat. 23 Great Grain Wellness Relay
Max Bell Centre, U of M - 12:00-2:00pm
David Hooper: (204) 926-3848; david.hooper@colliers.com
Website: greatgrainrelay.ca

Sun. 24 MRA 5K & Flapjacks Fundraiser
FREE Virtual 5k—www.mraweb.ca
Pancake Breakfast-Applebee's Grant Park Shopping
Centre 8:00am—Tickets available on the MRA website
MRA office: (204) 477-5185; office@mraweb.ca

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Mon. 1 MRA Annual General Meeting - 7:30 p.m.
Sport MB Bldg-145 Pacific Ave. Wpg.
MRA office: (204) 477-5185; office@mraweb.ca
All 2019 members welcome!

Sun. 7 Patrick Riddell April Run Series #1 - 2k & 5k
MRA Classic Series-5k; MRA Youth Series-2k or 5k
Assiniboine Park Pavilion 9:00 a.m.
Janette Rodewald: (204) 995-3343
janetterodewald@hotmail.com

Sun. 14 Patrick Riddell April Run Series #2 - 2k, 5k & 10k
MRA Youth Series-2k or 5k
Assiniboine Park Pavilion 9:00 a.m.
Janette Rodewald: (204) 995-3343
janetterodewald@hotmail.com

Sun. 14 MEC Winnipeg Race One - 5k, 10k & Half Marathon
MRA Classic Series-10k
East St Paul Community Centre 8:00 a.m.
264 Hoddinott Road, East St Paul
Alisa Mayberry: (204) 943-4202; alisa.mayberry@mec.ca

Mon. 15 MRA Hall of Fame Banquet
Canad Inn - 1824 Pembina Hwy. 5:30 p.m.
Tickets available on the MRA website
MRA office: (204) 477-5185; office@mraweb.ca

Sun. 21 Patrick Riddell April Run Series #3 - 2k, 5k & 15k
MRA Classic Series-15k; MRA Youth Series-2k or 5k
Assiniboine Park Pavilion 9:00 a.m.
Janette Rodewald: (204) 995-3343
janetterodewald@hotmail.com

Sat. 27 Go for the Burn 10k, 5k & 3k Youth run; 3k walk
MRA Classic Series-5k
Assiniboine Park 9:00 a.m.
Ashley Wilson: (204) 298-1379
ashleyjdwilson@hotmail.com

Sun. 28 Lace Up for Diabetes 10k, 5k, 3k & Kids' Fun Run
MRA Youth Series-3k or 5k
Assiniboine Park 9:00 a.m.
Gwen Smith: (204) 925-6193; gwen.smith@diabetes.ca

This symbol indicates courses that have been measured and certified by Athletics Canada.

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Sun. 5 Foodfare - Winnipeg Police Half Marathon, 2 Person Relay & 5k
MRA Classic Series-Half Marathon
Assiniboine Park 8:00 a.m.
www.wpshalfmarathon.ca

Sat. 11 Physio Fit Run 10k, 5k, 3k run/walk, 3k run/walk & 1k kids' run
MRA Classic Series-10k; MRA Youth Series-3k or 5k
Assiniboine Park 8:00 a.m.
Stephanie Roberecki: (204) 771-7844; info@physiofitrun.ca

Sat. 25 Headingley Fire Dept Run for Wishes 5k, 3k walk
MRA Classic Series-5k; MRA Youth Series-3k or 5k
Headingley Fire Hall - 126 Bridge Rd. Headingley 9:00 a.m.
Glenn Reimer: (204) 333-9007; greimer@shaw.ca
Doug Hansen: (204) 782-8217

Sat. 25 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; ckmf2012@gmail.com

Sat. 25 Boyne Book It Fun Run 2k, 5k & 10k
Carman Arena, Carman MB 9:00 a.m.
Michelle Froese: (204)745-9547
boynebookitfunrun@gmail.com

Sun. 26 RCAF Run 3k, 5k, 10k & Half Marathon
CFB 17 Wing, 715 Wihuri Rd, Wpg. 9:00 a.m.
Contact: (204) 833-2500 ext 6499
pubaffairs@forces.gc.ca

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Sat. 1 Huntington Heroes Walk/Run to Cure HD 5k walk/run; 10k run
Assiniboine Park 9:00 a.m.
Vern Barrett: (204) 694-1779; info@hdmanitoba.ca

Sat. 1 Winnipeg Frontrunners Pride Run 3k, 5k, & 10k Fun Run/Walk
MRA Youth Series-3k or 5k
The Forks Festival Park 9:30 a.m.
Andrew McLaren (204) 996-8950; wpgpriderun@gmail.com

Sun. 2 Swan River Fun Run 1k Kid's Run, 5k, 10k & Half Marathon
Swan River Museum, Swan River, MB Time TBA
Keith Immerkar: (204) 734-0720; immerkarfarms@hotmail.com

Sun. 16 Manitoba Marathon/Half Marathon National Champ. Full, Half, Relay, 10k & 4.2k Super Run
MRA Classic Series-Full Marathon
U of M, Investors Group Field 7:00 a.m.
Contact: (204) 415-4517; running@manitobamarathon.mb.ca

There are 15 races in the MRA Classic Race Series. You must run 5 races to qualify for an MRA Classic Series award, with your best 10 races to count.

There are 16 races in the MRA Youth Race 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, 2019.

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

Wed. 3 MRA Family Ice Cream Run #1 - 1k & 2.2k
MRA Youth Series-1k or 2.2k
 Crescent Drive Park 7:00 p.m.
 MRA Office: (204) 477-5185; office@mraweb.ca

Sun. 21 MEC Winnipeg Race Two Trail Run 5k/10k/15k
 LaBarriere Park 8:00am
 Alisa Mayberry: (204) 943-4202; alias.mayberry@mec.ca

Sun. 4 Islandingadagurinn 10 Mile 🏃 **Road Race, 5k & Jan's 1 Mile Family Fun Run**
MRA Classic Series-10 Mile
 10 Mile: Winnipeg Beach to Gimli 8:00 a.m.
 5K 8:05 a.m./Jan's 1 Mile 8:30 a.m. Gimli Park
 Brett Lamoureux: (204) 232-9973
 brett.lamoureux@gmail.com

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

Sun. 8 Winnipeg 10&10 5k, 10k 🏃, **10 Miler** 🏃 & **30k**
MRA Classic Series-10k
 Memorial Park (Broadway & Osborne St N) 7:30 a.m.
 Chris Walton: (204) 880-5042; CWalton@runningroom.com

Sat. 14 Point Douglas Run
10k, 5k & 2.5k Fun Run & Walk
MRA Youth Series-2.5k or 5k
 Norquay Community Centre, Point Douglas 9:00 a.m.
 Contact: Bridget (204) 330-0022 or Kim (204) 261-9006

Sun. 15 Riding Mountain Half Marathon & 10k
 Riding Mountain National Park, Wasagaming MB
 Half Marathon: 8:45 a.m./ 10k: 9:00 a.m.
 Dave Lipchen (204)250-5107; trigeekcanada@hotmail.com

Sun. 15 Fort Garry Rotary Half Marathon 🏃 & **5k Fun Run**
MRA Classic Series-Half Marathon
 St. Vital Park, Winnipeg
 Half Marathon: 8:00 a.m./ 5k: 8:15 a.m.
 Pat O'Connor: (204) 291-9551; Patrick@blackwoodfes.com

Sat. 21 Soles on Fire 5k Race & 1k Fun Run/Walk
 Oodena Celebration Circle, The Forks 10:00am
 Angela Lavallee: solesonfiremarathon@gmail.com

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Manitoba Runners'

Association

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

Sat. 21 Abas Auto Stony Mountain Run
3k, 5k, 10k & 4 x 400m Relay
MRA Youth Series-3k or 5k
 Stony Mountain Community Centre 10:00 a.m.
 Dave Van Heyst: (204) 344-5081; ld@mymts.net
 www.stonymountain.mb.ca/smrun.html

Sun. 29 Ted's Run for Literacy 10k 🏃, **5k** 🏃 & **2k Fun Run**
MRA Classic Series-10k; MRA Youth Series-2k or 5k
 Kildonan Park, Winnipeg 10:00 a.m.
 Michael Bennett: (204) 793-0934
 tedsrnforliteracy@gmail.com

Sun. 29 Treherne Marathon 🏃, **Half Marathon** 🏃, **10k & 5k**
 Treherne Community Centre, Treherne, MB 9:00 a.m.
 Melanie Wall: (204) 723-2644; trehernerun@gmail.com

Sat. 5 Lakeview Hecla Half Marathon 🏃, **10k & 1 Mile**
 Lakeview Hecla Resort, Hecla Island, MB 10:30a.m.
 Dwayne Olson: (204) 451-1349; prairietiming@gmail.com

Sun. 6 Run 4 Your Cause - 5k 🏃 **Awesome Twosome, 3.3k & Happy Feet Dash**
MRA Classic Series-5k; MRA Youth Series-3.3k or 5k
 Canadian Mennonite University, North Campus 9:00a.m.
 Jennifer Toews: (204) 416-0063; run4yourcause@gmail.com

Sat. 12 Winkler's Thanks for Giving Run
Half Marathon 🏃, **10k Run, 5k Run & 1.2k (under 11)**
 Winkler Arena, 600 Park St, Winkler, MB 9:00 a.m.
 Dwight Suderman: (204) 362-8223
 thanksgivingrun@gmail.com

Sun. 13 Run Sage Creek 1k, 3k, 5k & 10k
MRA Youth Series-1k or 5k
 Ecole Sage Creek School, 315 Sage Creek Blvd. 8:00 a.m.
 Becky Hryniuk: (204) 293-2273; runsagecreek@gmail.com

Sun. 20 WFPS Half Marathon 🏃, **10k** 🏃 & **5k**
MRA Classic Series-Half Marathon
 500 Shaftsbury Blvd-CMU North Campus 8:00a.m.
 Jonathan Torchia: (204) 294-6737
 wfpshalfmarathon@hotmail.com

Sun. 27 MEC Winnipeg Race Three Spooky Dash
3k, 5k 🏃 & **10k** 🏃
MRA Youth Series-3k or 5k
 Assiniboine Park Pavilion 8:30 a.m.
 Alisa Mayberry: (204) 943-4202; alisa.mayberry@mec.ca

Mon. 18 MRA Classic Race Series & Youth Race Series Awards Pizza Night
 Canad Inn, 1824 Pembina Hwy 6:00pm
 RSVP: MRA office: (204) 477-5185; office@mraweb.ca

Sat. 23 MRA Race Directors' Meeting 9:00 a.m.
 Reh Fit Centre, 1390 Taylor Ave. Seminar Room 'D'
 RSVP: MRA office: (204) 477-5185; office@mraweb.ca
 All new & returning Race Directors welcome!

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