

Sunday October 6th 2019

The Manitoba Runners' Association is proud to present the 2019 RUN 4 Your Cause featuring the ever popular 5K Awesome Twosome!



Run or Walk **400m** **3.3K** **5K**

AWESOME TWOSOME

- Start/Finish at CMU 500 Shaftesbury Ave
- New this Year: Fundraising Option!
- Fairly-Traded Medals 4 ALL Finishers
- Post-race Refreshments
- Massage Therapy
- Papa John's Blues Band
- MRA Classic & Youth Race Series Event
- Choose from our list of Causes to support
- Strollers welcome in Try 3.3

Information and to Register Online
mraweb.ca/events/run-4-cause

Event	Distances	Start	Recognition
Awesome Twosome	5K	9:00 am	10:15 am
Happy Feet Dash (\$5 registration)	400m	9:30 am	Wooden Nickels for all at the finish line
Try 3.3	3.3K	10:00 am	10:45 am

NEW this YEAR: Sign up as a fundraiser, raise a minimum of \$100 for your Cause and receive a complimentary individual Entry Fee!

Entry Fees	Early Bird April & May	Regular June-Sept 25	Late Sept 26-Oct 2
5K per person	\$35	\$40	\$45
3.3K per person	\$30	\$35	\$40
Family*	\$90	\$105	\$120

*Family is up to 6 related people AND a max of 2 adults with their dependents

Each Entry Fee includes a \$20 donation to Your Cause

Manitoba Runners' Association

