

**Please join us for the
Go For the Burn Run!**



**10K timed Run, 5K timed Run/Walk,
3K Youth Run and 3K Walk**

**Saturday, April 26, 2025
9:00 am at Assiniboine Park**

(Brand new sanctioned route starting in the
Nature Playground Parking Lot)

**In support of the
Mamingwey Burn Society inc.**



Go For the Burn Run on April 26, 2025

All donations of \$20 or more will get a receipt for tax purposes.



First Name	Last Name	Address	City	Prov.	Phone Number	Postal Code	Pledge Amount	Receipt Y/N	Chq/ Cash
							\$		
							\$		
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Charitable tax receipts will be issued by the Mamingwey Burn Society inc.						Anonymous Donations		\$	
Charitable # BN76763 3803 RR0001						Total		\$	

Please make all cheques payable to Mamingwey Burn Society inc.

Thank you for your support!

ONLINE REGISTRATION

Registration is only being accepted online through the Race Roster site.

The link for online registration is:

<https://raceroster.com/events/2025/99518/go-for-the-burn-run>

Alternatively, please go to the Race Roster site and search "Go For the Burn" in the search bar.

HOW TO REGISTER

- Choose your event! Click on the registration link to go to the secure registration page.
- Fill out your information on the registration form. Make sure to include your preferred email address!
- Use your credit card to pay your registration fee! Transactions processed securely.
- You will receive a confirmation email, outlining your application and payment details.
- All entries are non-refundable.
- Entry fee listed here does not include [processing fee](#).



<https://mamingwey.ca/go-for-the-burn/>

REGISTRATION FEES

Until February 28, 2025:

10K & 5K timed: \$55
3K Walk: \$55
3K Youth: \$27.50

Until March 31, 2025:

10K & 5K timed: \$60
3K Walk: \$60
3K Youth: \$30

Until April 24, 2025:

10K & 5K timed: \$65
3K Walk: \$65
3K Youth: \$32.50

- Discount of \$5 for MRA members.
- Youth is 16 and under.
- Hot breakfast to follow for all participants and volunteers.
- Bronze, Silver, and Gold custom medals for the top 3 male and top 3 female finishers in the 10K and 5K runs.
- Chip timing for all 10k and 5k.
- All participants in the 10K and the 5K will receive a participation medal!

This race is part of the MRA Classic and Youth Series



For more information, please contact Hon Ha O'Donovan:

honha@mamingwey.ca

DIRECTOR'S MESSAGE

Please come out and join us for our annual Go For the Burn Run in support of the Mamingwey Burn Society Inc.! We've got a brand-new sanctioned course at the Assiniboine Park which is sure to be an unforgettable experience for all participants! As a registered charity, The Mamingwey Burn Society Inc. provides support to those affected by a burn injury on their personal healing journey; our unofficial tag line is #survivorstrong! This Run is our way of providing a safe and inclusive place for our community to participate on the road to good health, psychological, and physical wellness. Come join us for a fun event, regardless of your age, ability, or fitness level! Wheelchairs and strollers are welcome on the course (sorry, no dogs). We hope to see you there!!

Hon Ha O'Donovan, Race Director

Thank you to all of our sponsors and our volunteers!

Race kit pickup notes:

- There will be NO race day kit pick-ups
- All race kits must be picked up prior to the race at either of the following locations:

Regent Running Room

1615 Regent Avenue West, Winnipeg, MB

Wednesday, April 23 from 3:00 to 6:30 pm

Kenaston Running Room

Kenaston Village Mall • 1875 Grant Avenue
Winnipeg, MB

Friday, April 25 from 3:00 to 6:30 pm

- There is no race day check-in, just show up at the start line!
- There will be a bag check on-site