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Canadian CMV Foundation
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Leg Number / Name	Start Date / Time	Leg Description	Parking Information
1 / Saskatchewan Starter	May 12, 2023 at 4:00 pm	Starting at the border of Saskatchewan and Manitoba, Leg 1 provides ample scenery and some elevation change. The course has a smooth and consistent decline, with just 35 meters of descent over 21 kilometres. Leg 1 will conclude just outside of Elkhorn, Manitoba.	Park in the parking lot next to the "Welcome to Saskatchewan" sign. Runners will be transported back to the starting point at the end of the race. 3H53+F2, Fleming, SK S0G 1R0
2 / The Oil King	May 13, 2023 at 8:00 am	Starting just outside the friendly hamlet of Elkhorn, Manitoba, runners should clock a fast and easy run due to the 45-meter decline, most of which occurs in the last 10 kilometres. Runners will pass through the bustling metropolis of Hargrave, Manitoba, before closing out the run near Virden, Manitoba - Home of Jim Treiving from Dragons' Den.	Park in the Esso parking lot (address below), runners will be transported to the starting point and back to their vehicles at the end of the race. MB-1, Elkhorn, MB ROM 0N0
3 / The Marco	May 13, 2023 at 4:00 pm	Starting west of Virden, Manitoba, Leg 3 begins with a fairly pronounced	Park in the Valleyview Co-op parking lot (address below), runners will be

		descent over the first four kilometres. The Trans Canada highway will take runners through the booming hub of Routledge, Manitoba before finishing the race approximately three miles west of Oak Lake, Manitoba.	transported to the starting point and back to their vehicles at the end of the race. Highway 1 West Box 550, Virden, MB R0M 2C0
4 / The Oak	May 14, 2023 at 8:00 am	Starting just outside the beautiful unincorporated urban community of Oak Lake, runners should expect a quick and flat run as they continue along the smooth Trans Canada highway. The total elevation of this leg is 5 meters, and if visibility is high, you might be able to spot one of the many lakes in the area.	Park on Bison Trl Road (address below), runners will be transported to the starting point and back to their vehicles at the end of the race. Bison Trl Rd, Oak Lake, MB R0M 1P0
5 / The Combine	May 14, 2023 at 4:00 pm	Starting just past Griswold, Manitoba, runners will trek through the heart of farm country and will likely see a combine along the highway. We'll pass through Alexander, Manitoba and finish outside of Brandon, Manitoba.	Park at Sioux Valley Petro parking lot (address below), runners will be transported to the starting point and back to their vehicles at the end of the race. Crn Of Hwy-1 And, Provincial Trunk Hwy 21, Griswold, MB R0M 0S0

6 / Wheat City	May 15, 2023 at 8:00 am	Starting west of Brandon, Manitoba, Leg 6 is the first truly urban stretch on our tour de Manitoba. We'll traverse through downtown Brandon and up the Assiniboine River to finish just past the legendary Beef & Barrel Restaurant.	Park at Alexander Rink parking lot (address below), runners will be transported to the starting point and back to their vehicles at the end of the race. 406 1st Ave, Alexander, MB R0K 0A0
7 / Big Sky	May 15, 2023 at 4:00 pm	Starting north of downtown Brandon, Manitoba, this run is pretty straightforward. Runners will see many legendary Manitoban relics on this stretch through the heart of the Canadian Prairies.	Park at Humpty's Big Plate Diner - North Hill parking lot (address below), runners will be transported to the starting point and back to their vehicles at the end of the race. 100 Highland Ave, Brandon, MB R7C 1A9
8 / Even Steven	May 16, 2023 at 8:00 am	With just 2 meters of elevation throughout 21.1 kilometres, this might be the world's flattest half marathon! Finishing at the Robin's Nest Motel and Café in Carberry, Manitoba, be sure to refuel with a homestyle meal after the run.	Park at Douglas Community Centre parking lot (address below), runners will be transported to the starting point and back to their vehicles at the end of the race. 201 Provincial Rd 340, Douglas, MB R0K 0R0
9 / Friendly Manitoba	May 16, 2023 at 4:00	Starting north of	Park at the Esso gas

	pm	Carberry, Manitoba, (voted one of Canada's friendliest towns), this half marathon has a few ups and downs. With 32 metres of total elevation and 40 metres of decline, be sure to stretch your calves!	station parking lot (address below), runners will be transported to the starting point and back to their vehicles at the end of the race. MB-1, Carberry, MB ROH 0H0
10 / The Drop	May 17, 2023 at 8:00 am	Starting on the comfort and safety of a gravel road, this half marathon is sure to bring some picturesque views and long-lasting memories. With nearly 80 metres decline, this stretch is going to be a quick one! Passing by Austin, Manitoba, around the halfway mark and finishing in MacGregor, Manitoba, this leg is sure to satisfy all runners.	Park at Sidney Community Centre parking lot (address below), runners will be transported to the starting point and back to their vehicles at the end of the race. Hazel St, Sidney, MB ROH 1L0
11 / The Gravel Road	May 17, 2023 at 4:00 pm	This entire half marathon will take place on a service road. With 26 metres of gradual decline over 21.1 kilometres, this leg is a solid fit for all levels. Starting from the town of MacGregor, Manitoba, we will	Park at MacGregor Community Rink (Stride Normac Centre) parking lot (address below), runners will be transported to the starting point and back to their vehicles at the end of the race.

		run through town and past the community rink to finish just outside of Portage la Prairie, Manitoba.	107 Saunders St, MacGregor, MB R0H 0R0
12 / The Portage	May 18, 2023 at 8:00 am	Running right through downtown Portage la Prairie and passing by not just one, but two Tim Hortons, this run is mostly flat but definitely entertaining. If you're from Portage la Prairie or the surrounding area, this run is a great opportunity to kick off the summer while raising awareness for a great cause.	Park at Petro Canada in Bloom parking lot (address below), runners will be transported to the starting point and back to their vehicles at the end of the race. MB-16, Portage la Prairie, MB R1N 3A4
13 / The Ninjago	May 18, 2023 at 4:00 pm	This leg is one of the more scenic routes of our cross-Manitoba adventure. With the Assiniboine River and some forest walls, we might see wildlife as we trek along.	Park at Shell 80300 parking lot (address below), runners will be transported to the starting point and back to their vehicles at the end of the race. HIGHWAY 1 EAST, Manitoba's Hwy of Heroes, High Bluff, MB R1N 3B2
14 / The Grain Elevator	May 19, 2023 at 8:00 am	In the 1950s, there were over 700 grain elevators in Manitoba! Today, there are fewer than	Park at Oakville Community Arena parking lot (address below), runners will be transported to the

		200. How many will we see on this leg? Join us to find out.	starting point and back to their vehicles at the end of the race. 475 PTH 331, Oakville, MB R0H 0Y0
15 / The White Horse	May 19, 2023 at 4:00 pm	Here we come, Winnipeg! Upon entry into Winnipeg, we'll pass by the White Horse Monument in the rural municipality of St. Francois Xavier. Did you know that St. Francois Xavier is the second oldest settlement in Manitoba?	Park at Elie Community Club parking lot (address below), runners will be transported to the starting point and back to their vehicles at the end of the race. 23 Main St E, Elie, MB R0H 0H0
16 / The CMV Canada Half Marathon	May 20, 2023 at 8:00 am	The CMV Canada Half Marathon is an extra special leg of Run With Rob. Run alongside Rob and many others through Winnipeg's most scenic areas including Assiniboine Park, The Forks, and Wellington Crescent. You don't want to miss this one!	Park at John Blumberg Soccer Fields parking lot (address below), runners will walk to the starting point and will be transported back to their vehicles at the end of the race. 3400 Portage Ave, Headingley, MB R4H 1C6
17 / The Voyageur	May 20, 2023 at 4:00 pm	Starting in St. Boniface at the home of Festival du Voyageur (Whittier Park), we head east toward Ontario and through a few very	Park at Whittier Park parking lot (address below), runners will walk to the starting point and will be transported back to their vehicles at the

		nice pathways and roads to finish just past Deacon's Corner.	end of the race. 836 Rue St Joseph, Winnipeg, MB R2Y 0H8
18 / The Centre of / du Canada	May 21, 2023 at 8:00 am	Who loves some quirky geography? From Deacon's Corner to Dufresne, we'll be jogging through the Longitudinal Centre of Canada! Sitting at 96° 48' 35" W, this spot is situated in the rural municipality of Tache, Manitoba, just 30 minutes or so from Winnipeg. Don't forget to take your photo in front of the big sign declaring the "Centre of Canada."	Park at Deacons Corner parking lot (address below), runners will be transported to the starting point and back to their vehicles at the end of the race. Trans-Canada Hwy, Dugald, MB R0E 0K0
19 / The Aces	May 21, 2023 at 4:00 pm	We're back on Highway #1! With a 41-metre incline spread throughout this half marathon, this leg is sure to raise your spirits as we pass through Ste. Anne, home of the Aces hockey team. (Fun fact: The Aces were the biggest rival of Rob's hometown team, the La Broquerie Habs!)	Park at the Centre of Canada Park parking lot (96°48'35"W), runners will be transported to the starting point and back to their vehicles at the end of the race. Taché, MB R0A 0Y0
20 / The Wooded Wonder	May 22, 2023 at 8:00 am	Passing right in front of Geppetto's Mini	Park at the Husky gas station parking lot

		Golf & The Snack Shack, this leg introduces the beauty of the boreal forest with big and bold trees. Slightly uphill, this leg finishes on a random side road that we'll call The End of Leg 20 Road.	(address below), runners will be transported to the starting point and back to their vehicles at the end of the race. 43160 1 East Hwy, Richer, MB R0E 1S0
21 / The Spruce Sanctuary	May 22, 2023 at 4:00 pm	From the rest area in Pine Grove to the underrated community of Prawda, Manitoba, this leg finishes just past one of the most bustling gas stations around! Did you know that Prawda has a total population of only 200?	Park at the Pine Grove Rest Area parking lot (address below), runners will be transported to the starting point and back to their vehicles at the end of the race. 28 Trans-Canada Hwy, Hadashville, MB R0E 0X0
22 / The Forest Trail	May 23, 2023 at 8:00 am	The boreal forests cover a broad swath across the north central and central part of Manitoba, dipping down to extend across the eastern border into Ontario. We'll be running past many beautiful forests during this leg as we approach Ontario and the end of our journey.	Park at the Esso gas station parking lot (address below), runners will be transported to the starting point and back to their vehicles at the end of the race. MB-1, Prawda, MB R0E 0X0
23 / The Falcon	May 23, 2023 at 4:00 pm	We're en route to Falcon Lake! This leg	Park at the East Braintree Community

		<p>takes us behind a popular golf course and through Whiteshell Provincial Park, home to nearly 2,800 square kilometers of protected wilderness parkland.</p>	<p>Church parking lot (address below), runners will be transported to the starting point and back to their vehicles at the end of the race.</p> <p>42060, MB-308, East Braintree, MB R0E 0L0</p>
24 / The Ontario End	May 24, 2023 at 8:00 am	<p>This is the very last leg of Run With Rob. We'll run along Falcon Lake on the old highway, into the forest up to West Hawk, and all the way to the Manitoba - Ontario border. We've saved the best for last with this scenic leg!</p>	<p>Park at the Welcome to Ontario sign parking lot (address below), runners will be transported to the starting point and back to their vehicles at the end of the race.</p> <p>154 Trans-Canada Highway, Balmertown, ON P0V 3G0</p>