



# 2023 MRA RACE CALENDAR

Updated May 11, 2023

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**Jan 22 10th Annual Frost Bite River Run**  
**5 Mile and 5k**  
Riverview Community Centre, Winnipeg, MB 10:00 am  
Dennis Cunningham: frostbiteriverrun@shaw.ca  
204-452-9944

**Mar 12 11th Annual People's St Paddy's Day 5k & 5 Mile**  
The Irish Club, 654 Erin St, Winnipeg 9:00 am  
Guy Madill: 204-698-6218; guysmadi@mymts.net

**Apr 2 Patrick Riddell April Run Series #1**  
**2k & 5k** 🇨🇦 (virtual Mar 22-Apr 2)  
*Classic Series-5k; Youth Series 2k or 5k*  
Assiniboine Park Pavilion 8:30 am  
Rick Champagne: aprilrunseries@gmail.com; 204-293-5255

**Apr 10 MRA Annual General Meeting**  
**Virtual 7:30 p.m.**  
MRA office: 204-477-5185; office@mraweb.ca  
All 2023 members welcome!

**Apr 16 Patrick Riddell April Run Series #2**  
**2k, 5k & 10k** 🇨🇦 (virtual Apr 3-16)  
*Classic Series-10k; Youth Series-2k or 5k*  
Assiniboine Park Pavilion 8:30 am  
Rick Champagne: aprilrunseries@gmail.com; 204-293-5255

**Apr 23 Patrick Riddell April Run Series #3**  
**2k, 5k & 15k** 🇨🇦 (virtual Apr 17-23)  
*Classic Series-15k; Youth Series-2k or 5k*  
Assiniboine Park Pavilion 8:30 am  
Rick Champagne: aprilrunseries@gmail.com; 204-293-5255

**Apr 24 2023 MRA Hall of Fame Banquet**  
**Presented by Birchwood Automotive Group**  
*Exhibitors' tables, 50/50 Draw, Plated Dinner, Bar, Guest Speaker and the Induction Ceremony!*  
Celebrations Dinner Theatre, 1824 Pembina Hwy, Wpg  
Start Time 5:00 pm  
Contact: 204-477-5185; office@mraweb.ca

**Apr 29 Go for the Burn**  
**10k, 5k, 3k walk /run** 🇨🇦  
*Classic Series-5k; Youth Series-3k or 5k*  
Assiniboine Park, Winnipeg 9:00 am  
Barbara-Anne Hodge: 431-482-1844; barb@mamingwey.ca

**May 7 Foodfare WPS Half Marathon** 🇨🇦, **5k** 🇨🇦 & **2-person Relay** (virtual Apr 30-Jun 4)  
*Classic Series-Half Marathon*  
Assiniboine Park, Winnipeg 8:00 am  
Contact: questions@wpshalfmarathon.ca

**May 12 Run With Rob for CMV Canada**  
**to 24 Choose from 24 Half Marathons** (virtual May 1-31)  
Run Across Manitoba over 13 days-choose your leg!  
Diego Guzman: 204-259-2859; dguzman@cgf.com

**May 13 Physio Fit Run 31st Anniversary**  
**10k, 5k, 3k & 1k Kid's Run** (virtual May 13)  
*Classic Series-10k; Youth Series-1k, 3k or 5k*  
Assiniboine Park 8:00 am  
Stephanie Roberecki: 204-771-7844; adventuregirl02@hotmail.com

**May 13 Run & Walk to Remember sponsored by the Curtis Klassen Memorial Fund**  
**10k run & 5k run/walk**  
Altona Park, Altona, MB 9:00 am  
Wendy Dyck: 204-324-7681; ckmf2012@gmail.com

**May 13 Fun Run/Walk for Mental Wellness**  
**5k & 10k**  
Souris Curling Club, Souris, MB 10:45 am  
Cathy Williams: 204-721-4944; cat.davwilliams@gmail.com

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**May 13 Paths to Potential Wellness Walk & Run**  
**2.5k, 5k & 10k**  
St. Vital Park, Winnipeg, MB 9:00 am  
Karen Carr: 204-396-7281; kcarr@sarariel.ca

**May 27 Boyne Book It Fun Run**  
**2k, 5k & 10k**  
*Youth Series-2k or 5k*  
Carman Fairgrounds & Arena, Carman, MB 9:00 am  
Michelle Froese: boynebookitfunrun@gmail.com

**May 27 Headingley Fire Dept. Run for Wishes**  
**5k & 3k** 🇨🇦  
*Classic Series-5k; Youth Series 3k or 5k*  
126 Bridge Rd, Headingley, MB 9:00 am  
Josh Mulvenna: 204-963-7663; headingleyrun@gmail.com

**Jun 3 Huntington Heroes Walk to Cure HD**  
**5k walk/run & 10k run**  
Assiniboine Park Pavilion Area 9:00 am  
Registration 8:00 am  
Vern Barrett: 204-694-1779; hscmanitoba@gmail.com

**Jun 3 Winnipeg Pride Run 3k & 5k**  
The Forks, Winnipeg, MB 9:00 am  
Sarah Davis: winnipegfrontrunners@gmail.com

**Jun 10 Run 4 Your Cause**  
**5k Prediction Run & 3.3k** 🇨🇦  
*Classic Series-5k; Youth Series-3.3k or 5k*  
Canadian Mennonite University, Winnipeg, MB 9:00 am  
Jen Shapka: run4yourcause@gmail.com

**Jun 19 Manitoba Marathon**  
**Full & Half Marathon, 50K, Marathon Relay, 10k & 5k** (virtual Jun 18-Jul 30)  
*Classic Series-Full Marathon*  
University of Manitoba, Winnipeg 6:55 am  
Contact: 204-415-4517; running@manitobamarathon.mb.ca

**Jun 25 JO Massage Stonewall Quarry Run**  
**10k, 5k & 2k**  
*Youth Series-2k or 5k*  
Stonewall Quarry Park, Stonewall, MB 9:00 am  
Dwayne Olson: 204-451-1349; prairietiming@gmail.com

There are 19 races in the MRA Classic Race Series. MRA members 17+ must run 5 races to qualify for an MRA Classic Series award, with your best 10 races to count.

There are 17 races in the MRA Youth Race Series. MRA members 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, 2023.



This symbol indicates a course that has been measured and certified by Athletics Canada.

**Manitoba Runners' Association**  
Box 34148 Fort Richmond  
Winnipeg, MB R3T 5T5  
(204) 477-5185  
Email: office@mraweb.ca  
Website: www.mraweb.ca

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**Jul 5 MRA Family Ice Cream Run #1**  
**1k & 2.2k fun run/walk**  
*Youth Series-1k or 2.2k*  
 Crescent Drive Park Picnic Shelter, Winnipeg 7:00 pm  
 MRA Office: 204-477-5185; office@mraweb.ca

**Jul 23 Clearwater Lake Half Marathon**  
**21k 🏃, 10k, 5k & 1k**  
 Airport Hall, Clearwater Lake, The Pas, MB 8:30am  
 Michael O'Rourke: 204-623-0288;  
 michaelorourke@mymts.net

**Jul 30 World Police & Fire Games 2023**  
**Half Marathon 🏃**  
*Classic Series—Half Marathon*  
 St. Vital Park, Winnipeg, MB 7:00 am  
 Kelsey Moeller Brown: 204-793-7078;  
 halfmarathon@wpfg2023.com

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**Aug 2 MRA Family Ice Cream Run #2**  
**1k & 2.2 k fun run/walk**  
*Youth Series-1k or 2.2k*  
 Crescent Drive Park Picnic Shelter 7:00 pm  
 MRA Office: 204-477-5185; office@mraweb.ca

**Aug 6 Islendingadagurinn Road Race 10 mile 🏃 (55th),**  
**5k (5th) & Jan's 1 Mile Family Fun Run (32nd)**  
*Classic Series-10 mile; Youth Series-1 mile or 5k*  
 10 Mile: Winnipeg Beach to Gimli, MB 8:00 am  
 5k (8:00 am) & 1 Mile (8:00 am): Gimli Park Pavilion  
 Brett Lamoureux: ifmrunning@gmail.com

**Aug 19 Grand Beach Sun Run**  
**3k, 5k 🏃 & 10k 🏃**  
*Classic Series-10k; Youth Series-3k or 5k*  
 Grand Beach Provincial Park, Grand Beach, MB 8:30 am  
 Michelle Kusano: GBSunrun@gmail.com

**Aug 26 Southport RUNway**  
**5k & 10k**  
 Southport Aerospace, Southport, MB 8:00 am  
 Nate Coates: ncoates@southport.ca

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**Sep 9 Point Douglas Run**  
**10k, 5k & 2.5k Fun Run/Walk**  
*Youth Series-2.5k or 5k*  
 Norquay Community Centre, Winnipeg 9:00 am  
 Bridget Robinson: 204-330-0022; bridget@mymts.net  
 Kim McCallum: 204-261-9006; mcckim03@gmail.com

**Sep 9 Walk for Wildlife**  
**5 & 10 Walk; 10k Run**  
 St. Vital Park, Winnipeg 9:00 am  
 Lisa Tretiak: 204-510-1855; pwrcentre@gmail.com

**Sep 16 Kleefeld Honey Run**  
**5k 🏃 Race**  
*Classic Series-5k*  
 Kleefeld Park, Kleefeld, MB 10:00 am  
 Veronica English: kleefeldhoneyrun@gmail.com;  
 204-899-4558

**Sep 17 Fort Garry Rotary Club Half Marathon**  
**Half Marathon 🏃 & 5k Fun Run**  
*Classic Series-Half Marathon*  
 St. Vital Park, Winnipeg 8:00 am  
 Jeff Miller: 204-799-7449; jeff@thomasdesignbuilders.ca

**Sep 17 Riding Mountain Half Marathon, 10k & 5k**  
 Riding Mountain National Park  
 Wasagaming Townsite, MB 9:00am  
 Luke Love: rmhalfmarathon@gmail.com

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**Sep 24 Treherne Run for the Hills**  
**Full 🏃 & Half 🏃 Marathon, 10k & 5k**  
**(virtual dates TBA)**  
*Classic Series-Full Marathon*  
 224 Vanzile Street, Treherne, MB 9:00 am  
 Melanie Wall: 204-723-0648; trehernerun@gmail.com

**Sep 24 Ted's Run for Literacy**  
**10k 🏃, 5k 🏃 & 2k Fun Run**  
*Classic Series-10k; Youth Series 2k or 5k*  
 Kildonan Park, 2015 Main St, Winnipeg 10:00 am  
 Mauricio Alfaro: 204-295-9461;  
 tedsrunforliteracy@gmail.com

**Sep 30 Reconciliation Run Half Marathon**  
 Former Birtle Residential School Ruins, Birtle, MB 8:00 am  
 Trechelle Bunn: 218-242-7621;  
 trechellebunn@reconciliationrun.ca

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**Oct 1 Lindenwoods Fall Classic Run**  
**10k 🏃 & 5k Run/Walk, Mighty Mile Kids' Run**  
*Classic Series-10k; Youth Series-1 Mile or 5k*  
 Ecole Van Walleghem School, Winnipeg, MB 9:00 am  
 Rochelle Reynolds: 431-588-5462; dhrr1@hotmail.com

**Oct 7 Thanks for Giving Run**  
**Half Marathon 🏃, 10k, 5k & 1.2k Kids' Run**  
*Classic Series-Half Marathon*  
 Winkler Arena, 600 Park St. Winkler, MB 9:30 am  
 Dwight Suderman: 204-362-8223;  
 thanksgivingrun@gmail.com

**Oct 15 WFPS Run**  
**Half Marathon 🏃, 10k 🏃 & 5k**  
*Classic Series-Half Marathon*  
 Canadian Mennonite University, North Campus 8:00 am  
 500 Shaftesbury Blvd, Winnipeg  
 Jonathan Torchia: 204-294-6737; director@wfpsrun.com

**Oct 21 Kicking PancreAS 5k & 2.5k**  
*Youth Race Series-2.5k or 5k*  
 St Vital Park, Winnipeg 6:15 pm  
 Helen Wright: Helen@craigscouse.ca

**Oct 29 Pinawa Classic Road Run 5k & 10k**  
 Pinawa Golf Club, Pinawa, MB 10:00 am  
 Wanda Mathers: 204-292-8057; wandamathers@hotmail.com

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**Nov 18 2023 MRA Race Directors' Meeting**  
**Virtual 9:00 am**  
 RSVP: MRA office: 204-477-5185; office@mraweb.ca  
 All new & returning Race Directors welcome!

**Nov 27 2023 MRA Awards Celebration**  
 Canad Inn, 1824 Pembina Hwy, Winnipeg 6:00pm  
 RSVP: MRA office: 204-477-5185; office@mraweb.ca

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