



2023 MRA RACE CALENDAR

Updated Sep 12, 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 3 Swan Valley Run Bike Hike Festival
10k Trail, 5k Trail, 1k Kid's Run, 4 x 1k Kid's Relay, 5k Trail Hike
Swan Valley Historical Museum, Swan River, MB 10:00 am
Keith Immerkar: 204-734-0720; immerkarfarms@hotmail.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 10 Winnipeg 10&10**
10 Mile 🏃, 10k 🏃 & 5k
 MB Legislative Bldg-South Rotunda 8:00 am
 204-415-4517; running@manitobamarathon.mb.ca
- 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 23 MASRC Run for Indigenous Women & Girls 5k**
 Kildonan Park North Picnic Shelters, Winnipeg 10:00 am
 Kaelei Knutson: 204-942-6615; kaelei.knutson@MASRC.com
- Sep 24 Treherne Run for the Hills**
Full 🏃 & Half 🏃 Marathon, 10k & 5k
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
 Mau Alfaro: 204-295-9461; tedrunforliteracy@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
 D 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
 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@craigscasue.ca
- Oct 22 One Spirit Unity Run 1.5k & 5k Run/Walk**
 Kildonan Park, 2015 Main St, Winnipeg 9:00 am
 Amber Reid: adawnreid@gmail.com ***CANCELLED***
- 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**
 Norwood Hotel, 112 Marion St, Winnipeg 5:30pm
 RSVP: MRA office: 204-477-5185; office@mraweb.ca

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