



2024 MRA RACE CALENDAR

April 28, 2024

J
A
N

M
A
R

A
P
R
I
L

M
A
Y

Jan 21 11th Annual Frost Bite River Run 5 Mile and 5k
Riverview Community Centre, Winnipeg, MB 10:00 am
Dennis Cunningham: frostbiteriverrun@outlook.com
204-452-9944

Mar 17 12th Annual People's St Paddy's Day 5k, 5 Mile & 1k
Riverview Community Centre, Winnipeg, MB 9:00 am
Guy Madill: 204-698-6218; guysmadi@mymts.net

Apr 7 Patrick Riddell April Run Series #1 2k & 5k
(virtual Apr 1-7)
Classic Series-5k; Youth Series 2k or 5k
Assiniboine Park Pavilion 8:30 am
Rick Champagne: aprilrunseries@gmail.com; 204-293-5255

Apr 8 MRA Annual General Meeting
Virtual 7:30 p.m.
MRA office: 204-477-5185; office@mraweb.ca
All 2024 members welcome!

Apr 14 Patrick Riddell April Run Series #2
2k, 5k & 10k **(virtual Apr 8-14)**
Classic Series-10k; Youth Series-2k or 5k
Assiniboine Park Pavilion 8:30 am
Rick Champagne: aprilrunseries@gmail.com; 204-293-5255

Apr 21 Patrick Riddell April Run Series #3
2k, 5k & 15k **(virtual Apr 15-21)**
Classic Series-15k; Youth Series-2k or 5k
Assiniboine Park Pavilion 8:30 am
Rick Champagne: aprilrunseries@gmail.com; 204-293-5255

Apr 22 2024 MRA Hall of Fame Banquet
Presented by Birchwood Automotive Group
Exhibitors' tables, 50/50 Draw, Plated Dinner, Bar, Guest Speaker and the Induction Ceremony!
Centro Caboto Centre, 1055 Wilkes Avenue, Wpg
Start Time 5:00 pm
Contact: 204-477-5185; office@mraweb.ca

Apr 27 Go for the Burn 10k, 5k & 3k
Classic Series-5k; Youth Series-3k or 5k
Assiniboine Park, Winnipeg 9:00 am
Barbara-Anne Hodge: 431-482-1844; barb@mamingwey.ca

May 5 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 11 Physio Fit Run 32nd Anniversary
10k, 5k, 3k & 1k Kid's Run
Classic Series-10k; Youth Series-1k, 3k or 5k
Assiniboine Park 8:00 am
Stephanie Roberecki: 204-771-7844; adventuregirl02@hotmail.com

May 11 Lockport River's Edge Run/Walk for HD
30k, Half Marathon, 10k & 5k
Skinner's Restaurant, Lockport, MB 8:30 am
Vern Barrett: 204-694-1779; vbarrett@mts.net

May 11 Run & Walk to Remember sponsored by the Curtis Klassen Memorial Fund
10k run & 5k run/walk
Altona Centennial Park, Altona, MB 9:00 am
Wendy Dyck: 204-324-7681; ckmf2012@gmail.com

May 12 Sara Riel Wellness Walk & Run 5k & 10k
St Vital Park, Winnipeg, MB
Karen Carr: 204-396-7281; kcarr@sarariel.ca

May 18 Sam Quit Smoking Run 5k & 10k
L.A. Barkman Park, Steinbach, MB 9:00 am
Lindsay Mulholland: 204-346-5124; mulhollandl@gmail.com

May 25 Boyne Book It Fun Run
2k, 5k & 10k
Youth Series-2k or 5k
Carman Fairgrounds & Arena, Carman, MB 9:00 am
Michelle Froese: 204-745-9547; boynebookitfunrun@gmail.com

May 25 Suffer on Centennial Trail Provincial Championship
Falcon Lake, Whiteshell Provincial Park, MB 6:00 am
Kristian Andres: trailsoftoba@gmail.com

May 26 Ste Anne Rock & Run 1k, 5k & 10k
Youth Series-1k or 5k
Redemptoriste Park, Ste Anne, MB 8:30 am
Vanessa or Jessica: rockandrun24@gmail.com

Jun 1 Winnipeg Pride Run 3k & 6k
The Forks, Winnipeg, MB 9:00 am
Jennifer Bhatla: winnipegfrontrunners@gmail.com

Jun 1 Headingley Fire Dept. Run for Wishes
5k & 3k
Headingley Fire Hall, Headingley, MB 9:00 am
Josh Mulvenna: 204-963-7663; headingleyrun@gmail.com

Jun 2 CMV Canada Half Marathon
Classic Series-Half Marathon
St Vital Park, Winnipeg, MB 9:00 am
Diego Guzman: dguzman@cgf.com

Jun 7 Run 4 Your Cause (Fri)
5k Awesome Twosome & 3.3k
Classic Series-5k; Youth Series-3.3k or 5k
Canadian Mennonite University, Winnipeg, MB 7:00 pm
Richard Plant: run4yourcause@gmail.com

Jun 16 Manitoba Marathon & Cdn Half Championships
Full & Half Marathon, Marathon Relay, 10k & 5k Super Run
Classic Series-Full Marathon
University of Manitoba, Winnipeg, MB 7:00 am
Sarah: 204-415-4517; running@manitobamarathon.mb.ca

Jun 22 Run Niverville 3k & 5k
Youth Series-3k or 5k
Hespeler Park, Niverville, MB 10:00 am
Candis or Melanie: runnivervillemb@gmail.com

Jun 23 Stonewall Quarry Run 10k, 5k & 1 mile
Classic Series-5k
Stonewall Quarry Park, Stonewall, MB 9:00 am
Dwayne Olson: 204-451-1349; lakelandfr@gmail.com

There are 22 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 22 races in the MRA Youth Race Series. MRA members 16 and under must run in 3 of these races to qualify for Youth Series awards, with your best 10 races to count.

Age for both Series is determined as of January 1st, 2024.



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

J
U
L
Y

- Jul 3 MRA/John Wichers 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 17 MRA/John Wichers Family Ice Cream Run #2**
1k & 2.5k fun run/walk
Youth Series-1k or 2.5k
Park City West CC/Transcona Trail, Winnipeg 7:00 pm
MRA Office: 204-477-5185; office@mraweb.ca
- Jul 21 Clearwater Lake Half Marathon, 10k, 5k & 1k**
Airport Hall at Clearwater Lake, The Pas, MB 8:30 am
Michael O'Rourke: 204-623-0288;
michaelorourke@mymts.net

A
U
G
U
S
T

- Aug 4 Islendingadagurinn Road Race 10 mile 🇨🇦 (56th),
5k 🇨🇦 (6th) & Jan's 1 Mile Family Fun Run (33rd)**
Classic Series-10 mile; Youth Series-1 mile or 5k
10 Mile: Winnipeg Beach to Gimli, MB 8:00 am
5k & 1 Mile: Gimli Park Pavilion 8:00 am
Brett Lamoureux: 204-642-7417; ifmrunning@gmail.com
- Aug 7 MRA/John Wichers Family Ice Cream Run #3**
1k & 2.5 k fun run/walk
Youth Series-1k or 2.5k
Bunn's Creek Centennial Park 7:00 pm
MRA Office: 204-477-5185; office@mraweb.ca
- Aug 17 Grand Beach Sun Run 3k, 5k 🇨🇦 & 10k 🇨🇦**
Classic Series-10k; Youth Series-3k or 5k
Grand Beach Provincial Park, Grand Marais, MB 8:30 am
Michelle Kusano: GBsunrun@gmail.com
- Aug 21 MRA/John Wichers Family Ice Cream Run #4**
Youth Series-1k or 2.5k
Grant's Old Mill, Sturgeon Creek Parkway, Wpg 7:00 pm
MRA Office: 204-477-5185; office@mraweb.ca
- Aug 24 Abas Auto Stony Mountain Run 2.5k, 5k 🇨🇦 & 10k**
Classic Series-5k; Youth Series 2.5k or 5k
Centennial Park Bandstand, Stony Mountain, MB 10:00 am
Tony Hoess: thoess2@gmail.com
- Aug 25 TRACKtastic!**
U of M Stadium Track 2:00 pm
More info to come!

S
E
P
T
E
M
B
E
R

- Sep 7 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 8 Winnipeg 10&10 10 Mile 🇨🇦, 10k 🇨🇦 & 5k**
Classic Series-10 Mile
MB Legislative Grounds-South Plaza 8:00 am
Sarah: 204-415-4517; running@manitobamarathon.mb.ca
- Sep 14 Kleefeld Honey Run 5k 🇨🇦 & 1k**
Classic Series-5k; Youth Series-1k or 5k
Kleefeld Park, Kleefeld, MB 10:00 am
Veronica English: kleefeldhoneyrun@gmail.com;
204-899-4558
- Sep 15 Riding Mountain Half Marathon, 10k & 5k**
Riding Mountain National Park
Wasagaming Townsite (Clear Lake), MB 9:00am
Luke Love: rmhalfmarathon@gmail.com
- Sep 21 Run Sage Creek 1k, 3k, 5k & 10k**
Youth Series-1k, 3k or 5k
Parc Ron Duhamel Park, Winnipeg, MB 8:30 am
Jessica Drakul: 204-250-3401; runsagecreek@gmail.com
- Sep 22 Fort Garry Rotary Club Half Marathon 🇨🇦 & 5k**
Classic Series-Half Marathon
St. Vital Park, Winnipeg 8:00 am
Jeff Miller: 204-799-7449; jeff@thomasdesignbuilders.ca

S
E
P
T

- Sep 22 Treherne Run for the Hills**
Full 🇨🇦 & Half 🇨🇦 Marathon, 10k & 5k
Classic Series-Full Marathon
Treherne Arena, Treherne, MB 9:00 am
Melanie Wall: 204-723-0648; trehernerun@gmail.com
- Sep 28 Reconciliation Run Half Marathon**
Former Birtle Residential School Ruins, Birtle, MB 9:00 am
Trechelle Bunn: 218-242-7621;
trechellebunn@reconciliationrun.ca
- Sep 29 Ted's Run for Literacy**
10k 🇨🇦, 5k 🇨🇦 & 2k
Classic Series-10k; Youth Series 2k or 5k
Kildonan Park, Winnipeg, MB 10:00 am
Mauricio Alfaro: tedsrnforliteracy@gmail.com

O
C
T
O
B
E
R

- Oct 4 Kicking PancreAS 5k & 2.5k**
(Fri) *Youth Race Series-2.5k or 5k*
St Vital Park, Winnipeg 6:00 pm
Jim Rennie: 204-795-0941
Stefanie Condon-Oldreive: 902-222-4612;
stefanie@craigscouse.ca
- Oct 6 Linden Woods 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 9:30 am
Rochelle Reynolds: lwfc@outlook.com
- Oct 12 Thanks for Giving Run**
Half Marathon 🇨🇦, 10k, 5k & 1.2k Kids' Run
Classic Series-Half Marathon
Winkler Arena, Winkler, MB 9:30 am
Dwight Suderman: 204-362-8223;
thanksgivingrun@gmail.com
- Oct 20 12th Annual WFPS Run**
Half Marathon 🇨🇦, 10k 🇨🇦 & 5k
Classic Series-Half Marathon
Canadian Mennonite University, North Campus 8:00 am
Jonathan Torchia: director@wfpsrun.com
- Oct 27 Pinawa Road Classic 5k & 10k**
Pinawa Golf Club, Pinawa, MB 10:00 am
Mark Yakimishen: 204-572-6058;
myakimishen@hotmail.com

N
O
V
E
M
B
E
R

- Nov 16 2024 MRA Race Directors' Meeting**
Virtual 9:00 am
RSVP: MRA office: 204-477-5185; office@mraweb.ca
All Race Directors welcome!
- Nov 25 2024 MRA Awards Celebration**
Location TBA

There are 22 races in the MRA Classic Race Series. MRA members 17+ must run 5 races to qualify for an MRA Race Series award with your best 10 races to count.

There are 22 races in the MRA Youth Race Series. MRA members 16 and under must run in 3 of these races to qualify for awards, with your best 10 races to count.

Age for both series is determined as of January 1st, 2024.



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