



## Run 4 Your Cause (R4YC) Fundraising Event

### **WHAT IS IT?**

A run and walk event organized by the Manitoba Runners' Association (MRA) in collaboration with multiple groups or organizations that are looking to raise funds (groups do not need to be a registered charity)

### **WHEN?**

Sunday June 1<sup>st</sup> 2025 at 9:00 a.m.

### **WHERE?**

The Canadian Mennonite University North Campus (Winnipeg, MB)

### **DISTANCES?**

5 km and 3.3 km run or walk

### **WHAT'S IN IT FOR US?**

Participants pay a registration fee which includes a \$25 donation to the Cause of their choice

MRA also collects additional donations which are forwarded directly to the Cause



For more information contact  
[Run4YourCause@gmail.com](mailto:Run4YourCause@gmail.com)



## ***WHAT WILL BE OUR RESPONSIBILITIES?***

Provide 5 volunteers

Pay \$100.00 to register

Spread the word about your association with this event! (Get people to participate!)

## ***WHAT WILL THE MRA DO FOR YOU?***

Organize the event! (Venue, equipment, event insurance, course set up, timing etc.) Advertise all Causes on the MRA website, and our social media platforms

Collect the registrations

Collect and distribute donations

## ***HOW IS THIS RUN UNIQUE?***

Teams of two join the 5 km event. We call it the “Awesome Twosome”

Both participants start at the same time and place, and run the course loop in opposite directions (you can high five as you pass each other!)

Each person still gets their own run time (this is a certified run course)

For extra fun, the teams’ ages and times are added together to determine placings.

## ***WHAT IF I DON’T HAVE A RUN PARTNER FOR THE AWESOME TWOSOME?***

The MRA will pair you up with someone (what a great way to meet new people in your running community!)

## ***HOW DO WE GET INVOLVED?***

Contact Christa Rusk at the MRA: [Run4YourCause@gmail.com](mailto:Run4YourCause@gmail.com)

