



# 2007 RACE CALENDAR

## - FEBRUARY -

**Sat. 10**  
**(GP #1)**  
**Silver**  
**Frostbite Festival 5k Run/Walk**  
Festival du Voyageur Park, 866 rue St. Joseph  
Start 3:00 p.m.  
MRA Office: 477-5185 E-mail: office@mraweb.ca

## - MARCH -

**Mon. 5**  
**Manitoba Runners' Association**  
**Conference/Annual General Meeting**  
Holiday Inn South, 1330 Pembina Hwy.  
Exhibitors: 4:30 - 6:15 p.m.  
Buffet dinner 6:30 pm/Speaker 7:30 p.m.  
Hall of Fame Inauguration 8:30 p.m./ AGM 9:00  
MRA Members: \$25., Non Members: \$30.  
MRA office: 477-5185 for tickets or On-line:www.mraweb.ca

**Sun. 11**  
**Polar Bear Run (18-20 miles across Lake Winnipeg)**  
Jeff Badger: 487-1981 E-mail: badger@mts.net

## - APRIL -

**Sun. 22**  
**(GP#2)**  
**Gold**  
**Out of the Shadows Epilepsy Awareness**  
**10k Race/5k Fun Run/3k Walk**  
Island Park, Portage la Prairie 10:00 a.m. Start  
Jim Cook: 489-6734 or E-mail: tjcook@mts.net

## - MAY -

**Sun. 13**  
**(GP#3)**  
**Gold**  
**Women Running For Women**  
**10k, 5k, and 2.5k** Start 10:00 a.m.  
St. Vital Park  
MRA Office: 477-5185

**Sun. 13**  
**Silver**  
**Lake of the Woods 10k Race/5k Fun Run/Walk**  
Kenora Harbourfront 10:00 a.m. Start  
Gord McTaggart: (807) 468-8979  
E-mail: gmctaggart@gokenora.com

**Sat. 26**  
**Bronze**  
**Run the Five 5k Run/Walk and 1k Fun Run**  
Fort Richmond Collegiate - 99 Killarney Ave.  
Derek Wong: 275-7520 Web site: www.runthefive.com

**Sun. 27**  
**(GP#4)**  
**Gold**  
**Wellness Institute's Commit to Get Fit**  
**10k Race/5k Fun Run/Walk** 9:00 a.m. Start  
Wellness Institute - 1075 Leila Ave.  
Darren Brereton: 632-3905

## - JUNE -

**Sat. 2**  
**(GP#5)**  
**Silver**  
**Pace Setter 10k Prediction Race**  
**& 5k Fun Run/Walk** 9:00 a.m. Start  
St. Vital Park  
MRA Office: 477-5185

**Sat. 9**  
**(GP#6)**  
**Silver**  
**Niverville Old Tyme Country 10k Race**  
**& 5k/2.5k Family Fun Run/Walk**  
8:30 a.m. Start - Niverville, MB  
Part of the Niverville Old Tyme Country Fair  
Bob Davey: (204) 388 - 4360 or David Dyck: (204) 388 - 4280

**Sun. 10**  
**Wal-Mart Walk for Miracles**  
St. Vital Park 10:00 a.m. Start  
MRA Office: 477-5185

**Sun. 17**  
**Platinum**  
**Manitoba Marathon - 7:00 a.m. Start - U of M**  
Full Marathon (26.2 Miles)  
Half Marathon (13.1 Miles)  
Marathon Relay (team of 5), 10k Walk,  
Super Run (2.6 Miles)  
MB Marathon office: 925-5751

## - JULY -

**Wed. 4**  
**Bronze**  
**Crescent Drive 5 Mile & 1 Mile**  
**(Ice Cream Fun Run #1)**  
Crescent Drive Park; 7:00 p.m. Start  
MRA Office: 477-5185

## - JULY con't...

**Wed. 18**  
**Bronze**  
**Churchill Drive 2 Mile Fun Run & Not Too**  
**Serious 5 Mile Run (Ice Cream Fun Run #2)**  
7:00 p.m. Start  
Churchill Dr., East of the Osborne St. Bridge  
MRA Office: 477-5185

**Sat. 7**  
**Bronze**  
**East Beaches 5 k Fun Run Series**  
**#2 Lester Beach/Belair, MB** 10 a.m. Start  
Gloria Fillion: (204) 756-2913

**Sat. 14**  
**Bronze**  
**East Beaches 5 k Fun Run Series**  
**#1 Grand Marais, MB** 10 a.m. Start  
Gloria Fillion: (204) 756-2913

**Sat. 21**  
**Bronze**  
**East Beaches 5 k Fun Run Series**  
**#3 Hillside Beach, MB** 10 a.m. Start  
Gloria Fillion: (204) 756-2913

## - AUGUST -

**Sun. 5**  
**Bronze**  
**Frog Follies 10k Race and 5k Fun Run/Walk**  
St. Pierre Rec Centre 8:30 a.m. Start  
St. Pierre, MB  
Ray Gosselin: (204) 746-0199

**Wed. 15**  
**Bronze**  
**The Forks 5 Mile or 2 Mile Fun Run**  
**(Ice Cream Fun Run #3)**  
The Meeting Place at the Forks 7:00 p.m. Start  
MRA Office: 477-5185

## - SEPTEMBER -

**Wed. 26**  
**Run for the Mouse 5k Fun Run/1Mile Walk**  
Assiniboine Park Duck Pond 6:30 p.m. Start  
Athletics Manitoba: 925-5743  
MRA: 477-5185

**Sat. 29**  
**Awesome Twosome Goes Both Ways (5k x 2)**  
Assiniboine Park Duck Pond 10:00 a.m. Start  
MRA Office: 477-5185

## - OCTOBER -

**Sat. 6**  
**Thanks For Giving Half Marathon & 5k**  
Winkler Recreation Centre - 9:00 a.m. Start  
Anna Matuszewski: (204) 331-3933  
Helena Heppner: (204) 325-6946

**Sun. 7**  
**Bronze**  
**Winnipeg Run for Darfur**  
**5k Fun Run & 1k Walk** 2:00 p.m. Start  
Assiniboine Park, Sites 5 and 6  
Rose Woodard: 633-3916  
E-mail: winnipegrunfordarfur@hotmail.com

**Mon. 8**  
**(GP #7)**  
**Gold**  
**Linden Woods Fall Classic**  
**10k Race/5k Fun Run/Family Walk**  
**GP Championship Race - Double GP Points**  
Walk : 8:45 am Start Race: 9:00 a.m. Start  
Van Wallegem School, 1 Princemere Rd.  
Mark d'Almeida: 489-6296 E-mail: dalmeida@mts.net

**Thurs. 11**  
**Asics Grand Prix Series Awards Dinner**  
Nicolino's 2077 Pembina Hwy.  
Cash Bar: 6:00 p.m. Dinner: 7:00 p.m. Awards: 8:00 pm  
MRA Office: 477-5185

**Sun. 28**  
**Bronze**  
**MRA Halloween Hustle 5K Fun Run/Walk**  
Assiniboine Park (Duck Pond)  
10:00 a.m. Start  
MRA Office: 477-5185

## - DECEMBER -

**Mon. 31**  
**MRA New Year's Celebration Dinner & Dance**  
Southwood Supper Club, 1855 Pembina Hwy.  
Reception: 6:30 p.m., Buffet Dinner: 7:30 p.m.  
Dance Music by Crystal Sound - Ticket prices TBA  
MRA Office: 477-5185 for tickets, on-line:www.mraweb.ca



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# 2007 Race Calendar

The Manitoba Runners' Association is a non-profit organization made up of runners of all ages and abilities, from those who never race to the elite runners. Our aim is to encourage mass participation in road running and the individual pursuit of excellence, through our schedule of fun runs and road races. The MRA is concerned with runner safety and promotes the interests of road runners in the province.

Your membership strengthens the MRA, improves its negotiating stance with outside organizations and interests and increases its scope in promoting the benefits of running to all Manitobans.

## Membership Fees

Individual:	\$35.00
Junior (under 19 years):	\$15.00
Full-time student:	\$15.00
School:	\$35.00
Family (same address); for 1st family member plus \$5.00 for each additional member)	\$35.00

## MRA Membership Benefits

### Reduced entry fees

\$3.00 off at MRA races and  
\$2.00 off at Manitoba Marathon events.

### Sponsor discounts

Discounts at dozens of Winnipeg businesses (must have membership card with you).

### Bi-monthly newsletter

"On the Run" features the latest happenings in the local race community and abroad, including upcoming events, race results, training tips and more.

### Entry forms for upcoming races

E-mailed or mailed to you with the newsletter or download from the MRA website ([www.mraweb.ca](http://www.mraweb.ca)) allowing you to take advantage of advanced registration discounts.

On-line Registration available for memberships and race registration.

### Race results and web update notifications by e-mail

Sent directly to your inbox, if you wish.

### Annual race calendar

Calendar outlining the year's road running events in Manitoba.

### Asics Grand Prix Series points

Awarded only to MRA members.

## MRA Events

**Must be graded according to Standards set out by the MRA, Bronze, Silver, Gold or Platinum.**

### Races - Must be run on a certified course.

Pre-registration will be available. Race day registration may be available. Recognition in overall category and 5-10 year age classes. Race results will be published in the MRA newsletter and posted on the MRA web site.

**Will be graded as Silver, Gold or Platinum category events.**

### Fun Runs - Race day registration;

pre-registration may be available. Finishing times may be recorded. Prizes, if available, will be awarded on the basis of participation, not finishing position.

**Will be graded as Bronze category events.**

For more information contact the Manitoba Runners' Association office:

1046 Clarence Ave. Winnipeg, MB R3T 1S4

Phone: 477-5185

E-mail: [office@mraweb.ca](mailto:office@mraweb.ca) Web Site: [www.mraweb.ca](http://www.mraweb.ca)



## 2007 Grand Prix Road Race Series

### Eligibility:

Points will be awarded to the male/female finishers who are individual, junior, full-time student or family members of the Manitoba Runners' Association. To compete for points and awards, members need to finish minimum of three of the GP series races.

**Must run in at least 3 races to qualify for points.**

### Points:

The first runner will receive 300 points for winning a Grand Prix Series race. Second place will receive 285 points, 3rd 275, 4th 265 and so on in 10 point decrements until the 15th place finisher who will receive 155 points. The 16th runner will receive 154 points and for all runners following, the points received will decrease by 1.

### Award Prizes:

Prizes/Awards will be given to the winners of five year age categories at the end of the Series: 14 & under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 - 74, 75 and over. Age to be determined as of January 1, 2007. Points accumulated from all six Grand Prix races will be taken into account. Awards will be presented at a year-end event in October.

**Draw Prizes: Asics will donate two pairs of Asics running shoes for each Grand Prix race. These donations are in addition to prizes provided by race directors.**



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