



# 2009 Manitoba Runners' Association Race Calendar

## Asics Grand Prix Series

This year, 7 races in the following race calendar have been selected to be a part of the Asics Grand Prix Series; the abbreviation "GP" has been included so you can easily identify these races.

The Asics Grand Prix Series was established to fuel both the competitive and committed nature of MRA members. The series kicks off annually with the first race of the season and members collect points throughout the year.

To receive an award at our annual celebration in October, you need to earn the greatest number of points in your age and gender categories. You can do this by winning races. But you don't necessarily have to be the fastest runner in order to win a Series award. Points are awarded based on your placing in each race. But since it's a series, and the points accumulate, the more races in which you participate, the greater the chance you might receive an award.

All members of the Manitoba Runners' Association are eligible to collect Asics Grand Prix Points. But to compete for awards, you need to complete a minimum of three Grand Prix races.

## Course Grading and Standards

Most of the races on the following race calendar have been graded as Platinum, Gold, Silver, or Bronze level races.

The level of the race corresponds to a series of course standards which are measured for each event. Factors such as the availability of first aid personnel, the nature of the racing surface, the provision of medals and awards, the availability of washroom facilities, etc. are reviewed, and races are graded on an annual basis.

This grading system was developed to assist participants in knowing what they can expect from the race for which they have registered. For specific information on what each grade refers to, visit [www.mraweb.ca](http://www.mraweb.ca).

F E B	Fri. 13 (GP#1) Bronze	<b>Frostbite Festival 5k Run &amp; 3k Snowshoe Race</b> Part of Rendezvous on the Boulevard 7:30 p.m. start; 105 - 147 Provencher Blvd. MRA Office: 477-5185
	Mon. 2	<b>MRA AGM/Hall of Fame Banquet</b> 6:00 p.m.; Holiday Inn South, 1330 Pembina Highway MRA office: 477-5185 for tickets
	Thurs. 16 Thurs. 23 Thurs. 30	<b>High School Race Series</b> St. Vital Park, Harbourview Park, Assiniboine Park MRA Office: 477-5185 or E-mail: <a href="mailto:office@mraweb.ca">office@mraweb.ca</a>
A P R I L	Sat. 25 (GP#2) Silver	<b>Pace Setter Prediction Race</b> 10:00 a.m. start; St. Vital Park MRA office: 477-5185
	Sun. 10 (GP#3) Gold	<b>Women Running For Women 8k, 5k, and 2.5k</b> 9:00 a.m. start; St. Vital Park MRA Office: 477-5185 E-mail: <a href="mailto:office@mraweb.ca">office@mraweb.ca</a>
	Sun. 10 Silver	<b>Lake of the Woods 10k Race/5k Fun Run/Walk</b> 10:00 a.m. start; Kenora Harbourfront, Kenora, ON Gord McTaggart: (807) 468-8979 or E-mail: <a href="mailto:gmctaggart@shaw.ca">gmctaggart@shaw.ca</a>
M A Y	Sat. 23 Bronze	<b>Run the 5ive 5k Race &amp; 1k Fun Run/Walk</b> 10:00 a.m. start; Kirkbridge Park in Richmond West Amanda Hamel: 230-2704 or Sam McDougall: 275-7091
	Sun. 24 (GP#4) Gold	<b>Commit to Get Fit Run 5k &amp; 10k</b> 9:00 a.m. start; Wellness Institute, 1075 Leila Ave. Karin Whalen: 632-3912
	Sun. 31 (GP#5)	<b>Air Force Run 1/2 Marathon, 10k &amp; 5k</b> 9:00 a.m. & 9:30 a.m. start; Whytewold Road Capt. Justin Boileau: 833-2500 Ext: 4162
J U N E	Sat. 6	<b>Run 4 NF - 5k and 10k</b> 10:00 a.m. start; Minnedosa Beach Pavilion Minnedosa, MB Tracy Gregorash: 204-867-3219; E-mail: <a href="mailto:run4nf@live.ca">run4nf@live.ca</a>
	Sat. 13 (GP#6) Silver	<b>Niverville 10k Race &amp; 5k/2.5k Fun Run/Walk</b> Part of the Niverville Old Tyme Country Fair 8:30 a.m. start; Niverville, MB Shari or Bob: (204) 388-4360 or Laura or Dave: (204) 388-4280
	Sun 14	<b>Wal-Mart Walk for Miracles</b> 10:00 a.m. start; St. Vital Park MRA office: 477-5185

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**Sun. 21**     **Manitoba Marathon: Full Marathon, Half Marathon, Marathon Relay , 10k Walk, Super Run**  
7:00 a.m. start; University of Manitoba

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**Wed. 8**     **Family Ice Cream Run #1 - 8k & 2.2k**  
**Bronze**     7:00 p.m. start; Crescent Drive Park;  
MRA Office: 477-5185

**Sat. 18**     **Manitoba "Try a Trail" Series #1 - 6 km**  
9:00 a.m. start; Equestrian Centre, Birds Hill Park  
Dwayne Sandall: 227-8698 or  
E-mail: dwayne.sandall@gmail.com  
Website: www.trailrunmanitoba.com

**Wed. 22**     **Family Ice Cream Run #2 - 8k & 2k**  
**Bronze**     7:00 p.m. start; Churchill Dr., East of Osborne St.  
Bridge; MRA Office: 477-5185

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**Sun. 2**     **Frog Follies 10k Race and 5k Fun Run/Walk**  
**Bronze**     8:30 a.m. start; St. Pierre Rec Centre  
St. Pierre, MB; Ray Gosselin: (204) 746-0199

**Sat. 8**     **Manitoba "Try a Trail" Series #2 - 9 km**  
9:00 a.m. start; Equestrian Centre, Birds Hill Park  
Dwayne Sandall: 227-8698 or  
Email: dwayne.sandall@gmail.com  
Website: www.trailrunmanitoba.com

**Sun. 9**     **Birtle River Run Half Marathon &**  
**Bronze**     **5k Family Fun Run**  
8:00 a.m. start; Birtle Riverside Park, Birtle, MB  
Steve Desjardins: (204) 842-3944  
E-mail: steveal@mts.net

**Wed. 12**     **Family Ice Cream Run #3 - 5 Mile & 2 Mile**  
**Bronze**     7:00 p.m. start; The Meeting Place at the Forks  
MRA Office: 477-5185

**Sat. 15**     **Run with Porter 5k Fun Run/Walk**  
**Bronze**     9:00 am start; Birds Hill Park/Pine Ridge Trail  
Greg & Kelly Lehmann: 284-5371

**Sat. 22**     **Manitoba "Try a Trail" Series #3 - 12 km**  
9:00 a.m. start; Equestrian Centre, Birds Hill Park  
Dwayne Sandall: 227-8698 or  
E-mail: dwayne.sandall@gmail.com  
Website: www.trailrunmanitoba.com

**Thurs. 27**     **River Run at the Forks 10k Race, 5k Fun Run, 5k**  
**Bronze**     **Corporate Relay & 3k Walk**  
6:30 p.m. start; Scotia Bank Stage at The Forks  
Chris Mellway: 275-6934 or  
E-mail: cmellway@shaw.ca

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**Sat. 12**     **Manitoba "Try a Trail" Series #4 - 14 km**  
9:00 a.m. start; Equestrian Centre, Birds Hill Park  
Dwayne Sandall: 227-8698 or  
E-mail: dwayne.sandall@gmail.com  
Website: www.trailrunmanitoba.com

**Sat. 19**     **Awesome Twosome Goes Both Ways (5 km x 2)**  
**Bronze**     10:00 a.m. start; Duck Pond, Assiniboine Park  
MRA Office: 477-5185

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**Sat. 3**     **Beaudry Lemming Loop: 3/6/12 hour time limit**  
7:00 a.m. & 9:00 a.m. start; Beaudry Park, Head-  
ingley  
Dwayne Sandall: 227-8698 or  
Email: dwayne@trailrunmanitoba.com  
www.trailrunmanitoba.com

**Sat. 10**     **Winkler's Thanks For Giving Run**  
**1/2 Marathon and 5k Run**  
9:00 a.m. start; Winkler Recreation Centre, Winkler  
Anna Matuszewski: (204) 312-0472 or  
Helena Heppner: (204) 362-6415

**Mon. 12**     **6th Annual Linden Woods Fall Classic**  
**(GP #7)**     **10k Race/5k Fun Run/Family Walk**  
**Gold**     **\*GP Championship Race - Double GP Points**  
8:45 am start for the walk; 9:00 a.m. start for the race  
Van Wallegghem School, 1 Princemere Rd., Winnipeg  
Mark d'Almeida: 489-6296     Website: www.lwfc.ca

**Sat. 17**     **Manitoba "Try a Trail" Series #5 - 8 km or 22 km**  
9:00 a.m. start; Equestrian Centre, Birds Hill Park  
Dwayne Sandall: 227-8698 or  
E-mail: dwayne.sandall@gmail.com  
Website: www.trailrunmanitoba.com

**Wed. 21**     **Asics Grand Prix Series Awards Dinner**  
Location to be determined  
Cash Bar: 6 pm, Dinner: 7 pm, Awards: 8 pm  
MRA office: 477-5185  
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## Manitoba Runners' Association

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