



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.

F E B	Fri. 13 (*GP#1) Bronze	Frostbite Festival *5k Run & 3k Snowshoe Race Part of Rendezvous on the Boulevard 7:30 p.m. start; 105 - 147 Provencher Blvd. MRA Office: 477-5185
	Mon. 2	MRA AGM/Hall of Fame Banquet 6:00 p.m.; Holiday Inn South, 1330 Pembina Highway MRA office: 477-5185 for tickets
	Sun. 10 (*GP#2) Gold	Women Running For Women *8k, *5k, and 2.5k 9:00 a.m. start; St. Vital Park MRA Office: 477-5185 E-mail: office@mraweb.ca
	Sun. 10 Silver	Lake of the Woods 10k Race/5k Fun Run/Walk 10:00 a.m. start; Kenora Harbourfront, Kenora, ON Gord McTaggart: (807) 468-8979 or E-mail: gmctaggart@shaw.ca
	Sat. 23 Bronze	Run the Five 5k Race & 1k Fun Run/Walk 10:00 a.m. start; Ft Richmond Collegiate - 99 Killarney Amanda Hamel: 230-2704 or Sam McDougall: 275-7091
M A Y	Sun. 24 (*GP#3) Gold	Commit to Get Fit Run 5k & *10k 9:00 a.m. start; Wellness Institute, 1075 Leila Ave. Karin Whalen: 632-3912
	Sun. 31 (*GP#4) Gold	Air Force Run *1/2 Marathon, *10k & *5k 9:00 a.m. & 9:30 a.m. start; Rec Centre, 680 Whytefold Road Capt. Justin Boileau: 833-2500 Ext: 4162
	Sat. 6 Bronze	Run 4 NF - 5k and 10k 10:00 a.m. start; Minnedosa Beach Pavilion Minnedosa, MB Tracy Gregorash: 204-867-3219; E-mail: run4nf@live.ca
	Sat. 13 (*GP#5) Silver	Niverville *10k Race & 5k/2.5k Fun Run/Walk 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
J U N E	Sun 14	Wal-Mart Walk for Miracles (5k & 1k Walk & 5k Fun Run) 10:00 a.m. start; St. Vital Park MRA office: 477-5185
	Sun. 21 Platinum	Manitoba Marathon: Full Marathon, 1/2 Marathon, Marathon Relay , 10k Walk, Super Run 7:00 a.m. start; University of Manitoba MB Marathon office: 925-5751

2009 Manitoba Runners' Association Race Calendar con't...

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- Sat. 4** **Pace Setter *5k Prediction Race**
 (*GP #6) 9:00 a.m. start; St. Vital Park
Silver MRA office: 477-5185
- 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 & 5k Family Fun Run**
This race has been cancelled.
- Family Ice Cream Run #3 - 5 Mile & 2 Mile**
 7:00 p.m. start; The Meeting Place at the Forks
 MRA Office: 477-5185
- Wed. 12** **Run with Porter 5k Fun Run/Walk**
Bronze 9:00 am start; Birds Hill Park/Group Use Area
 Greg & Kelly Lehmann: 284-5371
- Sat. 15** **Manitoba "Try a Trail" Series #3 - 12 km**
Bronze 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. 22** **Jerome Malbranck Walk of Remembrance - 3k & 5k** (Registration commences at 8:00 a.m.)
 9:00 a.m. start - Bird's Hill Park, Group Youth Area #1, Site #7 (Food, entertainment, fellowship at noon). For info call: Kaley Malbranck: 479-1774 or Diana Malbranck: 255-0124
- Sun. 23** **Jerome Malbranck Walk of Remembrance - 3k & 5k**
Bronze 9:00 a.m. start - Bird's Hill Park, Group Youth Area #1, Site #7 (Food, entertainment, fellowship at noon). For info call: Kaley Malbranck: 479-1774 or Diana Malbranck: 255-0124

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- Thurs. 27** **River Run at the Forks 10k Race, 5k Fun Run, & 3k Walk**
Bronze 6:30 p.m. start; Scotia Bank Stage at The Forks
 Bill Anderson: 269-9516 or
 E-mail: bill.anderson@mgeu.mb.ca
- 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 & 9:00 a.m. start; Beaudry Park, Headingley
 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) **Gold** *10k Race & 5k Fun Run/Family Walk
 *GP Championship Race - Double GP Points
 9:15 am start for the walk; 9:30 a.m. start for the race
 Van Walleggem 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



Manitoba Runners' Association

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