

MRA 2008 RACE CALENDAR

- FEBRUARY -

Fri. 15 (GP #1) Bronze **Frostbite Festival 5k Run & 3k Fun Run/Walk**
Part of Rendezvous on the Boulevard
Start 7:00 p.m. - Provencher Blvd. & Tache Ave.
MRA Office: 477-5185 E-mail: office@mraweb.ca

- MARCH -

Mon. 3 **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 Tickets: \$30.
MRA office: 477-5185 for tickets or On-line:www.mraweb.ca

Sun. 16 **Polar Bear Run (18-20 miles across Lake Wpg) - 8 am Start**
Jeff Badger: 487-1981 E-mail: badger@mts.net

- APRIL -

Sun. 20 (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. 11 (GP#3) Gold **Women Running For Women 10k, 5k, and 2.5k** Start 9:00 a.m.
St. Vital Park
MRA Office: 477-5185

Sun. 11 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. 24 Bronze **Run the 5ive 5k Race & 1k Fun Run/Walk**
Kirkbridge Park 10:00 a.m. Start
Ashley or Sam: runthe5ive@gmail.com

Sun. 25 (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 -

Sun. 1 (GP#5) Silver **Pace Setter 10k & 5k Prediction Race**
9:00 a.m. Start
St. Vital Park
MRA Office: 477-5185

Sun. 8 **Wal-Mart Walk for Miracles**
St. Vital Park 10:00 a.m. Start
MRA Office: 477-5185

Sat. 14 Silver **Niverville Old Tyme Country 10k Race & 5k/2.5k Family Fun Run/Walk**
8:00 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. 15 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

Sat. 28 Bronze **Support Our Forces 5k Fun Run & Walk**
Assiniboine Park Duck Pond 10:00 a.m. Start
Winnipeg Military Family Resource Centre: 833-2500 Ext:4506

- JULY -

Wed. 2 Bronze **Crescent Drive 5 Mile & 1 Mile (Ice Cream Fun Run #1)**
Crescent Drive Park; 7:00 p.m. Start
MRA Office: 477-5185

Wed. 16 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. 19 **Manitoba "Try a Trail" Series #1 - 6 km**
9:00 a.m. Start
Equestrian Centre at Birds Hill Park
Dwayne Sandall: 227-8698 or
E-mail: dwayne.sandall@gmail.com

- AUGUST -

Sun. 3 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

Sat. 9 Bronze **East Beaches 5k Fun Run/Walk** - 9:00 a.m. Start
Charlie Wall Park Hillside Beach, MB
Gloria Fillion: (204) 791-8616

Sat. 9 **Manitoba "Try a Trail" Series #2 - 9 km**
9:00 a.m. Start
Equestrian Centre at Birds Hill Park
Dwayne Sandall: 227-8698 or
E-mail: dwayne.sandall@gmail.com
Website: www.trailrunmanitoba.com

Sun. 10 Bronze **Birdtail River Run Half Marathon & 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. 13 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

Sat. 23 **Manitoba "Try a Trail" Series #3 - 12 km**
9:00 a.m. Start
Equestrian Centre at Birds Hill Park
Dwayne Sandall: 227-8698 or
E-mail: dwayne.sandall@gmail.com
Website: www.trailrunmanitoba.com

Thurs. 28 Bronze **The 2008 River Run 10k Race & 5k Fun Run**
The Forks 6:30 p.m. Start
Chris Mellway: 275-6934
E-mail: cmellway@shaw.ca

- SEPTEMBER -

Sat. 13 **Manitoba "Try a Trail" Series #4 - 14 km**
9:00 a.m. Start
Equestrian Centre at Birds Hill Park
Dwayne Sandall: 227-8698 or
E-mail: dwayne.sandall@gmail.com
Website: www.trailrunmanitoba.com

Sat. 27 Bronze **Awesome Twosome Goes Both Ways (5k x 2)**
Assiniboine Park Duck Pond 10:00 a.m. Start
MRA Office: 477-5185

- OCTOBER -

Sun. 5 Bronze **Winnipeg Run for Darfur 5k Fun Run & 1k Walk** 2:00 p.m. Start
Assiniboine Park, Sites 5 and 6
Sarah: 996-7408 or 256-0452
E-mail: winnipeggrundarfur@hotmail.com

Sat. 11 **Winkler's Thanks For Giving Half Marathon & 5k** 9:00 a.m. Start
Winkler Recreation Centre, Winkler, MB
Anna Matuszewski: (204) 312-0472
Helena Heppner: (204) 362-6415

Mon. 13 (GP #6) Gold **Linden Woods Fall Classic 10k Race/5k Fun Run/Family Walk GP Championship Race - Double GP Points**
Walk : 9:15 am Start Race: 9:30 a.m. Start
Van Walleghem School, 1 Princemere Rd.
Mark d'Almeida: 489-6296 E-mail: dalmeida@mts.net

Sat. 18 **Manitoba "Try a Trail" Series #5 - 8 km or 22 km**
Equestrian Centre at Birds Hill Park
Dwayne Sandall: 227-8698 or
E-mail: dwayne.sandall@gmail.com
Website: www.trailrunmanitoba.com

Thurs. 23 **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. 26 Bronze **MRA Halloween Hustle 5K Fun Run/Walk**
Assiniboine Park (Duck Pond)
10:00 a.m. Start
MRA Office: 477-5185



2008 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

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| 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) 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 Web Site: www.mraweb.ca



2008 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, 2008. 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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