

AWESOME TWOSOME Goes Both Ways

Grab your partner and
join the tradition!



How it Works

The Race: You and your partner begin, back-to-back, at the start line. At the gun, one runner will race the 5 km course clockwise; the other will race counter-clockwise. You will cross paths at some point during the race—a great opportunity to cheer each other on!

The Winners: Prizes will be given out for the winners in six different age categories. But remember, you are in this together. So your total 10 km time will be calculated by adding each partner's 5K time together. And your age category will be determined by adding each partner's age together.



Event Details

Date: Sunday, September 12, 2010
Race Time: 10:00 am
Registration & Kit Pickup: 9:00 am
Location: Assiniboine Park



Register now at: www.mraweb.ca

The MRA...What is it?

For 38 years the Manitoba Runners' Association (MRA) has been the premiere association supporting running in Manitoba. The MRA is a non-profit membership-based organization that plans and manages foot races throughout the province for runners and walkers of all ages and all abilities. Our mission is to increase participation in running and walking events and to support participants in the pursuit of their personal goals by providing consistently high-quality, safe races enhanced by a spirit of camaraderie.



Benefits of Membership

For only \$35, your annual MRA membership provides you with a number of benefits such as:

- \$3 off each MRA-accredited race \$2 off your registration for the Manitoba Marathon;
- Preferred client discounts and services for local businesses;
- Online access to *On the Run*, our comprehensive bi-monthly newsletter; and monthly Event Guide Hit the Road listing all MB races;
- An annual race calendar that outlines the year's road and cross country events in Manitoba;
- Entry forms for upcoming races emailed to you, assisting you to take advantage of early-bird pricing;
- The opportunity to compete for Asics Grand Prix Series points



For more information, call (204) 477-5185

Registration Form

Mail completed forms and cheques to:
Manitoba Runners' Association—1046 Clarence Avenue,
Winnipeg, MB R3T 1S4

First Runner

Name: _____

Address: _____

City/Province: _____

Postal Code: _____ MRA # _____

Phone Number: _____

Email: _____

Female Male Race Day Age: ____

Second Runner

Name: _____

Address: _____

City/Province: _____

Postal Code: _____ MRA # _____

Phone Number: _____

Email: _____

Female Male Race Day Age: ____

Awesome Entry Fees

Early Bird (until September 3, 2010)

	Member	Non-Member
1st Runner	<input type="checkbox"/> \$10.00	<input type="checkbox"/> \$13.00
2nd Runner	<input type="checkbox"/> \$10.00	<input type="checkbox"/> \$13.00

Regular (after Sept. 3 and including race day)

	Member	Non-Member
1st Runner	<input type="checkbox"/> \$15.00	<input type="checkbox"/> \$18.00
2nd Runner	<input type="checkbox"/> \$15.00	<input type="checkbox"/> \$18.00

