



# Hit the Road

*Your guide to running in Manitoba - February 27 - May 31, 2010*

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## Manitoba Runners' Association Accredited Races & Events

Monday, March 15, 5:30 - 9:00 p.m.

MRA Annual AGM/Hall of Fame

Holiday Inn South, 1330 Pembina Hwy.

Tickets \$30. - includes a buffet dinner; Guest Speaker - David Fielder

Inductees: Jim Cook - Builder, George Chapman - Athlete

Contact MRA office for tickets: 477-5185 or purchase on-line at:

[www.mraweb.ca](http://www.mraweb.ca)

Sunday, May 9, 9:00 a.m.

Women Running for Women 8k, 5k and 2.5k (8k & 5k Grand Prix Race #2)

St. Vital Park, Winnipeg, MB

Net proceeds will go to Cancer Care Manitoba for Cervical cancer research

Phone MRA office: 477-5185 or register on-line at: [www.mraweb.ca](http://www.mraweb.ca)

Sunday, May 9, 10:00 a.m.

Lake of the Woods 10k Race, 5k Fun Run/Walk

Kenora Harbourfront, Kenora, ON

Phone: Gord McTaggart (807) 468-8979 or E-mail: [gmctaggart@shaw.ca](mailto:gmctaggart@shaw.ca)

Saturday, May 15, 9:00 a.m.

Virден's Homecoming 10k Run & 3k Family Fun Run/Walk

Virден Recreation Centre, Virден, MB

Andrea: (204)748-6535, Email: [andreaandrew@rfnow.com](mailto:andreaandrew@rfnow.com)

Sunday, May 16, 9:00 a.m.

Commit to Get Fit Run 10k & 5k (10k - Grand Prix Race #3)

Wellness Institute, 1075 Leila Ave., Winnipeg, MB

Phone: Casie Nishi 632-3912 or E-mail: [cnishi@sogh.mb.ca](mailto:cnishi@sogh.mb.ca)

Saturday, May 29, 10:00 a.m.

Run the Five 5k Race & 1k Fun Run/Walk

Ft. Richmond Collegiate, 99 Killarney Ave., Winnipeg, MB

Phone: Ashley Resler: 612-4933 or E-mail: [runthe5ive@gmail.com](mailto:runthe5ive@gmail.com)

Website: [www.runthe5ive.com](http://www.runthe5ive.com)

Sunday, May 30, 9:00, 9:45 and 10:00 a.m.

Air Force Run Half Marathon, 10k, 5k and 5k Fun Run

Rec Centre - 680 Whytewold Rd.

Phone: Major Rob Clark: 833-2500 Ext: 6759 or

E-mail: [Rob.Clark2@forces.gc.ca](mailto:Rob.Clark2@forces.gc.ca), Website: [www.airforcerun.ca](http://www.airforcerun.ca)

## Other Races and Events

Saturday, February 27, 12 - 2:00 p.m.

Great Grain Relay

Max Bell Centre, University of Manitoba, Winnipeg, MB

Phone: Steve Pazdor: 697-4804 or E-mail: [steve.pazdor@hp.com](mailto:steve.pazdor@hp.com)

Register at: [www.events.runningroom.com](http://www.events.runningroom.com)

Polar Bear Run - Sunday, March 14 - Across Lake Winnipeg

This race is a one-of-a-kind 30K straight across frozen-over, big-as-an-ocean Lake Winnipeg (the world's 13th largest). For more information e-mail Jeff Badger at: [badger@mts.net](mailto:badger@mts.net) or call him at: (204) 487-1981.

Sunday, April 11, 9:00 a.m.

Puma Road Running Series 5km - Timex #1

Assiniboine Park (Duck Pond) Winnipeg, MB

Register at: [www.athleticsmanitoba.com](http://www.athleticsmanitoba.com)

Sunday, April 18, 9:00 a.m.

Puma Road Running Series 10km - Timex #2

Assiniboine Park (Duck Pond) Winnipeg, MB

Register at: [www.athleticsmanitoba.com](http://www.athleticsmanitoba.com)

Sunday, April 25, 9:00 a.m.

Puma Road Running Series 15km - Timex #3

Assiniboine Park (Duck Pond) Winnipeg, MB

Register at: [www.athleticsmanitoba.com](http://www.athleticsmanitoba.com)

Saturday, May 1, 8:30 a.m. (2k), 9:00 a.m. (5k/10k)

Run at the Ridge - 10km, 5km, 2km

400 Scurfield Blvd, Winnipeg, MB

Register at: [www.athleticsmanitoba.com](http://www.athleticsmanitoba.com)

Sunday, May 2, 8:00 a.m.

Police Half Marathon - Timex #4

(Half Marathon Provincial Championship), 2 person Relay

Assiniboine Park, Winnipeg, MB

Register at: [www.athleticsmanitoba.com](http://www.athleticsmanitoba.com)

Saturday, May 8, 8:00 a.m.

Physio Fit Run 10km - Timex #5

5km Fun Run, 3km walk, 10km inline

Assiniboine Park (Duck Pond) Winnipeg, MB

Register at: [www.athleticsmanitoba.com](http://www.athleticsmanitoba.com)

Saturday, May 29, 9:00 a.m.

Headingley Fire Dept Run for Wishes 5km - Timex #6  
(5km Provincial Championship) 3km fun run/walk  
126 Bridge Rd, Headingley, MB  
Register at: [www.athleticsmanitoba.com](http://www.athleticsmanitoba.com)

Sunday, May 30, 8:00 a.m.

Brandon Family YMCA Spring Run  
Half Marathon - Timex #7, 10km & 5km  
Brandon YMCA - 231 8th St, Brandon, MB  
Register at: [www.athleticsmanitoba.com](http://www.athleticsmanitoba.com)

## Volunteers Needed

Sunday, May 9, morning

Women Running for Women  
St. Vital Park, Winnipeg, MB  
Contact MRA: 477-5185 or e-mail: [office@mraweb.ca](mailto:office@mraweb.ca)

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If you have an item that should be added to *Hit the Road*, please email  
[office@mraweb.ca](mailto:office@mraweb.ca) by the 13<sup>th</sup> of the month.

Information received after the publishing deadline will be posted at [www.mraweb.ca](http://www.mraweb.ca)