



# Hit the Road

*Your guide to running in Manitoba - June 1 - August 31, 2010*

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## Manitoba Runners' Association Accredited Races & Events

Saturday, June 5, 10:00 a.m.

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

Ft Richmond Collegiate - 99 Killarney

Ashley Resler: 612-4933; Website: [www.runthe5ive.com](http://www.runthe5ive.com)

Sunday, June 6, 9:00 a.m.

Run with Porter \*10k Race & 5k Fun Run/Walk (10k Race Grand Prix #4)

Birds Hill Park/Group Use Area #1

Greg & Kelly Lehmann: 284-5371

E-mail: [info@runwithporter.com](mailto:info@runwithporter.com)

Saturday, June 12, 10:00 a.m.

Run 4 NF - 5k and 10k

Minnedosa Beach Pavilion, Minnedosa, MB

Tracy Gregorash: 204-867-3219; E-mail: [run4nf@live.ca](mailto:run4nf@live.ca)

Sunday, June 13, 10:00 a.m.

Wal-Mart Walk for Miracles (5k & 1k Walk)

St. Vital Park , Winnipeg, MB

MRA office: 477-5185 ; E-mail: [office@mraweb.ca](mailto:office@mraweb.ca)

Register at: [www.walmartwalkformiracles.ca](http://www.walmartwalkformiracles.ca)

Sunday, June 20, 7:00 a.m.

Manitoba Marathon: Full Marathon, 1/2 Marathon, Marathon Relay,

10k Walk, Super Run

University of Manitoba, Winnipeg, MB

MB Marathon office: 415-4517

Wednesday, July 7, 7:00 p.m.

Family Ice Cream Run #1 - 8k & 2.2k

Crescent Drive Park, Winnipeg, MB

MRA Office: 477-5185; E-mail: [office@mraweb.ca](mailto:office@mraweb.ca)

**Saturday, July 10, 9:00 a.m.**

**Pace Setter 5k Prediction Race (Grand Prix Race #5)**  
St. Vital Park, Winnipeg, MB  
MRA office: 477-5185; E-mail: [office@mraweb.ca](mailto:office@mraweb.ca)

**Saturday, July 17, 9:00 a.m.**

**Manitoba "Try a Trail" Series #1 - 6 km**  
Equestrian Centre, Birds Hill Park  
Dwayne Sandall: 227-8698 or  
E-mail: [dwayne@trailrunmanitoba.com](mailto:dwayne@trailrunmanitoba.com)  
Website: [www.trailrunmanitoba.com](http://www.trailrunmanitoba.com)

**Wednesday, July 21, 7:00 p.m.**

**Family Ice Cream Run #2 - 8k & 2k**  
Churchill Dr., East of Osborne St. Bridge, Winnipeg, MB  
MRA Office: 477-5185, E-mail: [office@mraweb.ca](mailto:office@mraweb.ca)

**Saturday, August 7, 9:00 a.m.**

**Manitoba "Try a Trail" Series #2 - 9 km**  
Equestrian Centre, Birds Hill Park  
Dwayne Sandall: 227-8698 or  
Email: [dwayne@trailrunmanitoba.com](mailto:dwayne@trailrunmanitoba.com)  
Website: [www.trailrunmanitoba.com](http://www.trailrunmanitoba.com)

**Sunday, August 8, 8:00 a.m.**

**Birtle River Run Half Marathon & 5k Family Fun Run**  
Birtle Riverside Park, Birtle, MB  
Steve Desjardins: (204) 842-3944  
Cell: (204) 847-0089

**Wednesday, August 11, 7:00 p.m.**

**Family Ice Cream Run #3 - 5 Mile & 2 Mile**  
The Meeting Place at the Forks, Winnipeg, MB  
MRA Office: 477-5185; E-mail: [office@mraweb.ca](mailto:office@mraweb.ca)

**Saturday, August 21, 9:00 a.m.**

**Manitoba "Try a Trail" Series #3 - 12 km**  
Equestrian Centre, Birds Hill Park  
Dwayne Sandall: 227-8698 or  
E-mail: [dwayne@trailrunmanitoba.com](mailto:dwayne@trailrunmanitoba.com)  
Website: [www.trailrunmanitoba.com](http://www.trailrunmanitoba.com)

Thursday, August 26, 6:30 p.m.

River Run at the Forks 10k Race, 5k Fun Run, & 3k Walk

Scotia Bank Stage at The Forks

Bill Anderson: 269-9516 or E-mail: [bill.anderson@mgeu.mb.ca](mailto:bill.anderson@mgeu.mb.ca)

## Other Races & Events

Friday, June 4, 8:00 a.m. & 8:30 a.m.

Shilo Army Run - Half Marathon & 10k Run

Shilo, MB

Register at the Recreation Office in the Community Centre  
or 765-3000 ext 3588/3317

Saturday, June 5, 9:30 p.m.

Run for Rights 10km, 5km Fun Run

Kildonan Park, Winnipeg, MB

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

Tuesday, June 22, 6:00 p.m.

Team Diabetes Information night

The Fyxx, 310 Broadway Ave.

Kelvin Hollender at 204-925-3800 ext 236 or

E-mail: [kelvin.hollender@diabetes.ca](mailto:kelvin.hollender@diabetes.ca)

Sunday, July 11, 8:30 a.m.

Grand Beach Sun Run 10km - Timex #8 5km, 3km Fun Run

Grand Beach Prov. Park, West Beach

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

Saturday, July 24, 8:00 a.m.

Beaches Half Marathon - Timex #9 Half Marathon Relay, Quarter Marathon

Hillside Beach, MB

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

Sunday, July 25, 8:00 p.m.

Neepawa Chiropractic Lily Duster 10km & 5km

Neepawa, MB

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

Sunday, August 1, 8:00 a.m.

Islandingadagurinn 10mile (16km) Timex #10

Winnipeg Beach to Gimli

Jan's Mile (Gimli Pavilion Park) - 8:30am

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

Saturday, August 21

Race for Your Heart Hi-Speed Hounds Greyhound Rescue and Adoption Inc.

Half Marathon, 10km, 5km Fun Run

Portage La Prairie, MB

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

Sunday, August 28

Rocky Mountain Soap Company Winnipeg Women's Run & Walk

10km and 5km run and 5km walk

Assiniboine Park, Winnipeg, MB

Register to participate or volunteer at [www.rmswomensrun.com](http://www.rmswomensrun.com)

## Volunteers Needed

Saturday, July 10, morning

Pace Setter 5k Prediction Race

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)