



2010 Manitoba Runners' Association Race Calendar

Asics Grand Prix Series

This year, 6 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.

J A N	Sun. 31 (*GP#1) Bronze	Frostbite River Run *5k Race & 3k Snowshoe Race —9:00 a.m. start; On the Assiniboine Trail at the Forks; Meet in the Tower Atrium for registration & kit pickup MRA Office: 477-5185 E-mail: office@mraweb.ca
	Mon. 15	MRA AGM/Hall of Fame Banquet 5:30 p.m.; Holiday Inn South, 1330 Pembina Hwy. MRA office: 477-5185 for tickets or on-line at: www.mraweb.ca
M A R	Sun. 9 (*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. 9 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
M A Y	Sat. 15 (Bronze)	Virden's Homecoming 10k Run & 3k Family Fun Run/Walk 9:00 a.m. start - Virden Recreation Centre, Virden, MB Andrea:(204)748-6535, Email: andreaandrew@rfnw.com
	Sun. 16 (*GP#3) Gold	Commit to Get Fit Run 5k & *10k 9:00 a.m. start; Wellness Institute, 1075 Leila Ave. Casie Nishi: 632-3912; E-mail: cnishi@sogh.mb.ca
	Sat. 29 Bronze	Run the 5ive 5k Race & 1k Fun Run/Walk 10:00 a.m. start; Ft Richmond Collegiate - 99 Killarney Ashley Resler: 612-4933; Website: www.runthe5ive.com
J U N E	Sun. 30 Platinum	Air Force Run 1/2 Marathon, 10k, 5k & 5k Fun Run 9:00 a.m., 9:45 & 10:00 a.m. start; Rec Centre, 680 Whytewold Road/Wihuri Rd. Major Rob Clark: 833-2500, Ext. 6633
	Sun. 6 (*GP#4) Gold	Run with Porter *10k Race & 5k Fun Run/Walk 9:00 am start; Birds Hill Park/Group Use Area #1 Greg & Kelly Lehmann: 284-5371 E-mail: info@runwithporter.com
J U N E	Sat. 12 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
	Sun. 13	Wal-Mart Walk for Miracles (5k & 1k Walk) 10:00 a.m. start; St. Vital Park MRA office: 477-5185 ; E-mail: office@mraweb.ca Register at: www.walmartwalkformiracles.ca
	Sun. 20 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: 415-4517

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J U L Y	Wed. 7 Bronze	Family Ice Cream Run #1 - 8k & 2.2k 7:00 p.m. start; Crescent Drive Park; MRA Office: 477-5185; E-mail: office@mraweb.ca
	Sat. 10 (*GP#5) Silver	Pace Setter *5k Prediction Race 9:00 a.m. start; St. Vital Park MRA office: 477-5185; E-mail: office@mraweb.ca
	Sat. 17	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@trailrunmanitoba.com Website: www.trailrunmanitoba.com
	Wed. 21 Bronze	Family Ice Cream Run #2 - 8k & 2k 7:00 p.m. start; Churchill Dr., East of Osborne St. Bridge; MRA Office: 477-5185
A U G U S T	Sat. 7	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@trailrunmanitoba.com Website: www.trailrunmanitoba.com
	Sun. 8	Birtle River Run Half Marathon & 5k Family Fun Run 8:00 a.m. start; Birtle Riverside Park, Birtle, MB Steve Desjardins: (204) 842-3944 Cell: (204) 847-0089
	Wed. 11 Bronze	Family Ice Cream Run #3 - 5 Mile & 2 Mile 7:00 p.m. start; The Meeting Place at the Forks MRA Office: 477-5185; E-mail: office@mraweb.ca
	Sat. 21	Manitoba "Try a Trail" Series #3 - 12 km 9:00 a.m. start; Equestrian Centre, Birds Hill Park Dwayne Sandall: 227-8698 or E-mail: dwadwayne@trailrunmanitoba.com Website: www.trailrunmanitoba.com
	Thurs. 26 Bronze	River Run at the Forks 10k Race, 5k Fun Run, & 3k Walk 6:30 p.m. start; Scotia Bank Stage at The Forks Bill Anderson: 269-9516 or E-mail: bill.anderson@mgeu.mb.ca
S E P T E M B E R	Mon. 6 Gold	Run for Diabetes 10k Race and 3k and 1k Fun Runs 8:00 a.m. start, Assiniboine Park John Murphy: 895-4013 or: jmurphy@mts.net

S E P T E M B E R	Sun. 12 Bronze	Awesome Twosome Goes Both Ways (5 km x 2) 10:00 a.m. start; Duck Pond, Assiniboine Park MRA Office: 477-5185 or E-mail: office@mraweb.ca
	Sat. 18	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@trailrunmanitoba.com Website: www.trailrunmanitoba.com
	Sat. 2	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. 9	Winkler's Thanks For Giving Run 1/2 Marathon, 10k and 5k Run 9:00 a.m. start; Winkler Recreation Centre, Winkler Anna Matuszewski: (204) 312-0472 or Helena Heppner: (204) 362-6415
O C T O B E R	Mon. 11 (*GP #6) Gold	7th Annual Linden Woods Fall Classic *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 Wallegghem School, 1 Princemere Rd., Winnipeg Mark d'Almeida: 489-6296 Website: www.lwfc.ca
	Sat. 16	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@trailrunmanitoba.com Website: www.trailrunmanitoba.com
	Wed. 20	Asics Grand Prix Series Awards Dinner Belgian Club, 407 Provencher Blvd. Cash Bar: 6 pm, Dinner: 7 pm, Awards: 8 pm MRA office: 477-5185; E-mail: office@mraweb.ca
		 <p>Manitoba Runners' Association 1046 Clarence Avenue Winnipeg, MB R3T 1S4 (204) 477-5185 Email: office@mraweb.ca Website: www.mraweb.ca</p>