



2012 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.



Manitoba Runners' Association
 1046 Clarence Avenue, Winnipeg, MB R3T 1S4
 (204) 477-5185; Email: office@mraweb.ca
 Website: www.mraweb.ca

J A N	Sun. 29 (*GP#1)	Frostbite River Run *5k Race — River Walk or Assiniboine River Trail at the Forks - MRA office: 477-5185 E-mail: office@mraweb.ca
	Sun. 4 Bronze	1st Annual Run Your Heart Out 5k Run/Walk 9:00 a.m. Start; St. Vital Park (Duck Pond) Tracy Gonzales: 803-0512
M A R	Mon. 5	MRA Hall of Fame Banquet/AGM - Holiday Inn South - 1330 Pembina Hwy. MRA office: 477-5185; E-mail: office@mraweb.ca
	Sun. 13 (*GP#2) Gold	Women Running For Women *8k, *5k, and 2.5k 9:00 a.m. Start; St. Vital Park (Duck Pond shelter) MRA Office: 477-5185; E-mail: office@mraweb.ca
M A Y	Sun. 13	Lake of the Woods Mother's Day Charity Road Race 10k Race/5k Fun Run 10:00 a.m. Start; Harbourfront, Kenora, ON Rob Aitken: raitken@copperfin.ca
	Sat. 26 Bronze	Run and Walk to Remember (10k Run/5k Run/Walk) Sponsored by the Curtis Klassen Memorial Fund 9:00 a.m. Start; Altona Park, Altona, MB Wendy Dyck: (204) 324-7681; Find us on Facebook E-mail: ckmemorialfund@hotmail.com
	Sun. 27 Platinum	Royal Canadian Air Force Run Half Marathon, 10k, 5k & 5k Fun Run Start times: Half: 9:00 a.m., 10k: 9:45, 5k: 9:55 & 5k Fun Run: 10:00 a.m. Rec Centre, 680 Whytefold Road/Wihuri Rd. Major Doug Blakely: 833-2500, Ext. 4890 E-mail: AirForceRun@forces.gs.ca
J U N E	Sun. 3 (*GP#3) Gold	Run with Porter *10k Race, 5k Run & Nature Walk 8:00 am Start; Birds Hill Park/Group Use Area E-mail: support@runwithporter.com
	Sat. 9 Bronze	Run With Me 4 NF - 5k and 10k 10:00 a.m. Start; Minnedosa Beach Pavilion Minnedosa, MB Tracy Gregorash: 204-867-3219; Charlie Menard: 867-7226; E-mail: run4nf@live.ca Register at www.mbnf.ca
	Sat. 9 Silver	Run 2 Finish Huntington Disease 10k Race, 5k Race & 5k Fun Run/Walk 9:00 a.m. Start, Assiniboine Park (Duck Pond) Jeff Bowes: 668-8703; huntintonsrun@gmail.com

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J U N E	Sun. 10 (*GP# 4) Gold	Commit to Get Fit Run *10k & *5k 9:00 a.m. Start; Wellness Institute, 1075 Leila Ave. Wellness Institute: 632-3900 E-mail: info@wellnessinstitute.ca	S E P T E M B E R	Sun. 23 Bronze	'A Run Through History' 10k Race, 5k Fun Run/3k Walk 9:00 a.m. Start; Lower Fort Garry National Historic Site; Erick Oland: 837-9242
	Sun. 10	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. 23 Platinum	Fort Garry Rotary Club 13.1 Miles Half Marathon 8:00 a.m. Start; St. Vital Park Nazir Ahmad: 489-1780 or Ron Miller: 989-5400
	Sun. 17 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		Sun. 30	Onward 5 km for Kidney Cancer Canada 10:00 a.m. Start; St. Vital Park Marion Cooper: 779-4833
J U L Y	Wed. 4 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	O C T O B E R	Sat. 6	Winkler's Thanks For Giving Run Half Marathon, 10k and 5k Run 9:00 a.m. Start; Winkler Recreation Centre, Winkler Dwight Suderman: (204) 325-8989 E-mail: dwightsuderman@yahoo.ca
	Sat. 7 (*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		Mon. 8 (*GP #6) Gold	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 Walleghe School, 1 Princemere Rd., Winnipeg Cindy Epp: 489-1549; Website: www.lwfc.ca
	Wed. 18 Bronze	Family Ice Cream Run #2 - 8k & 2k 7:00 p.m. Start; Churchill Dr., East of Osborne St. Bridge; MRA Office: 477-5185		Sat. 13	Legacy Run for ALS - 5k Run 9:00 a.m. Start, St. Vital Park Tricia Yerex: 269-4789; E-mail: tdyerex@hotmail.com
A U G U S T	Wed. 8 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	S E P T E M B E R	Sun. 14 Bronze	Awesome Twosome Goes Both Ways (5 km x 2) 10:00 a.m. Start; Canadian Mennonite University, 500 Shaftsbury Blvd., Winnipeg, MB MRA Office: 477-5185 or E-mail: office@mraweb.ca
	Sun. 12	Birtle River Run Half Marathon, 10k & 5k 8:00 a.m. start; Birtle Riverside Park, Birtle, MB Steve Desjardins: (204) 842-3944 Cell: (204) 847-0089		Wed. 17	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
	Thurs. 23 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: 299-9820 or E-mail: bill.anderson@mgeu.mb.ca		Sun. 21 Bronze	Run Hand in Hand with Haiti 10k Run & 5k Fun Run/Walk 10:00 a.m. Start; Assiniboine Park Krista Waring: E-mail: krista@handinhandwithhaiti.org
S E P T E M B E R	Mon. 3 Gold	Run for Diabetes Half Marathon, 10k Run/Walk, 3k Family Walk & Kids Run 8:00 a.m. Start; Assiniboine Park John Murphy: 895-4013 or: jmurphy@mts.net	 Proud sponsor of the Asics Grand Prix Race Series		
	Sun. 9 Bronze	Renal Ride Glide Stride - 1k Walk, 5k Run, 10k Bike 10:00 a.m. Start; St. Vital Park Donna Spence: 989-0807			