



400m 3.3K 5K 10K

Is your Organization looking for a fun, healthy, community activity to raise awareness and funds for your cause that requires minimal effort on your part? The Manitoba Runners' Association (MRA) has exactly what you need!

Here's a quick look at road race organization in Manitoba.

The MRA supports many groups interested in raising funds for a good cause by helping them organize their own Run/Walk. For a small fee, we provide equipment, insurance, guidance and promote the event among our membership. This kind of event needs a very committed Event Committee and 30+ volunteers available for the day of the event. We now have over 40 of these events on the annual MRA Race Calendar. These are great events, but every one of the race directors will tell you, they are LOTS OF WORK!

RUN 4 Your Cause is different.

The MRA will be the Event Committee and together with our sponsors, we are putting together a fun, healthy, sustainable run/walk event that can accommodate up to 500 participants! The MRA will use part of the registration fee to cover the cost of the event and part to pay for some much-needed equipment upgrades.

Join RUN 4 Your Cause

To join RUN 4 Your Cause, we need your organization to promote RUN 4 Your Cause and provide: ✓ One volunteer ✓ \$50 of products/gift cards for prizes

For every 15 participants choosing to run for your cause, you'll need to provide an additional volunteer and \$50 of products/gift cards for prizes.

Participants register for their preferred event and choose the Cause they want to support. Timed event participants will receive a fairly-traded medal as a feature of this sustainable event and everyone with a race bib number will be included in the Participant prize draws.



RUN 4 Your Cause

When: 6:30am – 12:30pm
Sunday August 27, 2017
Where: CMU 500 Shaftesbury Blvd
What: 4 Events

Your Cause will receive \$20 from the registration fee of every participant running for your Cause.

Your Cause can encourage further fundraising by offering prizes for your top fundraisers and you will be given space to set up a display in the 'Causeway' to promote your Cause!

Volunteers need to be available for both an orientation and the event day. Everyone who volunteers will be included in the Volunteer prize draws.

4 Events	KM	Start	Presentation
Traditional 10	10	7:30 am	9:00 am
Happy Feet Dash (Fun Run \$5 registration)	400m	8:00 am	Ribbons for all at Finish Line
Tri 3.3	3.3K	8:30 am	10:00 am
Awesome Twosome (paired event)	5K	9:30 am	11:00 am

Entry Fees	Early Bird April	Regular May 1 – Aug 19	Late Aug 20-25
10K & 5K	\$40	\$50	\$65
3.3K	\$35	\$40	\$50

For more information, please contact:

Krista Waring & Jennifer Toews
RUN 4 Your Cause Co Race Directors
run4yourcause@gmail.com

