

ONLINE REGISTRATION

Beginning in 2023, registration is only being accepted online through the Running Room site.

The link to register online is:

<https://www.events.runningroom.com/site/?raceId=17771>

Alternatively, please go to the Running Room site and click on Races then search by Province. The remaining information below on How to Register will still apply.

HOW TO REGISTER

- Choose your event! Click on the registration link to go to the secure registration page
- Fill out your information on the registration form. Make sure to include your proper email address!
- Use your credit card to pay your registration fee! Transactions processed securely.
- You will receive a confirmation Email, outlining your application and payment details.
- Check the on-line confirmation list above.
- All entries are non-refundable and non-transferable
- Entry fee does not include [processing fee](#)



REGISTRATION FEES

Until February 28, 2023:

10K & 5K timed: \$50
3K Youth: \$25
3K Walk: \$50

Until March 31, 2023:

10K & 5K timed: \$55
3K Youth: \$27.50
3K Walk: \$55

Until April 27, 2023:

10K & 5K timed: \$60
3K Youth: \$30
3K Walk: \$60

Discount of \$5 for MRA members
Youth is 16 and under

Hot breakfast to follow the run.

Bronze, Silver and Gold custom medals for the top 3 males and top 3 females in the 10K and 5K runs.

All runners and walkers in the 10K and the 5K will receive a participation medal!

You can create your own donation page to make it easier to collect donations - you can set your own fundraising goal and share your personal page with family and friends. Just click on the "Donate" option on the Running Room's Go For the Burn page, and set up your own Fundraising home page!



This race is part of the MRA Classic and Youth Series

For more information, please contact Barbara-Anne Hodge
barb@mamingwey.ca

DIRECTOR'S MESSAGE

We are very pleased to be holding an in-person Go For the Burn Run in 2023! It will be great to have everyone back together again, after having virtual events for the past couple of years. Please join us, and bring the family and some friends! The Mamingwey Burn Society Inc. has made some changes over the past year and a half. We are now an independent charity, and our mission and dedication to burn survivors is as strong as ever. For this event, our focus is to provide burn survivors and their families with a safe place to run/walk to encourage physical fitness, good health, as well as raise funds for our other programs that support burn survivors in their recoveries. We welcome EVERYONE to join us regardless of age, ability or fitness level. Wheelchairs and strollers are welcome on the course (sorry, no dogs). We hope to see you there!

Barbara-Anne Hodge, Race Director

**Thank you to all of our sponsors
and our volunteers!**

Race kit pickup notes:

All race kits must be picked up
and there is no race-day
registration.

Thursday, April 27 from 3:00 to 7:00 pm

Friday, April 28 from 3:00 to 7:00 pm

At Kenaston Running Room

Kenaston Village Mall • 1875 Grant Avenue
Winnipeg, MB

There will be no race day kit pick-ups. There is no race day check-in, just show up at the start line!

There will be a bag check on-site, a post-race hot breakfast for all participants including volunteers, and chip timing for 10K and 5K.

www.gofortheburn.ca