

Please join us!
For the 10th Annual
Go For the Burn Run



**10K timed Run, 5K timed Run/Walk,
 3K Youth Run and 3K Walk**

**Saturday, April 27, 2024
 9:00 am at Assiniboine Park**

(Start line in the parking lot across from the Pavillion)

**In support of the
 Mamingwey Burn Society inc.**



Go For the Burn Run on April 27, 2024

All donations of \$20 or more will get a receipt for tax purposes.



First Name	Last Name	Address	City	Prov.	Phone Number	Postal Code	Pledge Amount	Receipt Y/N	Chq/ Cash	
							\$			
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Charitable tax receipts will be issued by the Mamingwey Burn Society inc. Charitable # BN76763 3803 RR0001							Anonymous Donations	\$		
							Total	\$		

Please make all cheques payable to Mamingwey Burn Society inc.

Thank you for your support!

ONLINE REGISTRATION

Registration is only being accepted online through the Running Room site.

The link to register online is:

<https://www.events.runningroom.com/site/18166/go-for-the-burn-run-2024/?contentId=48394&vrindex=0>

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, 2024:

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

Until March 31, 2024:

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

Until April 27, 2024:

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

<https://mamingwey.ca/go-for-the-burn/>

DIRECTOR'S MESSAGE

We are very pleased to host the 10th annual Go For the Burn Run! Last year was a blast, and we hope you will join us to have some fun! The Mamingwey Burn Society is continuing to assist those affected by a burn injury to heal psychologically from their unique injuries, and our unofficial tag line is #survivorstrong. This Run is our way of providing a safe place for our community to participate on the road to good health, and psychological and physical wellness. So please 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.

At Regent Running Room

1615 Regent Avenue West, Winnipeg, MB

on

Thursday, April 25 from 3:00 to 7:00 pm

At Kenaston Running Room

Kenaston Village Mall • 1875 Grant Avenue
Winnipeg, MB

on

Friday, April 26 from 3:00 to 7:00 pm

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.

