

Grand Beach Sun Run

Grand Beach, located on the shores of Lake Winnipeg, is one of the world's top 10 inland beaches. This beautiful beach is 100km north of Winnipeg, along Highway 59. The Grand Beach Sun Run started in 1983 by the 'After 5 Running Club' and since 1996 has been organized by the Grand Beach Cottage Owner's Association (GBCOA).

The certified 10 km course runs towards the East Beach, with the first 7km on a flat, paved road and the last 3km along the beach. The 5km fun run course winds its way through the cottage area, with the first 2km on rolling paved/gravel road, and the last 1.5km along the beach. Both runs finish on the West Beach, where many look forward to a refreshing dip in the lake. Funds raised by this event have been used to enhance the cottage area and support GBCOA programs.

Race Features

- * 10 km course - 1km markers (up to 7km);
- * Beautiful surroundings for a summer run;
- * Water stations on both courses and refreshments at finish line;
- * Awards Ceremony in park close to finish line (Grand Beach Comm. Club - inclement weather);
- * Friendly Cottage Owners cheering you on;

Prizes

- * Overall Male and Female in 5km and 10km;
- * Male and Female Masters (40+) in 10km;
- * Age group prizes for top 3 finishers, Male and Female in 5km and 10km (5yr age categories);
- * Random Draw Prizes (check for ticket in Race Kit).

Registration Process

Pick up a Registration Form available from:

- Any Running Room Stores in Winnipeg;
- Various stores in the Grand Beach/Grand Marais area;
- Grand Beach Park Office (by the beach); or
- Download from Athletics Manitoba website, www.athleticsmanitoba.com

Mail or drop off with payment (cash or cheque) at:

- Any Running Room store by Tues. July 11, 2006;
- Drop off at #13 - 2nd Ave. in Grand Beach by July 15/06; or

- Register on-line at: www.runningroom.com

- Register in-person at the Race Kit Pick-Up

- Register Race Day - 7:00am - 8:15am, at the Registration Desk (this costs more).

For Further Information –

Contact Sandra Marriott-Silver at 254-4731.

Race Kit Pick-Up

Thursday July 13, 5:30 - 8:30pm Running Room, Pembina Location;

Sat. July 15, 6-9pm at #13 - 2nd Ave. in Grand Beach;

Sun. July 16 (Race Day) 7-8:30am, at the Registration Desk.

23rd Annual Grand Beach Sun Run Registration

Race Choice: 5km _____ 10km _____

Name _____

Address _____

City _____ Prov. _____ P.C. _____

Phone: _____ email _____

D.O.B. (d/m/y) _____

Age Race Day _____ Gender: M _____ F _____

Athletics Manitoba No. _____

GBCOA No. _____

Registration Fees (prior to Race Day)

Non Members: Adult - \$13__ Child (<14) - \$9__

Members (AM or GBCOA):

Adult - \$ 10__ Child (<14) - \$6__

Race Day Registration Fees (all ages)

Non Member: \$20__ Members \$17__

T-Shirt Orders - Cost: \$15

Sizes: Adult: S - XXL; Youth: M or L

Quantity _____ Size _____ Payment _____

Total Cost: \$ _____

registration + t-shirt

For Office Use Only

Remember to Sign Waiver on Back

WAIVER

SUN RUN SUPPORTERS

Grand Beach

Sun Run

23rd Annual

IN CONSIDERATION OF THE GRAND BEACH SUN RUN ACCEPTING THIS MY ENTRY, I HEREBY, BOTH FOR MYSELF, AND MY HEIRS, WAIVE ANY AND ALL CLAIMS FOR DAMAGES (WHETHER FOR PERSONAL INJURY, DEATH, ILLNESS, OR NEGLIGENCE), WHICH MAY HAVE OCCURRED AS A RESULT OF MY PARTICIPATION IN OR ATTENDANCE AT THIS EVENT, AND RELEASE FROM LIABILITY FOR SUCH CLAIMS THE FOLLOWING: GRAND BEACH COTTAGE OWNERS ASSOCIATION, TIMEX, ATHLETICS MANITOBA, GRAND BEACH PROVINCIAL PARK, THE PROVINCE OF MANITOBA, AND ANY AND ALL OTHER ORGANIZERS, SPONSORS AND PARTICIPATING PERSONNEL, WHETHER VOLUNTEER OR OTHERWISE.

DATE _____

NAME _____

SIGNATURE _____

Signature of parent or guardian if under 18 years of age.

THE RUNNING ROOM

GRAND STAND

LANKY'S

T-BEACH

COX MORRIS INSURANCE

POTENZA PIZZA

GRAND MARAIS VILLAGE STORE

PORTEOUS PROMOTIONS

MANITOBA LOTTERIES

CADORATH PLATING

DORIS'

HAIR 2 DYE 4

MORDEN'S OF WINNIPEG

GUNN'S BAKERY



SUNDAY, JULY 16, 2006

8:30 AM START

GRAND BEACH

PROVINCIAL PARK

WEST BEACH

TIMEX
NATIONAL
ROAD RACE
SERIES
RACE #10

ATHLETICS
MANITOBA
RUN MANITOBA

