



**Rick Hansen Wheels In Motion 5 K & 10 K**  
**Sunday, June 11<sup>th</sup>, 2006**  
**The Forks, Winnipeg Manitoba**

**Registration: 9:00 AM**  
**Race Start: 10:00 AM**

**Registration Form**

<b>Name:</b>			
<b>Address:</b>			
<b>Phone number:</b>			
<b>Birth date:</b>		<b>Gender</b>	
<b>Runner's Race Number:</b>		<b>EVENT: 5K</b> <input type="checkbox"/>	<b>10K</b> <input type="checkbox"/>
<b>Athletics Manitoba/Run Manitoba Number:</b>			

**Run MB Member Registration Fee: \$10.00**  
**Non-Member Registration Fee: \$13.00**

<b>Age Group Check One</b>	
19 & Under	<input type="checkbox"/>
20 - 29	<input type="checkbox"/>
30 - 39	<input type="checkbox"/>
40 - 49	<input type="checkbox"/>
50 - 59	<input type="checkbox"/>
60 - 69	<input type="checkbox"/>
70 & over	<input type="checkbox"/>

Completed registration/pledge forms and funds raised can be submitted to the Canadian Paraplegic Association, Room 201, 825 Sherbrook Street or to Athletics Manitoba, 2<sup>nd</sup> floor 200 Main Street until June 9, 2006 (9 a.m. to 4:30 p.m. Mon.-Fri). Race Day registration will begin at 9 a.m. on June 11. **For more details call: Teresa Nickerson at 786-4753 ext. 223**

I know that running or walking a road race is a potentially hazardous activity. I should not enter or participate in this event unless I am medically able and properly trained. I realize that the event is physically strenuous, that there may be adverse weather conditions and that there may be vehicles present on the course and at intersections. I nevertheless wish to compete and assume any and all risks associated with running or walking this event, including but not limited to, falls, contact with other participants, the effect of weather, including high heat and/or humidity, the condition of roads and the presence of traffic, all such risks being known and appreciated by me.

Knowing these facts and in consideration of acceptance of my entry, I hereby for myself, or for anyone else who may claim on my behalf, agree not to sue and to waive, release and discharge all persons participating in the operation of this event including without limitation Rick Hansen Wheels In Motion, Athletics Manitoba, the City of Winnipeg or Town/Village, the Province of Manitoba, and any and all other organizations, sponsors and participating organizations and their personnel whether volunteer or otherwise, and anyone acting on their behalf (the Release's) for any and all claims, demands, causes of action, damages, or injuries, whether caused by the negligence of the Release's, or by any other cause, which may arise as a result of, or out of my participation in this event.

I also indemnify and hold harmless the Release's from any liability incurred by them and caused by myself. I attest that I am physically fit, and sufficiently trained for this event. I hereby grant permission for the use of my likeness participating in this event without obligation or compensation to me. As part of this Waiver and Release, I allow Athletics Manitoba to use my personal information (name and age only) to be used for final results that will be posted on our website and acknowledge that I have read and understood all of the above.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature of Parent or Guardian if under 18 years of age

