

**Waiver: (For all events)**

I know that participating in a road race is a potentially hazardous activity. I should not enter and participate unless I am medically able and properly trained. I realize that the event is physically strenuous, that there may be adverse weather conditions and there may be vehicles present on the course and at intersections. I nevertheless wish to participate and assume any and all risk associated with this event, including but not limited to falls, contact with other participants, the effect of weather including high heat and/or humidity, the conditions of roads and the presence of traffic, all such risks being known and appreciated by me. Knowing these facts in consideration of your accepting my entry, I hereby for myself or for anyone else who may claim on my behalf, agree not to sue and waive, release and discharge all persons participating in the operation of this event including without limitation the CN "Tracks of Glory" organizers, CN Manitoba (Timex) Road Running Series, Athletics Manitoba, the City of Winnipeg, the Province of Manitoba, and any and all other organizers, sponsors and participating organizations, their personnel whether volunteer or otherwise, and anyone acting on their behalf (the Releasees) for any and all claims, demands, causes of action, damages, or injuries, whether caused by the negligence of the Releasees, 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 permission for the use of my likeness participating in this event without obligation or compensation to me. As part of the Waiver and Release, I acknowledge that I have read and understood all of the above. I realize that the term running includes ALL events of the CN "Tracks of Glory" Race.

Signature: \_\_\_\_\_

(must be signed by PARENT/GUARDIAN if under 18 years)

Date: \_\_\_\_\_

**Major Sponsors:**



**Supporting Sponsors:**



Maxy's  
Leather  
Fashions

9th Annual



***Tracks of Glory***

**10 km race**

Timex #15

10 km Provincial Championship status  
and

**5 km Fun Run/Walk**

Sunday September 24, 2006

Assiniboine Park, Winnipeg

10 :00 a.m. start



Online registration at

[www.runningroom.com](http://www.runningroom.com)

In support of:



## Event Times:

### 10 km Timex Run 10:00 a.m

(two 5km loops of the park beginning just east of the duck pond area –see map in race kit)

### 5 km Fun Run/Walk 10:05 a.m.

(one 5km loop of the park beginning just east of duck pond area. Get your whole family “in motion”!)

## Fee Structure:

<u>Event</u>	<u>*Before Sept.8</u>	<u>After Sept.8th</u>
<u>10km</u>	\$30	\$40
<u>5km</u>	\$20	\$30

**\*Register before September 8th for a chance to win \$100 cash!**

## Important Info:

Registration race day from 8:30-9:30 am at the Assiniboine Park Duck Pond warm-up shelter. **Cash or cheques only.**



## Event Details:

The 10km CN Tracks of Glory race is sanctioned by Athletics Manitoba. A 5km Fun Run/Walk will also take place. Proceeds from the event in support of inner city youth at Rossbrook House in Winnipeg.

**Awards:** Top 3 male and female finishers in each age group (10km road race only) and overall male and female. Medallions will be given to top 3 males and females in the Provincial Championship category (according to Athletics Manitoba criteria).

**Prizes:** Random prizes from our many sponsors will be drawn for after the events so be sure to stick around!! Grand Prizes include trips for two courtesy of WEST JET and VIA Rail!

**T-shirts:** Register early and you will receive a long sleeved t-shirt included in your race kit. Race day registration does not guarantee a t-shirt.

**Race Kits:** Include race number, sponsorship goodies and t-shirt. Race kit pick up will be at The Grant and Kenaston Running Room location on Thursday **September 21, 2006** and the Regent Running Room location on Friday **September 22nd** from 4:00-8:00 p.m.

**Refreshments:** Lots of great food after the event!! Stick around and enjoy!

## Registration

Surname: \_\_\_\_\_  
First Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
Postal Code: \_\_\_\_\_  
Phone (H): \_\_\_\_\_ (W): \_\_\_\_\_  
Birthdate (mm/dd/yyyy): \_\_\_\_\_  
Age as of September 24, 2006 (race day): \_\_\_\_\_  
Email address: \_\_\_\_\_  
AM# (if applicable) \_\_\_\_\_ (**deduct \$3**)  
Male  Female   
T-shirt size: S M L XL  
(please circle one)-sizing is generous

**Event Category** (check (X) one box below):

10 km Road Race

5 km Fun Run/Walk

**DOWNLOAD** entry form at [www.cn.ca](http://www.cn.ca)  
(community events) or

**ONLINE REGISTRATION:** [www.runningroom.com](http://www.runningroom.com)  
**DROP OFF** at any Wpg. Running Room location.

**OR**

**MAIL** entry form ( cheque payable to “CN” ) to:  
Kathryn Sawatzky, Race Director  
CN “Tracks of Glory”  
2nd Floor , 234 Donald St.  
Winnipeg, Manitoba  
R3C-4B4

**For further info on this event please call  
934-7455.**

**\*DO NOT WRITE BELOW THIS LINE**

Amount received: \$\_\_\_\_.00 ( 10 KM ONLY)

Qualify for earlybird prize Y/N (circle one)