

Athletics MB Standard Waiver:

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 that 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 the Jesuit Centre, Mines Action Canada, Athletics Manitoba, Timex Canada, St. Paul's College, the University 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: _____
(Parent or Guardian if Under 18)

Please make cheque/money order payable to: "The Jesuit Centre"

Send your entries (along with your signed waiver) to:

5K Run and Walk for Peace
1410 Mathers Bay East
Winnipeg, Manitoba
R3M 2J9

Special Thanks to:

The Jesuit Centre
Saint Paul's College
Timex Canada
U of M Parking Services
U of M Security Services
U of M Special Functions
U of M Vice-President's Office
(Administration)

Interested in Sponsoring
this New Event or Being a
Volunteer? Then, email race
director Chris Hrynkow,
umhrynko@cc.umanitoba.
We would be glad to hear from you!

The Jesuit Centre, St. Paul's
College Presents:

The 5K Run and Walk for Peace



Incorporating Timex Road Race
Series #14 & Athletics Manitoba
Provincial 5km Championship.

Saturday, September 9, 2006.

8am Start in front of Saint Paul's
College, 70 Dysart Road on the
University of Manitoba Campus.

The Race

We are pleased to offer a brand new traffic free course. The route is a scenic "out and back" 5K that starts in front of Saint Paul's College and then follows the curve of the river, first along Dysart Road before entered Plant Sciences' experimental farm area.

The 5K Run and Walk For Peace is a mass participation event. Everyone is welcome!

There will be draw prizes, along with awards for the top three in each age class (5 year groupings) and prizes for the overall male and overall female winner.

After you complete the course please join us at the race headquarters (Saint Paul's College Cafeteria) for an after-event snack and some peace-oriented displays.

There is ample event day parking in Q lot. The U of M is also serviced by several transit routes.

Race Kit Pickup and Registration

In front of Room 127 Saint Paul's College (Near the Library).

1. Thursday, September 7 from 1-4pm and 7-9:30pm.
2. Friday, September 8 from 2-6pm.

Race Day Registration and Kit Pickup

At the race headquarters (Saint Paul's College Cafeteria) from 6:30 to 7:30am.

The Charity

All proceeds from the 5K Run and Walk for Peace will be donated to the peace education efforts of Mines Actions Canada.

www.minesactioncanada.org



Registration Form

First Name: _____

Last Name: _____

Address: _____

City: _____ Prov./State: ____

Postal/Zip Code: _____

Phone #: _____

Birthdate (dd/mm/yy): _____

Male or Female?: _____

Age on Race Day: _____

AM# (if member): _____

Registration Fee Included: _____

Event Fees

1. Advanced Registration \$15.
 2. Race Day Registration \$20.
- (There is a three-dollar discount for Athletics Manitoba members.)

