

"Run At The Ridge" is a Whyte Ridge community event providing an opportunity for families to participate in a variety of runs with all net proceeds going to:



Community Club

stride ahead...  
**TOUGH TRACK**



Breakfast sponsored by:



Race Kit Pickup

Thursday May 4th &

Friday May 5th

4:00 pm—9:00 pm

At Stride Ahead Sports

Grant Park Mall

152-1120 Grant Ave. Ph: 204-477-4975

Or Saturday, May 6th 7:00 am at

Whyte Ridge School

#### Location and Course Description

Starting at Whyte Ridge School the children's course winds around the school while the 5 km course travels through Whyte Ridge with the 10 km competitors completing 2 laps of the course.

Water stations at half way point.

#### Sponsorship and Volunteers welcome!

If you are interested in more information, volunteering for this event or providing support through sponsorship opportunities, please contact us at

[RunAtTheRidge@hotmail.com](mailto:RunAtTheRidge@hotmail.com)

New Sponsor



**Run**  
*at the Ridge*



**Saturday, May 6, 2006**

2 km Fun Run for Children: 8:30 am start

5 km Fun Run: 8:40 am start

10 km Fun Run: 8:40 am start

Start/Finish: Whyte Ridge School  
Parking Lot, 400 Scurfield Blvd.

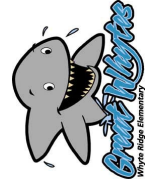
Join us for post race food and refreshments!

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



# Registration Form

Saturday May 6<sup>th</sup>, 2006



**All fields are mandatory. Incorrect information may lead to missed Award presentations.**

Event	Last Name	First Name	Street Address	City	Postal Code	Phone	Birth Date (mm/dd/yy)	Age on Race Day	Gender	Size (Youth XXL = Adult S)	T-Shirt Orders Only
2km									Male <input type="checkbox"/> Female <input type="checkbox"/>	S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL <input type="checkbox"/> XXL <input type="checkbox"/>	
5km									Male <input type="checkbox"/> Female <input type="checkbox"/>	S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL <input type="checkbox"/> XXL <input type="checkbox"/>	
10km									Male <input type="checkbox"/> Female <input type="checkbox"/>	S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL <input type="checkbox"/> XXL <input type="checkbox"/>	
									Male <input type="checkbox"/> Female <input type="checkbox"/>	S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL <input type="checkbox"/> XXL <input type="checkbox"/>	
									Male <input type="checkbox"/> Female <input type="checkbox"/>	S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL <input type="checkbox"/> XXL <input type="checkbox"/>	
									Male <input type="checkbox"/> Female <input type="checkbox"/>	S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL <input type="checkbox"/> XXL <input type="checkbox"/>	
									Male <input type="checkbox"/> Female <input type="checkbox"/>	S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL <input type="checkbox"/> XXL <input type="checkbox"/>	
									Male <input type="checkbox"/> Female <input type="checkbox"/>	S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL <input type="checkbox"/> XXL <input type="checkbox"/>	
									Male <input type="checkbox"/> Female <input type="checkbox"/>	S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL <input type="checkbox"/> XXL <input type="checkbox"/>	
									Male <input type="checkbox"/> Female <input type="checkbox"/>	S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL <input type="checkbox"/> XXL <input type="checkbox"/>	
									Male <input type="checkbox"/> Female <input type="checkbox"/>	S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL <input type="checkbox"/> XXL <input type="checkbox"/>	
									Male <input type="checkbox"/> Female <input type="checkbox"/>	S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL <input type="checkbox"/> XXL <input type="checkbox"/>	
									Male <input type="checkbox"/> Female <input type="checkbox"/>	S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL <input type="checkbox"/> XXL <input type="checkbox"/>	

### Waiver

I know that physical fitness events have potentially hazardous activities associated with them. I should not participate prior to approval by my physician. I assume any and all risks associated with the event including but not limited to falls, contact with other participants, the effects of weather including high heat and/or humidity, the conditions of the roads, all such risks being known and appreciated by me. Knowing these facts, in consideration of the Run At the Ridge, event sponsors, volunteers, and organizers accepting this entry, I hereby for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages sustained by me as a result of this event, for any cause whatsoever, including negligence. It is expressly understood by the undersigned that this event is entered into at the sole risk of the undersigned and that the organizers and sponsors of the event are exempt from liability for any and all damages sustained and any and all injury and loss, including personal and property loss arising from any cause whatsoever, including negligence. Applications for minors will be accepted only with a parent's or legal guardian's signature and should be signed by the minor also.

I further grant full permission to any and all of the foregoing to use and reproduce my image or likeness by any audio and/or visual recording technique (including electronic/digital) now in existence or hereafter invented, for any legitimate purpose, including commercial sales and marketing purposes pertaining solely to the Run At the Ridge. I also acknowledge and agree that I will not receive remuneration for such use.

I hereby acknowledge having read this Release and Indemnity and I understand and accept its terms.

Date \_\_\_\_\_

Signature \_\_\_\_\_

Parent/Guardian signature if entrant under 18 \_\_\_\_\_

- Children's 2km Fun Run .... 8:30am
  - 5km Fun Run ..... 8:40am
  - 10km Fun Run ..... 8:40am
- For course details and a Route Map, check out our website.  
\* Course subject to change without notice.

### Entry Fees (No refunds, transfers or deferments)

**Youth (17 & Under)**  
 Early Registration (by April 23rd, 2006) ..... \$12  
 After April 23rd, 2006 ..... \$17  
 Family Early Registration (by April 23rd, 2006)..... \$55

**Adult (18 & Over)**  
 Early Registration (by April 23rd, 2006) ..... \$20  
 After April 23rd, 2006 ..... \$25  
 Family (After April 23rd, 2006)..... \$75

Youth \_\_\_ X \$ \_\_\_ = \$ \_\_\_  
 Adult \_\_\_ X \$ \_\_\_ = \$ \_\_\_  
 Family \_\_\_ X \$ \_\_\_ = \$ \_\_\_

Total Enclosed \$ \_\_\_

\* Race shirt sizes are not guaranteed for people registering after April 23rd, 2006. A "best guess" on shirt size will be decided by the Race Committee based on Birth Date/Age if shirt details are omitted above.

### Payment Details

Payment by cash or cheque. Please make cheque payable to "Tough Track" and indicate Run at the Ridge in the memo section of the cheque. Registration forms can be submitted in the following ways:

- Mail or Drop-off: Run At The Ridge  
c/o Whyte Ridge Elementary School  
400 Scurfield Blvd, Wpg, MB, R3Y-1L3
- Mail or Drop-off: Run At The Ridge  
c/o Henry G. Izatt Middle School  
960 Scurfield Blvd, Wpg, MB, R3M 2A6
- Mail or Drop-off: Stride Ahead Sports,  
152-1120 Grant Ave, (Grant Park Shopping Mall)  
Wpg, MB, R3M 2A6

### Awards

2 km:  
Ribbons to all who finish.  
Medals to Top 3 in the following groups by birth date:  
1997—Under, 1996, 1995, 1993—1994, 1991—1992  
5 km & 10 km:  
Medals to Top 3 in the following groups by birth date:  
1982—1990, 1972—1981, 1962—1971, before 1961

- Post Race Refreshments
- A Pancake breakfast will be provided for all registered participants following the events. For those that do not register, and for extra tickets there will be a \$5.00 fee for breakfast. Draw prizes!