

**Waiver:**

I know that running/walking a road race is a potentially hazardous activity. I should not enter and run/walk 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/walking this event including but not limited to falls, contact with other participants, the effects of weather including heat and/or humidity, the conditions of the 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 limitations: Timex Canada, Flying 'M' Athletic Club, town of Gimli, town of Winnipeg Beach, Athletics Manitoba and any and all personnel whether volunteer or otherwise, acting on their behalf (the Releases) for any and all claims, demands, cause of action, damages, or injuries, whether caused by negligence of the Releases, 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 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 the Waiver and Release, I acknowledge that I have read and understand all of the above.

Signature: \_\_\_\_\_  
(Parent or Guardian if under 18)

**Make cheque/money order payable to:**

**Flying 'M' Athletic Club**

**Send entries to:**

800 Borebank Street  
Winnipeg MB R3N 1G4

**Sponsors:**

**Running Room**  
**Athletics Manitoba**  
**Tony's 2 for 1 Pizza**  
**www.raceresults.ca**  
**D'Arcy Bain Physiotherapy**  
**Timex**  
**Brioni's Restaurant**  
**Gimli Icelandic Festival**  
**Sobeys Gimli**

**On-Line Registration:**

**runningroom.com**

**Or by mail**

**Send entries to:**

800 Borebank Street  
Winnipeg MB R3N 1G4

**Or in person Wednesday,**

**July 30 1/08**

**5:30-8pm. Grant Store drop  
off only.**

The Flying 'M' Athletic Club is dedicated to providing training and competitive opportunities to Track and Field athletes in Manitoba. **Any donation to help our Club and our athlete's reach their goals is greatly appreciated!!**

ISLENDINGADAGURINN

**10 MILE ROAD RACE**  
**Timex Road Race Series #9**

**&**

**Jan's Memorial Mile**  
**FAMILY FUN RACE**

ISLENDINGADAGURINN  
ROAD RACE



WINNIPEG BEACH TO GIMLI

**Sunday, August 3/08**

**Start Times:**

**10 Mile Run at 8:00am in  
Winnipeg Beach**

**Jan's Mile at 8:30 in Gimli  
Pavilion Park**

## The Race

The 10 Mile race is the flattest, fastest, point to point course in Manitoba. Race day registration and the starting point will be in Winnipeg Beach. The course travels north along Hwy #9 to Gimli and finishes at the pavilion park. Participants are encouraged to arrange their own transportation to and from the starting and finishing points. Gimli is located 1 hour (100km) north of Winnipeg on Hwy #9. The course will close at 10:30am and participants expecting to take longer than 2.5 hours are encouraged to start earlier and should provide their own timer and aid vehicle. Children under the age of 12 years are discouraged from running the 10 miles. **Registration fees are not refundable.**

Race day registration and the starting point for Jan's mile will take place at the Pavilion Park in Gimli. The course circles through residential Gimli and finishes at Pavilion Park. Walkers are encouraged to enter the 1 mile event. **Registration fees are not refundable.**



## Race Number Pickup

For those who pre-register, numbers will be available for pickup at:

### The Running Room

1875 Grant Avenue  
Winnipeg, Manitoba  
Telephone: (204) 487-7582

**Pickup Time: Wednesday, July 30, 2008**  
from **5:30pm-8:00pm**. All other entries can be picked up on race day.

**10 Mile:** Race day pickup will take place at the registration area in Winnipeg Beach up until the starting time.

### Refreshments

Water stations will be located throughout the race at the 2,4,6 and 8 mile markers. Food and refreshments will be available at the finish line in Pavilion Park. **(Remember this is a hot race and you can carry your own water!)**

### Race Directors

Questions about the race can be directed to the following race directors:

**ayounka@shaw.ca**  
**Winnipeg:** Amanda Younka  
(204) 488-9833

**Gimli:** Chris Magnusson  
(204) 642-7435

### Prizes: 10 Mile

There will be **10 year age group medals** as well as random draw prizes. **5 year age category certificates will be mailed to winners.**

### Jan's Mile

Top 3 male & female will be awarded  
Fun prizes for kids and families!

## Registration Form

Do not write in this box.

Event (check one):

**10 Mile Run**       **Jan's Mile**

First Name: \_\_\_\_\_

Last Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Prov/State: \_\_\_\_\_

Postal/Zip Code: \_\_\_\_\_

Phone #: \_\_\_\_\_

Birthdate (dd/mm/yy): \_\_\_\_\_

Male  Female  Age on Race day: \_\_\_\_\_

AM #: \_\_\_\_\_

Registration Fee Included: \_\_\_\_\_

### Jan's Mile

#### Pre Registration:

\$3-AM

\$5-Non-member

#### Race Day:

\$5-AM

\$7-Non-member

### 10 Mile Race

#### Pre Registration:

\$20-AM

\$25- Non-member

#### Race Day

\$40 All Participants

#### Fees: \*\*Note\*\*

There is a flat family fee available anytime of \$20 **for Jan's Mile** Lets get everyone involved!  
(Families include any relation)