

Waiver

Athlete's Waiver and Release

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 never the less 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 *Race For Your Heart*, Running Room, the City of Portage or Town/Village, the Province of Manitoba, and any and all 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 *Race For Your Heart* 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

(Must be signed by Parent/Guardian if under 18 years of age)



A Huge Thank You

Sponsored By:



Sanctioned By:



Many Thanks To:

- *Nutro Pet Foods
- * Starbucks
- * Sobeys
- *World of Water
- * Waverley Chiropractic
- *The City of Portage La Prairie
- * Boston Pizza
- * Jackson Chiropractic
- * A Doggie Spa
- * Canada Safeway
- * Best Friends Animal Hospital
- * Midtown Unique Gifts (Portage)
- * Dr. A. Davidson (CorydonAnimal Hospital)

** All the people involved with Hi-Speed Hounds, without who this organization would not function; to our foster homes and to our wonderful adoptive homes.*

Results provided by



www.raceresults.ca



“To the world you are one person, but to one Greyhound you are the world. Adopt a Greyhound”

Fourth Annual Race For Your Heart

**Saturday, October 3, 2009
Island Park, Portage La Prairie**

**Start: 9am Half Marathon, 10K run
5K run and walk**

**Everyone receives a finishers medal
T-Shirts available by donation**

Race Information:

The race is held in Portage La Prairie. The start and finish of the race is on Island Park, at the Lion's Den by the waterslides. The course will be a fast loop course through the streets of Portage offering a scenic view of the city. There will be greyhounds on hand to meet and admire, and to learn about the breed. Come and join us for a great day!

We ask that any dogs attending the event be on a leash for the safety of all concerned.

Race Registration:

1/2 Marathon is \$50.00
Start Time: 9:00 a.m.
10K Run is \$30.00
Start Time: 9:00 a.m.
5K Run and Walk \$25.00
Start Time: 9:00 a.m.

Getting to the Race:

To get to the race location take Highway #1 West from Winnipeg to Portage; take the Portage turnoff and continue until it turns into Saskatchewan Ave. Turn left at Royal Road, follow Royal Road and go across the Island Park Bridge directly to the Lion's Den, next to the waterpark.

For more information contact:
Michaela Lamoureux at (204) 219-4029
email: ronco1@shaw.ca



Hi Speed Hounds

Is a non-profit, all volunteer greyhound rescue organization located in Winnipeg, Manitoba, Canada. Thousands of Grey hounds retire each year when they are no longer competitive. We strive to educate the public and potential adopters about these gentle, loving dogs and place them into permanent loving homes.

Our Mission and Goals:

- * We speak for those who cannot speak for themselves.
- * We educate the public about greyhounds.
- * We adopt and find loving permanent homes for retired racing greyhounds.
- *We provide ongoing support for greyhound owners and foster homes.
- *We find homes for greyhounds no matter what their needs.

Hi Speed Hounds is committed to finding loving homes for each and every one of the dogs we rescue. It is our mission to find the perfect match between dog and potential owner. Until we place our rescued dogs, we care for them as if they were our own. Each dog receives the best in veterinary care from Nancy McQuade at the *Best Friends Animal Hospital*. It is our mission to save these wonderful dogs and we will do every thing to ensure that they are treated with love and respect. They cannot speak, so we shall speak for them. If you can't adopt a grey hound, please think about making a donation, or fostering to help us save these dogs.

Please visit:

www.hispeedhounds.com

for more information on rescue and the greyhound breed.

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www.mindseyeprod.ca

REGISTRATION

Name: _____

Gender: _____

Address: _____

Postal Code: _____

City: _____

Email: _____

Phone: _____

Birth Date: _____

Age as of October 3, 2009: _____

Please circle your entry:

1/2 Mar. 10K Run: 5K Run/Walk:

Waiver must be signed. See back of form.
Or Register online at:

www.runningroom.com

Sorry, no Refunds