

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)

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

How to Enter?

Mail

Make cheque/money order payable to:
Flying 'M' Athletic Club
Send entries to:
800 Borebank Street
Winnipeg MB R3N 1G4

On-Line Registration:
runningroom.com

Or in person Thursday,
July 30/09 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 #10 & Jan's Memorial Mile FAMILY FUN RACE

ISLENDINGADAGURINN
ROAD RACE



WINNIPEG BEACH TO GIMLI

Sunday, August 2/09

Start Times:

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

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

Registration Form

not write in this box.

Event
10 Mile Run **Jan's Mile**

First Name: _____

Last Name: _____

Address: _____

City: _____ Prov/State: _____

Postal/ZipCode: _____

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

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

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: Thursday, July 30, 2009 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 (**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!