

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 might be adverse weather conditions and that there might 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 conditions of the road 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 my self, r 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 Debra Supeene Race Committee, Athletics Manitoba, Sports Manitoba, the City of Winnipeg, the Province 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, cause of action, damages, or injuries, whether caused by 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 web site and acknowledge that I have read and understood all of the above.

Signature

Date

Signature of Parent or Guardian if under 18

TIMEX[®]
NATIONAL ROAD RACE  **SERIES**

A  **ATHLETICS**
MANITOBA

Marilyn Fraser
#4-600 McMillan Ave
Winnipeg, Manitoba
R3L 0N6

For more information:
Phone: 204-453-6145
Email: mouse1001@mts.net

Debra Supeene Run

TIMEX[®]
NATIONAL ROAD RACE  **SERIES**



**Run to
Remember**

Debra Supeene



The Debra Supeene run is a 5km Timex road race being held in honor and remembrance of the After Five Running Club member. Debra lost her battle with Breast Cancer in 2001. Debra could be described as tiny, resilient, and very strong. One of the very determined women of the world. She was definitely a bundle of energy. Debra was a person who met life head on, arms wide open and accepting. She gave herself generously to all who knew her. Debra was extremely caring and very sensitive towards others. Her hearty laugh and huge smile are truly remembered by all who had the privilege of knowing her. One of her last club runs was in St. Vital Park, where she often ran with Sadie her dog. She chose this park for it's tranquility. She was dedicated to running, often placing in her age class. She will always be dear in heart to her friends in the running community.

Cancer... It affects all of us

Funds raised will go to Cancer Care Manitoba.

Cancer has changed many peoples lives, not only those who are diagnosed but the family and friends who love and support them. There are many forms and strains of the disease, all are life changing. The director of this race, Marilyn Fraser has been battling cancer of the tongue. We are hoping to raise funds to bring awareness to this cause. We want to help the people around us when they need it the most. Thank you for participating in this event.

Where: St. Vital Park (Duck Shelter)

When: Sunday August 16, 2009

Time: 8:30 start for the 5 km
8:35 start for the 1 km

All the participants will get a finisher certificate.

Refreshments will be available after the event.

Random draw prizes will be done after the race (Debbie loved the draw prizes).

Registration

Age (As of Race Day):

- 5 km
 1 Km

Prices

AM Member \$17.00

Non Member \$ 20.00

Total: _____

Name (First, Last) _____

Address _____

City _____

Province _____

Postal Code _____

Birthdate (d/m/year) _____

Phone Number _____

E-mail _____

Race registration closes at midnight August 13th—there is NO race day registration.

Make cheques payable to **Run to Remember** and mail to:

Marilyn Fraser
#4-600 McMillan Ave
Winnipeg, Manitoba
R3L 0N6

Race kit pick up Sunday, August 16th at the race

TIMEX
NATIONAL
ROAD RACE

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