

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 there may be pedestrians/bicycles/vehicles 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 the weather including heat and/or humidity, the conditions of the roads and the presence of traffic and spectators, 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 can claim on my behalf agree not to sue and waive, release and discharge all persons participating in the operation of this event without limitations: the race organizing and operating committee, the Icelandic Festival of Manitoba, town of Gimli, Athletics Manitoba and any and all personnel whether volunteers or otherwise, acting on their behalf (the Releases) for any and all claims, demands, cause of action, damages, 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 the event. I also indemnify and hold blameless the Releases 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 understood all of the above.

Signature: _____
(Parent or Guardian if under 18)

Sponsor:



How to Enter:

Make cheque/money order payable to:
The Icelandic Festival of Manitoba

Send entries to:

Cam Arnason
Box 1596
Gimli, MB R0C 1B0

Registration:

Email Rob @ robguy@mts.net

Sanctioned by:

Athletics Manitoba



Islendingadagurinn

2009 McMahon Mile

Monday, August 3, 2009

Start at: 10:00 AM

Concurrent with the start of
the Islendingadagurinn parade

Course: Beginning at corner of
Centre Street and Highway #7, running
east down Centre Street to 1st Avenue
and north on 1st Avenue to 4th Street
North then west on 4th Street North to
finish just past 3rd Avenue.

The McMahon Mile race is a competitive mile aimed at Manitoba's top distance runners. Male athletes should be capable of at least a 5:30 minute mile or 5:10 minute 1500m. Female athletes should be capable of at least a 6:20 mile or 6:00 minute 1500m

The Course: begins at corner of Centre Street and Highway #7, running east down Centre Street to 1st Avenue and north on 1st Avenue to 4th Street North then west on 4th Street North to finish just past 3rd Avenue.

Previous winners:

2009	Brian Walker	4:20.1
2009	Darolyn Trembath	4:44.1

Race Parking, Number Pickup and onsite registration on the Northeastern corner of Sobey's parking lot at Hwy #7 and Center Street 200m from Race startline

Pick Up time: 9:00 AM to 9:45 AM

Pre:Registration closes: July 24, 2009

Race Day Registration: 9:00 AM to 9:30 AM

Race Parking, Number Pickup and onsite registration on the Northeastern corner of Sobey's parking lot at Hwy #7 and Center Street 200m from Race start line

Refreshments: Water and oranges will be served after the finish line:

Extra clothing will be transported from the start to the finish line.

Timing: hand timing

Course Certification: Pending

Race Director:

Questions can be directed to Cam Arnason at:

jancam06@hotmail.com

Gimli – (204)-642-8636

Winnipeg: Rob Guy at:

robguy@mts.net

(204) 925-5745

Prizes: One Mile

Male: 1st \$150.00

Male: 2nd \$100.00

Male: 3rd \$50.00

Female: 1st \$150.00

Female: 2nd \$100.00

Female: 3rd \$50.00



GERRY GORDON'S
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MAZDA
MAZDA

Registration Form

First Name: _____

Last Name: _____

Address: _____

City: _____

Prov/State: _____ Postal/ZipCode: _____

Phone #: _____

Birthdate (dd/mm/yy): _____

Male: __ Female: ____

Age on Race Day: _____

Athletics Manitoba #: _____

Or Athletic Canada/TAC: _____

Email: _____

McMahon Mile

Pre-Registration \$7.00

For members of Athletics Canada/AM

Pre-Registration \$10.00

For non-members of Athletics Canada/AM

Race Day Registration: \$9.00

For members of Athletics Canada/AM

Race Day Registration: \$12.00

For non-members of Athletics Canada/AM

Registration fees are non-refundable.