

Physio Fit Run

19th annual!

SECOND Saturday in May!

Saturday, May 9, 2009

Assiniboine Park Duck Pond

**Limited
Registration**

**Thousands of dollars
worth of fabulous
random prizes!**

**Mountain bikes, Wii
& Wii Fit! Weekend
Hot tub Rental!**

The 10km **PHYSIO FIT RUN** is sanctioned by Athletics Manitoba and Timex Road Race Series #4. A 10km In-Line Skate, 5km Fun Run and 3km Walk will also take place.

Support KidSport!

Proceeds from the event go towards supporting KidsSport Manitoba. To further our support, KidSport Manitoba will be accepting donations of new or gently used athletic equipment on race day.

Fun: Mascots and music on the race course!

Awards: 10km Road Race: Top male/female finishers in 5 year age categories as well as the first overall male/female finishers. Overall awards worth over \$150!

New results system for 2009! Random draw prizes abound at the end of the race giving everyone a chance to win! Thousands of dollars worth of random prizes!

T-shirts: Early registration guarantees a shirt! **New T-shirt design!**

Race Kits: Race kits including your race number, other important information and T-shirts will be available for pre-race pick-up on Thursday, May 7, 2009 from 4-9pm at The Running Room (corner of Grant and Kenaston) or on race day from 7:30-8:30am at the Assiniboine Park.

Registration: On race day from 7:30-8:30am at the Assiniboine Park for the 5km and 3km. All other pre-registration is by mail, at the Running Room or online at www.runningroom.com. **NO RACE DAY REGISTRATION FOR 10KM EVENTS.**

Deadline for **EARLY REGISTRATION** is **April 29, 2009**. **New improved finish line!**

Questions?! physiotherapyworks@shawbiz.ca

Ph: 942-2463 | Race Director: Stephanie Roberecki



Register online at www.runningroom.com

For ALL EVENTS complete the following 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 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 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 Physio Fit Run, Athletics Manitoba, Sport Manitoba, Timex Canada, 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, causes or 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 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 website and acknowledge that I have read and understood all of the above.

Signature: _____ Date: _____
(Parent or Guardian if under 18 years)

Registration (Please print clearly. No refunds.)

Event: (circle) 10km Run 5km Fun Run 3km Walk 10km In-Line Skate

Last Name: _____

First Name: _____

Address: _____

Postal Code: _____ Male Female

Phone No.: (____) _____

Email address: _____

Age (as of May 9/09) _____

Date of Birth: Month _____ / Day _____ / Year _____

School Group Name: _____

Athletics Manitoba Number: _____

Shirt Size: Adult S M L XL Youth S M L

Please return signed waiver, registration form, and cheque (payable to Physio Fit Run) to:

Physio Fit Run
32 Elmvale Crescent, Winnipeg, Manitoba R3R 2S4
(Or drop off at any Running Room location)

The Running Room is committed to protecting the personal information of our customers.
See mailprivacy@runningroom.com for more details.

NEW Race Times

In-Line skate 8:00am | 3km Walk 9:00am | 10km Run 9:00am
5km Fun Run 9:00am

Fees

Up to & including April 29 After April 29

In-Line Skate

Individual \$17 \$27
School Group \$12/student N/A

10km Road Race

Individual \$25 \$35
School Group \$15/student N/A

5km Fun Run

Individual \$17 \$27
School Group \$12/student N/A

3km Fit Walk

Individual \$15 \$20

- School Group rates apply for Early Registration only and must be received as a group of 5 or more.
- Athletics Manitoba Members: \$3.00 discount (10 km run only) with registration of your membership number (does not apply to school group rates).
- No dogs please.