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Physiotherapy  
& Sports Injury Clinic



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Sports Injury Clinic  
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Clinic  
Oakbank Physiotherapy  
Parkland Physiotherapy  
and Sports Injury Centre

Pembina Valley  
Physiotherapy and  
Sports Injury Clinic  
Physiotherapy on the  
Red Sports Injury &  
Rehab Centre  
Quarry Physiotherapy  
Sports Injury &  
Rehab Clinic  
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Centre  
River East Physiotherapy  
and Sports Fitness Centre  
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Sports Injury Centre

St. Vital Physiotherapy  
and Sports Injury Centre  
Subway Restaurants  
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Therapy and Sports  
Injury Clinic  
Winnipeg Free Press  
Winnipeg Goldeyes  
Woodlands Physiotherapy  
Services

Sport Physiotherapy Canada

# 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!



GRAND PRIZE!  
Return airfare for two,  
from WestJet!

Register online at [www.runningroom.com](http://www.runningroom.com)



10 KM ROAD RACE



Physiotherapy Alliance Inc.

5 KM FUN RUN



DIAMOND Athletic Medical Supplies

10 KM INLINE SKATE



Manitoba  
Public Insurance

3 KM FIT WALK

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 KidSport 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 including two return tickets from Westjet!

**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 Duck Pond.

**Registration:** On race day from 7:30-8:30am at the Assiniboine Park Duck Pond for the 5km and 3km. All other pre-registration is by mail, at the Running Room or online at [www.runningroom.com](http://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](mailto:physiotherapyworks@shawbiz.ca)  
Ph: 942-2463 | Race Director: Stephanie Roberecki

### 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

<b>In-Line Skate</b>	Individual	\$17	\$27
	School Group	\$12/student	N/A

<b>10km Road Race</b>	Individual	\$25	\$35
	School Group	\$15/student	N/A

<b>5km Fun Run</b>	Individual	\$17	\$27
	School Group	\$12/student	N/A

<b>3km Fit Walk</b>	Individual	\$15	\$20
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- 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.

### 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](mailto:mailprivacy@runningroom.com) for more details.