

## 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 Athletics Manitoba, Sports Manitoba, the City of Winnipeg, the Province of Manitoba, TIMEX 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

## DON'T MISS THIS RACE!

- Your entry (by Sept.4) includes:**
- **Technical Shirt (10km and 5km)**
  - **Chance to win 2 airline tickets to anywhere in North America (Air Canada or Westjet)!**
  - **6 chances to win \$100.00 on random finishing times!**
  - **Awesome draw prizes!**



Results provided by



[www.racerresults.ca](http://www.racerresults.ca)



For further information please check

[www.athleticsmanitoba.com](http://www.athleticsmanitoba.com)

Or contact

[diana\\_stevens@athleticsmanitoba.com](mailto:diana_stevens@athleticsmanitoba.com)

## 2009 Athletics Manitoba Provincial 10km Championship 5km Fun Run



TIMEX RACE #12



Help raise funds for  
**KIDS SPORT**

## NEW FOR 2009!

We hope that you choose to participate in the 2009 Provincial 10km road race championship being held at Assiniboine Park on Sunday, September 20th! There is also a 5km fun run option.

All participants will receive a technical shirt (if registered by September 4, 2009) and Athletics Manitoba members receive a substantial discount for participating!

**Top three in each age group will receive medals.**

**SPECIAL FEATURE:** There are going to be six \$100.00 prizes based on random finishing times that will be announced at awards, the closest runner to the time called wins the cash!

There are great prizes including a Grand Prize of two airline tickets for travel in North America!

**Where:** Assiniboine Park, Duck Shelter

**When:** Sunday September 20, 2009

**Time:** 9:00 am start for the 10 km  
9:05 start for the 5 km

**Random draw prizes and awards will be announced after the race.**

**Registration deadline**

**September 4, 2009**

**Race Kit pick up at**

**City Park Runners**

**Saturday, September 19th**

**10:00 am—6:00 pm**

**Race Day pick up and late registration  
8:00am at Duck Pond Shelter**

## Registration

Age (As of Race Day): \_\_\_\_\_

10 km

5 Km

T-Shirt

Small

Medium

Large

X- Large

Prices prior to Sept 5th

AM Member \$25.00

Non Member \$ 40.00

Add \$15 for late registration

Name (First, Last) \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

Province \_\_\_\_\_

Postal Code \_\_\_\_\_

Phone \_\_\_\_\_

E-mail \_\_\_\_\_

Athletics Manitoba Membership Number: \_\_\_\_\_

Online registration at [www.athleticsmanitoba.com](http://www.athleticsmanitoba.com) or  
Please fill out and make cheques payable to  
Athletics Manitoba and mail:

**Athletics Manitoba  
214-200 Main Street  
Winnipeg, MB  
R3C 4M2**

**For more information:  
[www.athleticsmanitoba.com](http://www.athleticsmanitoba.com)  
204-925-5744**