

2009 PUMA

REGISTRATION FORM

Please print clearly—there are no refunds.

EVENT (circle)
TIMEX SERIES (5km, 10km, 15km)
5 km Series (3 x 5km)
INDIVIDUAL RUN
KID'S RUN

INDIVIDUAL RUN DATE (S): _____

DISTANCE: _____

LAST NAME: _____

FIRST NAME: _____

ADDRESS: _____

CITY/TOWN: _____

POSTAL CODE: _____

MALE: _____ FEMALE: _____

AGE ON APRIL 5, 2009 _____

DATE OF BIRTH: _____ Month _____ Day _____ Year

PHONE NUMBER: (____) _____

EMAIL: _____

ATHLETICS MANITOBA MEMBERSHIP: _____

REGISTRATION FEES

Up to April 3rd After April 3rd

SERIES

Adult	\$35.00	\$40.00
Under 19	\$20.00	\$25.00

INDIVIDUAL RUNS

Adult	\$20.00	\$20.00
Under 19	\$10.00	\$10.00

1KM KID'S RUN

Under 10 years of age	\$5.00	\$5.00
-----------------------	--------	--------

Athletics Manitoba discount applies to the series entry only (\$5.00 discount)

30th Annual
PUMA
GRAND PRIX SERIES

Assiniboine Park
Duck Pond

Start time
9:00 am

The Puma Grand Prix Series is sanctioned by Athletics Manitoba and is run on certified courses. The Puma Series is part of the TIMEX Road Racing Series

April 5th - 5km
April 19th - 10km
April 26th - 15km

Along with the Puma Series we also have a 5km Series for athletes under the age of 19 and for individuals that do not want to do the longer distances.

If individuals do not want to participate in either series they have the option to purchase a single run of their choice.



30th Annual— PUMA Grand Prix Series

Registration

Pre-registration is by mail at

Puma Grand Prix
18 Southbend Crescent
Winnipeg, MB R3Y 1J8

Online registration at the
Running Room
www.runningroom.com

Drop off registrations at
Athletics Manitoba
214-200 Main Street

There will also be opportunity for
registration on race day from
7:00 am 8:30 am.

**Deadline for early registration
is April 3, 2009.**

Awards

Top Male and Female finisher in each 5
year age category will be recognized.

A tradition of the PUMA Series is that you
can only claim one prize in your age
category. This allows more people to
receive a prize, seeing that it is a series.

Overall winners in either series is based
on accumulated times.

Random draw prizes after each race!

Race Kit Pick Up

Bib numbers and information pertaining
to the runs will be available for pick up on
Friday, April 3, 2009 from the Running
Room (corner of Grant and Kenaston)
from 4:00—7:00 pm or on race day from
7:15—8:45 am at the Duck Pond shelter
at Assiniboine Park.



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, 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 Puma Grand Prix Race Committee, Athletics Manitoba, Sports 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 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 _____