

Grand Beach Sun Run

Feel the Heat - Run in the Sun - Fun in the Sun
Now 3 Races in One!!

1. 10km Certified Road Race (Timex Series)

Designed for the seasoned competitive runner, with an added cross-country feel (3km on the beach).

2. 5km Fun Run

Designed for competitive 5km runners, complete with timing and an added cross-country feel (1.5km on the beach).

3. "New" for 2009 – 3km Fun Run

Designed for the beginner, younger or older runner who wants to try a road race, or enjoy this achievable shorter distance (1.5km on the beach).

All Runs start together by Parking Lot 3 and finish together on the West Beach.

* "New" for 2009!!

Fund Raising Raffle - Win 2 West Jet Tickets to anywhere West Jet Flies!!

(some restrictions apply)

One Raffle Ticket included with each entry (over 18yrs. only) - only 600 tickets printed.

Funds raised go toward supporting children's programs and equipment in the Grand Beach area – crafts program, basketball, sports day, skateboarding, soccer field (new project).

Prizes

* Overall Male and Female in 3km, 5km and 10km

* Male and Female Masters (35+) in 10km

* Age group prizes for top 3 finishers, Male and Female in 3km, 5km and 10km (5yr age categories)

* Random Draw Prizes (check for ticket in Race Kit)

Registration Process

* Pick up a Registration Form available from:

1. Any Running Room Store in Winnipeg;
2. Various stores in the Grand Beach/Grand Marais area;
3. Grand Beach Park Office (by the beach); or
4. Download from Athletics Manitoba website, www.athleticsmanitoba.com

* Mail or drop off with payment, cash or cheque (payable to GBCOA) at:

1. Any Running Room store by Tues. July 7, 2009;
2. Drop off at #13 - 2nd Ave. in Grand Beach by Sat. July 11/09;
3. Mail to: 26 Manbrough Place, Wpg., R2J 3L9 (must be received by Thurs. July 9, 2009); or

* Register on-line at: www.runningroom.com

* Register in-person at the Race Kit Pick-Up

* Register Race Day - **7:00am - 8:15am**, at the Registration Desk (this costs more).

Race Kit Pick-Up

1. Thursday July 9, 6-8pm Running Room, Pembina Location;
2. Sat. July 11, 6-9pm at #13 - 2nd Ave. in Grand Beach;
3. Sun. July 12, (Race Day) 7-8:15 am, at the Registration Desk.

Further Information:

Contact: Sandra Marriott-Silver – Hm: 254-4731
or Cell: 471-0329

26th Annual Grand Beach Sun Run Registration

Race Choice: 3km _____ 5km _____ 10km _____

Name _____

Address _____

City _____ Prov. _____ P.C. _____

Phone: _____ email _____

D.O.B. (d/m/y) _____

Age Race Day _____ Gender: M _____ F _____

Athletics Manitoba No. _____

GBCOA Member _____

Registration Fee (adult fees include 1 Raffle Ticket)

Non Members: Adult - \$23__ Child (<18) - \$15__

Members (AM or GBCOA)

Adult - \$ 20 __ Youth (<18) - \$12 __

Race Day Registration Fees

Non Member: Adult - \$30 Youth - \$25

Member: Adult - \$27 Youth - \$22

Tshirts – Polyester Wicking T-Shirt \$22.00

Unisex, Crew neck: Adult XS – XL; Youth S,M,L

Teal Shirt with Small Logo on left chest.

Limited numbers available. Order _____

Raffle Ticket Declined – if you don't want a raffle ticket, check box and subtract \$5.00 from your fee _____

Total Cost: \$ _____

For Office Use Only

Remember to Sign Waiver on Back

WAIVER

I know that running or walking a road race is a potentially hazardous activity and 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: the Grand Beach Cottage Owners' Assoc.; Athletics Manitoba; Timex Canada; 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 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 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 website and acknowledge that I have read and understood all of the above.

DATE _____

NAME _____

SIGNATURE _____

(Signature of parent/guardian if under 18 years of age)

SUN RUN SUPPORTERS**THE RUNNING ROOM****TIMEX****DELTA REAL ESTATE****WEST JET****SHAW****LINDEMANS****LANKY'S****COX MORRIS INSURANCE****GRAND MARAIS VILLAGE STORE****DORIS' GROCERY****PORTEOUS PROMOTIONS****THE KEG****JOHNS MANSVILLE****CADORATH PLATING****MORDEN'S OF WINNIPEG****PLESSIS IGA****PARR METAL****BOSTON PIZZA****HONEYWELL****EVERYTHING UNDER THE SUN****UPPERCUTS HAIR STUDIO****RAVE DESIGNS****THUNDER MOUNTAIN****TD BANK****Grand Beach Sun Run
26th Annual****SUNDAY JULY 12, 2008****8:30 AM START****GRAND BEACH****PROVINCIAL PARK****WEST BEACH**

Funds raised by this event have been used to enhance the cottage area, and support Grand Beach Cottage Owners' Association children's programs.