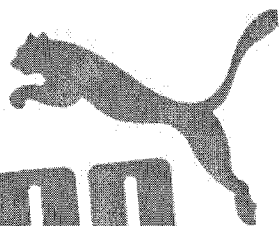


**31<sup>ST</sup>  
ANNUAL**

**PUMA**<sup>®</sup>  
pumarunning.com



# GRAND P R I X S E R I E S

## REGISTRATION

On race day from 7:15 am –8:45 am at  
Assiniboine Park( Duck Pond )

Pre-registration is by mail,  
at the Running Room,  
Athletics Manitoba, 200 Main Street  
or on line at [www.runningroom.com](http://www.runningroom.com)

**DEADLINE FOR EARLY REGISTRATION  
IS APRIL 9TH, 2010**

**Further information on  
Puma Grand Prix Series**

Patrick Riddell 1-204-669-2218  
priddell@mts.net  
Wayne Ford 1-204-488-6219  
wkford@shaw.ca

**REGISTER ONLINE AT  
WWW.RUNNINGROOM.COM**

## AWARDS

Top Male/Female finishers in 5-year age  
categories 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

## RUN BIB NUMBERS

Bib numbers, and information pertaining  
to the runs will be available for pick up  
on Friday, April 9th, 2010 from  
4-8 pm at the Running Room (corner of  
Grant and Kenaston)



## 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 years of age

**REGISTRATION**  
PLEASE PRINT CLEARLY

EVENT (No Refunds)  
Timex series (5km, 10km, 15km)   
5K series   
Individual or Kid's Run

LAST NAME \_\_\_\_\_

FIRST NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

POSTAL CODE \_\_\_\_\_

MALE FEMALE \_\_\_\_\_

AGE ON APRIL 11, 2010 \_\_\_\_\_

MONTH / DATE / YEAR    /    /

PHONE \_\_\_\_\_

EMAIL ADDRESS \_\_\_\_\_

ATHLETICS MANITOBA MEMBER NO \_\_\_\_\_

**FEES**

<u>Series</u>	Up to & including	
	April 9th	After April 9th
Adult	\$ 35.00	\$ 40.00
19 & Under	\$ 20.00	\$ 25.00

Individual Runs

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

1k Kids Run

10 & Under	\$ 5.00	\$ 5.00
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Make Cheque Payable to Puma Grand Prix

Athletics Manitoba Members \$ 5.00  
discount applies to series only



**Assiniboine Park Duck Pond**  
**Sunday, April 11th, 2010(5km)**  
**Sunday, April 18th, 2010(5,10 & 1km)**  
**Sunday, April 25th, 2010(5,15km)**

**9:00am Start Time**  
**10:15am Start Time 1km Kid's Run**

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 # 1, 5k, # 2, 10k and # 3, 15k

Along with the Puma Series we have a 5k series for athletes 19 years and under 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 there choice



Please return signed waiver, registration form and cheque

(Payable to Puma Grand Prix)

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