

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 Athletics Manitoba, Sports Manitoba, Siloam Mission, 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 includes:

- Special prizes for early bird registrants!
- TIMEX points for 10km Championship and 3km Youth Series
- Technical Shirt (10km and 3km)*
- 6 chances to win \$100.00 cash on random finishing times!
- Awesome draw prizes!

* Special Youth price does not include a technical shirt.



Results provided by



www.racerresults.ca



For further information please check
www.athleticsmanitoba.com

Or contact

diana_stevens@athleticsmanitoba.com



2010

EMPOWER RUN

Provincial 10km
Championship
3km Fun Walk/Run

September 19, 2010

Kildonan Park



Help take a step towards changing the lives of Winnipeg's less fortunate!

**Help raise funds for
SILOAM MISSION**

EMPOWER RUN 2010

The **Empower Run** is the new name for the Athletics Manitoba 10km Championship. This year's race is in support of Siloam Mission, a non-profit humanitarian organization that helps people experiencing homelessness and poverty.

We hope you join us at Kildonan Park on September 19th to **Empower** change for Winnipeg's less fortunate! In addition to the 10km race there is also a 3km fun run/walk.

All participants will receive a technical shirt (if registered by August 30*) and if you register by the **early bird deadline of July 30** you receive a **special bonus gift!**

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!

* Youth Series discounted participants will not be eligible for the free technical shirt.

Where: Kildonan Park, South Shelter

When: Sunday September 19, 2010

Time: 9:00 am start for the 10 km
9:05 start for the 3 km

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

Early Bird Registration deadline

July 30, 2010

(includes technical shirt plus bonus gift and special registration fees of \$25.00 for Athletics Manitoba members/\$40.00 non-Athletics Manitoba members)

Regular Registration deadline

August 30, 2010

Includes technical shirt. \$30.00 for Athletics Manitoba members/\$45.00 for non-Athletic Manitoba members)

Race Kit pick up at

City Park Runners

Saturday, September 18th

10:00 am—6:00 pm

Race Day pick up and late registration 8:00am at South Shelter

Registration

Age (As of Race Day): _____

10 km 3 Km Run 3 Km Walk

T-Shirt (if reg. by Aug 30)

Small Medium Large X- Large

AM Early Bird Price \$25.00 AM Prior to Aug 30 \$30.00
 Non Member Early Bird Price \$40.00 Non Member Prior to Aug 30 \$45.00
 Youth (17 & under) 3km \$10

Late registrations + \$10.00 and will not include technical shirt

Please consider adding an additional donation for Siloam Mission. A tax deductible receipt will be issued for any amount.

Yes please add _____ as a donation to Siloam Mission.

Total of Registration and Donation enclosed: \$ _____

Name (First, Last) _____

Address _____

City _____

Province _____

Postal Code _____

Phone _____

E-mail _____

Athletics Manitoba Membership Number: _____

Online registration at www.athleticsmanitoba.com or
Please fill out and make cheques payable to
Athletics Manitoba and mail:

Athletics Manitoba
145 Pacific Ave
Winnipeg, MB
R3B 2Z6

For more information:
www.athleticsmanitoba.com
204-925-5744