

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, Sport Manitoba, Concordia Foundation, 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 Releases'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 the final results that will be posted on our web site and acknowledge that I have read and understood all of the above.

Printed Name of Participant _____ Date _____

Signature _____

Signature of Parent or Guardian if under 18 _____

DON'T MISS THIS RACE!

Your entry includes:

Participation in the 10km Provincial
Championship

TIMEX points for 10km and 3km Youth
Series

Post race refreshments

Technical Shirt (10km only if registered
by September 2)

Two free tickets included in each
registration for awesome draw prizes

Register on Line at

www.athleticsmanitoba.com

Empower Run 2011 Proudly Supported by:



TIMEX



World of Water

PURE WATER SPECIALISTS



FAMOUS OLD COUNTRY BAKING™
247 Selkirk Ave., Winnipeg, Man.
Phone 582-2364



 **Concordia**
FOUNDATION

 **ATHLETICS**
MANITOBA

2011 Empower Run

10km Run

3km Fun Walk/Run

Sunday, September 18, 2011

9:00 am

KILDONAN PARK

(Main Street)

EACH STEP COUNTS
TOWARDS BETTER HEALTH
FOR ALL OF US!

**Help raise funds for Concordia's
Community Clinic Project.**

2011 Empower Run

Athletics Manitoba in partnership with the Concordia Foundation is pleased to host the Empower Run on Sunday, September 18 at Kildonan Park. This year's race is in support of *Concordia's Community Clinic Project*. Whether you want to walk or run the 3km looped course in the park or challenge yourself to the 10km race along Scotia Ave., each step counts towards better health (both personally and as a larger community).

PARTICIPANT RECOGNITION!

All participants receive participant ribbons in the the 3km.

Top three male and female athlete in each five year age group in the 10km race will receive Athletes Manitoba Provincial Championship medals.

WHERE: Kildonan Park (Main Street)

WHEN: Sunday, September 18, 2011

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

For further information please contact
Athletics Manitoba at (204) 925-5744 or
Concordia Foundation (204) 661-7156

REGISTRATION

EARLY BIRD REGISTRATION DEADLINE

September 2, 2011

10KM RUN

(INCLUDES TECHNICAL SHIRT)

\$25.00 for Athletics Manitoba Members

\$40.00 for non Athletics Manitoba Members

Membership information and Registration available at

www.athleticsmanitoba.com

3KM RUN

\$10.00

LATE REGISTRATION

NO TECHNICAL SHIRT

Please note that

Race Day registration available 8:00-8:25am

South Shelter

Race Kit Pick Up Concordia Hospital Front Lobby

Thursday, September 15th 10:00 am - 1:00 pm

Friday, September 16th 10:00 am - 1:00 pm

City Park Runners

Saturday, September 17th 10am - 2:00 pm

2091 Portage Ave.

Kildonan Park

Sunday, September 18th 8:00am - 8:20am

South Shelter

REGISTRATION

CHOOSE YOUR EVENT

10km (Member price \$25.00)

10km (Non Member price \$40.00)

3km Walk (\$10.00)

3km Run (\$10.00)

If registering by September 2 for 10km:

T-shirt Size (unisex) S M L XL

First Name: _____

Last Name: _____

Date of Birth (DD/MM/YYYY) _____

Address: _____

City/Town: _____

Province: _____ Postal Code: _____

Phone: _____

Email: _____

Athletics Manitoba # _____

Membership number must be included for discount.

Online registration available at
www.athleticsmanitoba.com

Please consider adding an additional donation to
Concordia Foundation. A tax deductible receipt will
be issued for all donations.

\$ _____ donation to Concordia Foundation

Total Amount Enclosed: \$ _____
Charitable Registration # 15056 3356 RR0001

Cheques payable to: Athletics Manitoba

Please submit to:

Athletics Manitoba

145 Pacific Ave., Wpg. MB R5B 2Z6