

**Waiver:**

I know that running/walking a road race is a potentially hazardous activity. I should not enter and run/walk unless I am medically able and properly trained. I realize that the event is physically strenuous; that there may be adverse weather conditions and there may be pedestrians/bicycles/vehicles on the course and at intersections. I nevertheless, wish to compete and assume any and all risks associated with running/walking this event including but not limited to falls, contact with other participants, the effects of the weather including heat and/or humidity, the conditions of the roads and the presence of traffic and spectators, all such risks being known and appreciated by me. Knowing these facts in consideration of your accepting my entry, I hereby for myself, or for anyone else who can claim on my behalf agree not to sue and waive, release and discharge all persons participating in the operation of this event without limitations: the race organizing and operating committee, the Icelandic Festival of Manitoba, town of Gimli, Athletics Manitoba and any and all personnel whether volunteers or otherwise, acting on their behalf (the Releases) for any and all claims, demands, cause of action, damages, cause of action, damages or injuries, whether caused by negligence of the Releases, or by any other cause, which may arise as a result of, or out of my participation in the event. I also indemnify and hold blameless the Releases 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 the Waiver and Release, I acknowledge that I have read and understood all of the above.

Signature: \_\_\_\_\_  
(Parent or Guardian if under 18)

**Sponsor:**



**How to Enter:**

Make cheque/money order payable to:  
The Icelandic Festival of Manitoba

**Send entries to:**

Cam Arnason  
Box 1596  
Gimli, MB R0C 1B0

**Sanctioned by:**

Athletics Manitoba



## Islendingadagurinn

### 2011 McMahon Mile

Monday, August 1, 2011

**Start at: 10:00 AM**

Concurrent with the start of  
the Islendingadagurinn parade

**Course:** Beginning at corner of  
Centre Street and Highway #7, running  
east down Centre Street to 1<sup>st</sup> Avenue  
and north on 1<sup>st</sup> Avenue to 4<sup>th</sup> Street  
North then west on 4<sup>th</sup> Street North to  
finish just past 3<sup>rd</sup> Avenue.

The McMahon Mile race is a competitive mile at runners. Athletes should be capable of at least a 13 minute mile.

The Course: begins at corner of Centre Street and Highway #7, running east down Centre Street to 1<sup>st</sup> Avenue and north on 1<sup>st</sup> Avenue to 4<sup>th</sup> Street North then west on 4<sup>th</sup> Street North to finish just past 3<sup>rd</sup> Avenue.

Previous winners:

2008	Brian Walker	4:20.1
2008	Darolyn Trembath	4:44.1
2009	Brian Walker	4:27.0
2009	Darolyn Walker	5:20.5
2010	Erik Cameron	4:47.8
2010	Brigitte Girouard	5:24.6

Race Parking, Number Pickup and onsite registration on the Northeastern corner of Sobey's parking lot at Hwy #7 and Center Street 200m from Race startline

Pick Up time: 9:00 AM to 9:45 AM

Pre:Registration closes: July 27, 2010

Race Day Registration: 9:00 AM to 9:30 AM

Race Parking, Number Pickup and onsite registration on the Northeastern corner of Sobey's parking lot at Hwy #7 and Center Street 200m from Race start line  
Refreshments: Water and oranges will be served after the finish line:

Extra clothing will be transported from the start to the finish line.

Timing: hand timing

Course Certified: One Mile Road Course.

Race Director:

Questions can be directed to Cam Arnason at:

[jancam06@hotmail.com](mailto:jancam06@hotmail.com)

Gimli – (204)-642-8636

Winnipeg: Chris Belof at:

[athleticsmanitobabelof@hotmail.com](mailto:athleticsmanitobabelof@hotmail.com)

(204) 925-5743

Prizes: One Mile

Male: 1<sup>st</sup> \$150.00

Male: 2nd \$100.00

Male: 3rd \$50.00

Female: 1<sup>st</sup> \$150.00

Female: 2nd \$100.00

Female: 3rd \$50.00



GERRY GORDON'S  
MAZDA

Registration Form

First Name: \_\_\_\_\_

Last Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

Prov/State: \_\_\_\_\_ Postal/ZipCode: \_\_\_\_\_

Phone #: \_\_\_\_\_

Birthdate (dd/mm/yy): \_\_\_\_\_

Male: \_\_ Female: \_\_\_\_

Age on Race Day: \_\_\_\_\_

Athletics Manitoba #: \_\_\_\_\_

Or Athletic Canada/TAC: \_\_\_\_\_

Email: \_\_\_\_\_

McMahon Mile

Pre-Registration \$7.00

For members of Athletics Canada/AM

Pre-Registration \$10.00

For non-members of Athletics Canada/AM

Race Day Registration: \$10.00

For members of Athletics Canada/AM

Race Day Registration: \$13.00

For non-members of Athletics Canada/AM

Registration fees are non-refundable.