

## Safety

Sorry, no bikes, skateboards, rollerblades, or other mechanized devices on the course, except for those used by officials.

## Registration

Advance: before July 15, 2011

Race Day: 7:00am to 7:45am

Register at the Race Tent or in advance by sending enclosed form to the Neepawa Lily Festival.



Neepawa Chiropractic Center  
neepawachiropractic.com  
**Keeping you Active!**



## The Neepawa Chiropractic Lily Duster

**5km/10km Run**  
**5km Fun Walk**  
**Sunday July 24, 2011**

**"An official event of the Neepawa Lily  
Festival"**

## Fees

Advance: \$20.00

Race Day: \$25.00

Minus \$3 for members of Athletics Manitoba

No Refunds

## Stuff you need to know

Date: July 24, 2011  
Registration: 7:15am to 7:45am

Start time: 8:00am Run  
8:05am Fun Walk

Distance: 5km and 10km  
5km Fun Walk

Location: Mountain Ave Race Tent

Age Categories:  
14, 14-19, 20-29, 30-39, 40-49, 50-59, 60+  
Race results will be posted:

[www.lilyfestival.com](http://www.lilyfestival.com)  
[www.athleticsmanitoba.com](http://www.athleticsmanitoba.com)

### Contact Us

Race Directors: Mark Perrett & Beth Eagan  
Phone: 204 – 476 – 3984  
Fax: 204 – 476 – 5222  
Email: [neepawachiropractic@gmail.com](mailto:neepawachiropractic@gmail.com)

### Post Race

- Registered Massage Therapists
  - o Courtesy of Neepawa Massage Therapy
- Draw Prizes:
  - o Courtesy of A&L Get Active in Brandon and The Manitoba Chiropractors Association
- Breakfast provided by Safeway

## Runner Registration Form

Please print and complete all answers. Read and sign waiver and return with proper fee to:



Neepawa Lily Festival  
Box 2376  
Neepawa MB,  
R0J 1H0

(Cheques made out to the Neepawa Lily Festival)

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

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

Day Phone: \_\_\_\_\_

Evening Phone: \_\_\_\_\_

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

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

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

Province: \_\_\_\_\_ Postal Code: \_\_\_\_\_

D.O.B (D/M/Y): \_\_\_\_\_

Sex (Circle):    Male                  Female

T-Shirt Size: \_\_\_\_\_  
(Registration fee includes Race T-Shirt)

Amount of Fees Enclosed: \_\_\_\_\_  
(-\$3 if member of Athletics Manitoba)

I am registering for: 5km \_\_\_\_\_ 10km \_\_\_\_\_  
5km Fun Walk \_\_\_\_\_

## Participation 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 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 Neepawa Chiropractic Centre, The Neepawa Lily Festival, Athletics Manitoba, Sport Manitoba, The Town of Neepawa, 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.

\_\_\_\_\_  
Signature of Participant (Guardian if under the age of 18)

\_\_\_\_\_  
Signature Date