

## Grand Beach Sun Run

**Feel the Heat - Run in the Sun - Fun in the Sun  
Now 3 Races in One!!**

### 1. 10km Certified Road Race (Timex Series)

Designed for the seasoned competitive runner, with an added cross-country feel (3km on the beach).

### 2. 5km Fun Run

Designed for competitive 5km runners, complete with timing and an added cross-country feel (1.5km on the beach).

### 3. 3km Fun Run

Designed for the beginner, younger or older runner who wants to try a road race, or enjoy this achievable shorter distance (1.5km on the beach).

All Runs start together by Parking Lot 3 and finish together on the West Beach.

## Prizes

- \* Overall Male and Female in 3km, 5km and 10km
- \* Male and Female Masters (35+) in 10km
- \* Age group medals for top 3 finishers, Male and Female in 3km, 5km and 10km (5yr age categories)
- \* Random Draw Prizes (check for ticket in Race Kit)

## Registration Process

### \* Pick up a Registration Form available from:

1. Any Running Room Store in Winnipeg;
2. Various stores in the Grand Beach/Grand Marais area;
3. Grand Beach Park Office (by the beach); or
4. Download from Athletics Manitoba website, [www.athleticsmanitoba.com](http://www.athleticsmanitoba.com)

\* Register on-line at: [www.runningroom.com](http://www.runningroom.com) by Mon. July 4, 2011; or

### \* Mail or drop off with payment, cash or cheque (payable to GBCOA) at:

1. Any Running Room store by Mon. July 4, 2011;
2. Drop off at #4 - 2nd Ave. in Grand Beach by Sat. July 9/11;

\* Register in-person at the Race Kit Pick-Up; or

\* Register Race Day - 7:00am - 8:15am, at the Registration Desk (this costs more).

### Race Kit Pick-Up

1. Thurs. July 7, 5-8pm Running Room, Kenaston Location;
2. Sat. July 9, 6-9pm at #4 - 2nd Ave. in Grand Beach;
3. Sun. July 10, (Race Day) 7-8:15 am, at the Registration Desk.

### Further Information:

Contact: Donna Allegro – (403) 891-0275  
[donna.allegro@shaw.ca](mailto:donna.allegro@shaw.ca)  
or Sandra Marriott-Silver – (204) 471-0329  
[smsilver222@gmail.com](mailto:smsilver222@gmail.com)

## 28th Annual Grand Beach Sun Run Registration

Race Choice: 3km \_\_\_\_\_ 5km \_\_\_\_\_ 10km \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ Prov. \_\_\_\_\_ P.C. \_\_\_\_\_

Phone: \_\_\_\_\_ email \_\_\_\_\_

D.O.B. (d/m/y) \_\_\_\_\_

Age Race Day \_\_\_\_\_ Gender: M \_\_\_\_\_ F \_\_\_\_\_

Athletics Manitoba No. \_\_\_\_\_

GBCOA Member Address \_\_\_\_\_

### Registration Fee

Non Members: Adult - \$24\_\_ Child (<18) - \$18\_\_

Members (AM or GBCOA)

Adult - \$ 21 \_\_ Youth (<18) - \$15 \_\_

### Race Day Registration Fees

Non Member: Adult - \$30 Youth - \$25

Member: Adult - \$27 Youth - \$22

### Tshirts – Polyester Wicking T-Shirt \$22.00

Mens – S, M, L, XL

Womens – S, M, L, XL

White Shirt with Small Logo on left chest.

*Limited numbers available.* Order \_\_\_\_\_

**Total Cost:** \$ \_\_\_\_\_

For Office Use Only

Remember to Sign Waiver on Back

## WAIVER

I know that running or walking a road race is a potentially hazardous activity and 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 Grand Beach Cottage Owners' Assoc.; Athletics Manitoba; Timex Canada; 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.

Date \_\_\_\_\_

NAME \_\_\_\_\_

SIGNATURE \_\_\_\_\_

(Signature of parent/guardian if under 18 years of age)

## SUN RUN SUPPORTERS

**THE RUNNING ROOM  
TIMEX**

**BEACHES REALTY LTD**

**7<sup>th</sup> AVE FASHIONS**

**PORTEOUS PROMOTIONS  
CHORNEY'S VEGETABLES & FRUIT  
PLESSIS IGA  
JOHNS MANSVILLE**

**THE KEG  
GRAND MARAIS VILLAGE STORE  
DORIS' GROCERY**

**BOSTON PIZZA SELKIRK  
M&M MEATS SELKIRK**

Grand Beach Sun Run Logo designed by:  
Deschenes Regnier

## Grand Beach Sun Run 28th Annual



**SUNDAY JULY 10, 2011  
8:30 AM START**

**GRAND BEACH  
PROVINCIAL PARK  
WEST BEACH**

**TIMEX  
NATIONAL  
ROAD RACE  
SERIES**

