

**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 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, Concordia Hospital, 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 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 is required for all children under the age of 18 in order to participate.



*Empower Run 2012 Proudly Supported by:*



**TIMEX**



**World of Water**  
PURE WATER SPECIALISTS



LM Architectural Group



**2012  
Empower Run**

**10km Provincial  
Championship Run**

**5km Fun Run**

**5km Fun Walk**

**2km Walk**

**Sunday, September 16, 2012**

**9:00 am**

**KILDONAN PARK  
(Main Street)**

**EACH STEP COUNTS  
TOWARDS BETTER HEALTH**

**Please continue to support  
Concordia's Community Clinic Project.**

# 2012 Empower Run

Athletics Manitoba in partnership with the Concordia Foundation is pleased to host the Empower Run on Sunday, September 16 at Kildonan Park. This year's race is in support of *Concordia's Community Clinic Project*. Whether you want to walk or run the 5km 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!

5km Fun Walk - Participation Ribbon

5km Fun Run - Ribbon for top three male and female athlete in each five year age group

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 16, 2012

**TIME:** 9:00 am start for the 10km  
9:05 am start for the 5km  
9:10 am start for the 2km

For further information please contact

Athletics Manitoba at (204) 925-5744 or  
Concordia Foundation (204) 661-7156

## REGISTRATION

### EARLY BIRD REGISTRATION DEADLINE

**Tuesday, September 4, 2012**

#### 10KM RUN (Timed)

##### Registration fee includes:

- Technical Shirt
- Participation in the 10km Provincial Championship
- TIMEX points for 10km event

Cost:

\$25.00 for Athletics Manitoba Members  
\$40.00 for non Athletics Manitoba Members

Membership information and registration available at  
[www.athleticsmanitoba.com](http://www.athleticsmanitoba.com)

#### 5KM FUN RUN (Timed)

##### or 5KM FUN WALK

\$20.00

#### 2KM FUN WALK

\$15.00

## LATE REGISTRATION

### NO TECHNICAL SHIRT

Please note that

Race Day registration available 7:45 - 8:15 am

South Shelter

## RACE KIT PICK UP

### Concordia Hospital Front Lobby

Friday, September 14th 10:00 am - 3:00 pm

### Kildonan Park

Sunday, September 16th 7:45am - 8:15am  
South Shelter

## REGISTRATION

### CHOOSE YOUR EVENT

- 10km (AM Member \$25.00)
- 10km (Non Member \$40.00)

Technical T-shirt Size S M L XL

**T-shirt for those registering by September 4 for the 10km Run:**

- 5km Fun Run (\$20.00)
- 5km Fun Walk (\$20.00)
- 2km Fun Walk (\$15.00)

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

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

Age as of April 13th (YYYY/MM/DD)

What is your age at the time of registration? \_\_\_\_\_

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

City/Town: \_\_\_\_\_

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

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

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

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

Team Name (if applicable): \_\_\_\_\_

*Membership number must be included for discount.*

Online registration available at  
[www.athleticsmanitoba.com](http://www.athleticsmanitoba.com)

**Please consider a tax receiptable donation to  
Concordia Foundation**

Total Amount Enclosed: \$ \_\_\_\_\_  
Charitable Registration # 13056 5556 RR0001

Cheques payable to: Athletics Manitoba

Please mail to:

*Athletics Manitoba*

*145 Pacific Ave., Wpg. MB R5B 2Z6*