

Registration Form

Please indicate the event you are registering for:

	Regular/Youth Until July 7	Regular/Youth Until Aug 4	Regular/Youth Until Sept 2
<input type="radio"/> The North West Company Half Marathon	\$45 / \$15	\$60 / \$20	\$70 / \$25
<input type="radio"/> 10K Run/Walk	\$35 / \$15	\$45 / \$20	\$55 / \$25
<input type="radio"/> 3K Walk	\$35 / \$15	\$45 / \$20	\$50 / \$25
<input type="radio"/> 3K Family Walk*	\$60 / NA	\$70 / NA	\$80 / NA
<input type="radio"/> Kids Fun Run (8 and under)	FREE	FREE	FREE

*Family teams are minimum of 3 family members, a maximum of 5 and need to include at least 1 adult. **Youth is defined as 9 – 15 years of age.

Register by July 7th and have your name entered into a draw for a chance to win a 2 night stay for 2 at the Elkhorn Lodge in Clear Lake, MB.

Name: _____

Address: _____

City: _____ Postal Code: _____

Day Phone: _____

Email: _____

Company: _____

Gender: _____ Age: **YYYY / MM / DD**

Circle your shirt size: **W** - S M L XL • **M** - S M L XL
Y - S M L (shirt sizes are not guaranteed)

Do you want to fundraise for the CDA? Yes No

Circle your payment option: Cash Visa MC Cheque
(cheque payable to the Canadian Diabetes Association, do not mail cash)

Card Number: _____

Expiry: _____ Signature: _____

Cost: _____ CDA Donation: _____

Total amount being charged: _____

Signature: _____ Date: _____

A registration form and waiver (on back of this form) must be completed for all individuals including children. Please contact Race Director John at jmurphy@myrmts.net or 204-895-4013 or Kelvin at kelvin.hollender@diabetes.ca or 204-925-3800 x 225

Mail form and payment to:

Canadian Diabetes Association
200 – 310 Broadway, Winnipeg, MB R3C 0S6
or register on-line at www.runningroom.com

On-line registration closes on Aug. 29 at 11:59 pm or register in person at any Running Room location in Winnipeg until Sept. 1st or at the Kenaston Running Room location until Sept. 2nd. On site, race day registration for the 3K walk and kids fun run only.



Raise Funds!

In addition to walking or running, we encourage you to raise funds to support the great work of the Canadian Diabetes Association including research, education, advocacy and programs such as our camps for children with Type 1 diabetes.

Fundraising Incentive Prizes!

Raise \$125 (\$75 for youth) and receive a Canadian Diabetes Association t-shirt, and also be eligible for one of the following fundraising prizes!*

- **Raise \$250**
Limited edition compact Team Diabetes umbrella
- **Raise \$500**
Customized Team Diabetes sport backpack
- **Raise \$1000**
Ryder Caliber Sunglasses with 100% UV and 3 interchangeable tinted lenses
- **Raise \$2000**
Flip Video Camera, 8 GB HD with up to 2 hours video, PC/Mac compatible

Plus all finishers will receive a medal!

A grand prize of a \$1200 travel certificate to the destination of your dreams will be awarded to the top fundraiser!

Activities start at 8:00 am at Assiniboine Park, Winnipeg.

For more event day information please visit www.runfordiabetes.ca or contact John at 204-895-4013 or Kelvin at 204-925-3800 x 225.

Join Hot 103 personalities Ace Burpee and Chrissy Troy on September 3rd and make a difference!

**The Canadian Diabetes Association reserves the right to substitute prizes of equal or greater value*



Run for Diabetes

presented by



Monday, September 3
Assiniboine Park, Winnipeg
Walk or Run! Family Fun! Prizes!
Refreshments! Kids Event!

**The North West Company Half Marathon,
10K, 3K, Kids Fun Run**

Register: www.runningroom.com

or in person at any Running Room location in Winnipeg

Get active while raising vital funds in support of the Canadian Diabetes Association and the 9 million Canadians living with diabetes or pre-diabetes.



runfordiabetes.ca | 1-800-BANTING (226-8464)

Run for Diabetes Donation Form

- Please sign the back of any cheques made out in your name
- Please only include donors for whom you are currently submitting funds
- Donations over \$15 will receive tax receipts for income tax purposes
- Please do not mail cash - cheques, money orders, credit card information are accepted in place of cash

Participant name: _____

Phone number: _____

Email: _____

Address: _____

Thank you for your support and see you at the event!

Name of donor	Address (Please print clearly and in full or tax receipt may not be issued)	Phone number	Donation Amount submitted	Tax receipt required?	Cheque # or credit card # and expiry date
John Sample	1234 Main Street Runville, ON M1B 3X2	123-456-7890	\$100.00	Yes	Cheque #123
Fundraising money/miscellaneous cash donations not requiring a receipt			\$		
Total pledges remitted			\$		

Mail collected donations to:
Canadian Diabetes Association,
200 - 310 Broadway, Winnipeg, MB R3C 0S6

Questions: Race Director John at jmurphy@
mymts.net or 204-895-4013 or Kelvin at kelvin.
hollender@diabetes.ca or 204-925-3800 x 225



runfordiabetes.ca
1-800-BANTING

Charitable Number 11883 0744 RR0001

cut here ✂

Thank you for registering for the Run for Diabetes

Run for Diabetes is a great way to spend time with friends and family, be active all the while raising vital dollars to help the Association lead the fight against diabetes by helping people with diabetes live healthy lives while we work to find a cure.

The Canadian Diabetes Association sincerely thanks everyone who supported Run for Diabetes including our volunteers, sponsors, donors and participants.

Participant Waiver

Waiver and Release 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 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/walking this event including but not limited to falls, contact with other participants, the effects of weather including heat and/or humidity, the conditions of the roads and the presence of traffic, 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 may claim on my behalf agree not to sue and waive, release and discharge all persons participating in the operation of this event including without limitations: The Canadian Diabetes Association, The Race Director, The Manitoba Runners Association, The Assiniboine Park Conservancy, The City of Winnipeg, The Province of Manitoba, The Running Room, all sponsors, their successors and any and all personnel whether volunteer or otherwise, acting on their behalf (the Releases) for any and all claims, demands, 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 this event. I also indemnify and hold harmless the Release 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 understand all of the above.

Signature of parent or guardian required if the entrant is under 18 years of age.

