

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)

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

2014 McMAHON MILE

MONDAY, AUGUST 4, 2014

START AT: 10:00 AM

**CONCURRENT WITH THE START OF
THE ISLENDINGADAGURIN PARADE**

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

Athletes should be capable of at least an 25 minute mile.

The Course: begins at corner of Centre Street and Highway #7, running east down Centre Street to 1st Avenue and north on 1st Avenue to 4th Street North then west on 4th Street North to finish just past 3rd 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
2011	Calvary deJong	4:46.5
2011	Lacey deJong	5:29.5
2012	Brian Walker	4:30.5
2012	Darolyn Walker	4:47.5
2012	Brian Walker	4:29.5
2012	Darolyn Walker	5:25.8

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: 9:15 AM to 9:45 AM

Pre:Registration closes: August 1, 2014

Race Day Registration: 9:00 AM to 9:40 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:

Cam Arnason at:

crarnason@hotmail.com

Gimli – (204)-642-8636

Winnipeg: Chris Belof at:

chris.belof@shaw.ca

(204) 925-5743

Prizes: One Mile - Open

Male: 1st \$150.00

Male: 2nd \$100.00

Male: 3rd \$50.00

Female: 1st \$150.00 - Open

Female: 2nd \$100.00

Female: 3rd \$50.00

Youth Section – Born in 1997,1998. Nike Victory Shoes to Winner in male and female. T-shirts to 2nd and 3rd male and female.

New- Midget Section – Born in 1999 or later, Nike Victory Shoes to Winner in male and female. T-shirts to 2nd and 3rd

Registration fees are non-refundable.
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 nonmembers AC/AM

Race Day Registration: \$10.00

For members of Athletics Canada/AM

Race Day Registration: \$13.00 For non-members of Athletics Canada/AM