

TEAM NAME

DIVISION

- Corporate Friends & Neighbours
- High School Masters

CATEGORIES

- Male Female
- Mixed

NAME

SIGNATURE

EMAIL T-SHIRT SIZE

NAME

SIGNATURE

EMAIL T-SHIRT SIZE

NAME

SIGNATURE

EMAIL T-SHIRT SIZE

NAME

SIGNATURE

EMAIL T-SHIRT SIZE

NAME

SIGNATURE

EMAIL T-SHIRT SIZE

LAP COUNTER

EMAIL T-SHIRT SIZE

Cannot guarantee t-shirt size

Entry deadline Mar 17, 2015
\$150/team

Entry after deadline
\$175/team

Cheques payable to
"Great Grain Relay"
and mail to:

"Great Grain Relay"
Attn: Richard Huybers
86 Fordham Bay
Winnipeg, MB
R3T 3B7
rhuybers@shaw.ca

OR

Register online at:
www.runningroom.com



Saturday Mar 21, 2015
12:00 p.m. - 2:00 p.m.

Max Bell Centre
University of Manitoba

In support of:



www.greatgrainrelay.ca

THE 33RD ANNUAL GREAT GRAIN WELLNESS RELAY

The Race is 2 hours total- the team going the farthest wins. Each team member must run 4 laps (800 m) continually on each turn. Each member must run its sequence as per their submitted list to the lapcounter.

The Course is the indoor 200 meter track of the Max Bell Centre, at the University of Manitoba

Requirements

Each team must have their own lap counter.

All lap counters must be registered with the team enTry and must report in by 11:00 am on race day for training with their team.

For further information contact Race Director Steve Pazdor at (204) 697 4804.

Team Divisions and Requirements

All Teams	Must consists of 5 members. Each team must provide one additional person to act as lap counter
Corporate	Members must be full-time employees of the firm they represent. All government employee teams must consist of employees from the same department
Friends & Neighbours	Open to anyone
High School	Open to students, teachers, and employees of specific high school

AWARDS AND PRIZES!

- Cabin Fever Cup to overall corporate winner
- Individual prizes to all members of winning teams
- Team awards to 1st, 2nd, and 3rd place teams in each category
- Spot prizes through the race
- All teams receive complimentary t-shirts!
- Massage therapist on site

ENTRY FORM

\$150.00 per team until Mar 17, 2015

\$175.00 per team after Mar 17, 2015

Method of Payment

Cheque MasterCard Visa

In consideration of the acceptance of this entry in the Great Grain Relay, I, for myself, my heirs, executors, administrators and assigns, waive any claims to which I may become entitled for injury or damage and release the Great Grain Relay organizing Committee and all other organizers, sponsors, representatives, their agents, and other participants and volunteers in the Great Grain Relay from any claims for damages or injury suffered by me as a result of my participation in this event. I further state that I am in proper physical condition to participate in the event and I am aware that running is a potentially dangerous activity and am aware that participation could, in some circumstances, result in physical injury. I give my permission for the free use of my name and picture on broadcast, telecast, or written account of this event.