

PHYSIO FIT RUN

Saturday, May 3, 2008
Assiniboine Park

The 10km PHYSIO FIT RUN is gold sanctioned by Athletics Manitoba and Timex Road Race Series #4. A 5km Fun Run, 10km Inline Skate and 3km Walk will also take place. Proceeds from the event go towards supporting KidsSport Manitoba. To further our support, KidsSport Manitoba will be accepting donations of new or gently used athletic equipment on race day.

Awards: 10km Road Race: Top male/female finishers in 5 year age categories as well as the first overall male/female finishers. In-Line Race: Top male/female finishers in each age category. Random draw prizes abound at the end of the race giving everyone a chance to win!

T-shirts: Early registration guarantees a shirt. On race day, shirts are available on first come, first serve basis.

Race Kits: Race kits including your race number, other important information and T-shirts will be available for pre-race pick-up on Thursday, May 1, 2008 from 4-9pm at The Running Room (corner of Grant and Kenaston) or on race day from 7:30-8:30am at the Assiniboine Park.

Registration: On race day from 7:30-8:30am at the Assiniboine Park for the 5km and 3km. No race day registration for 10km Road Race or Inline Skate. All other pre-registration is by mail, at the Running Room or online at www.runningroom.com.

**Deadline for EARLY REGISTRATION is
April 25, 2008**

Race Times:	10km Inline Skate	8:00am
	3km Walk	9:00am
	10km Run	9:30am
	5km Fun Run	9:35am

Fees:	<u>Up to & including Apr. 25</u>	<u>After Apr. 25</u>
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10km Road Race

Individual	\$20	\$30
School Group	\$15/student	not allowed

5km Fun Run

Individual	\$15	\$20
School Group	\$10/student	not allowed

3km Fit Walk

Individual	\$15	\$20
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10km Inline Skate

Individual	\$20	\$25
School Group	\$15/student	not allowed

*School Group rates apply for **Early Registration only** and must be received as a group of **5 or more**.

***Athletics Manitoba Members:** \$3.00 discount (**10 km run only**) with registration of your membership number (does not apply to school group rates).

*No dogs please.

Inline skaters will not be allowed to participate unless they wear a helmet.

NO RACE DAY REGISTRATION FOR 10KM EVENTS

Questions?
physiotherapyworks@mts.net
Ph. 942-2463



For ALL EVENTS complete the following Waiver:

I know that participating in any one of the events of the Physio Fit Run is a potentially hazardous activity. I wish to participate and assume any and all risks associated with this event, including but not limited to falls, contact with other participants, the effect of weather, the conditions of 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 limitation the Physio Fit Run, Sports Physiotherapy Division, Athletics Manitoba, Timex Canada, the City of Winnipeg, the Province of Manitoba and any and all other organizers, sponsors and participating organizations, their personnel whether volunteer or otherwise, and anyone acting on their behalf (the Releasees) for any and all claims, demands, causes of action, damages, or injuries, whether caused by the negligence of the Releasees 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 Releasees from any liability incurred by them and caused by myself. I hereby grant permission for the use of my likeness participating in this event without obligation or compensation to me. I allow Athletics Manitoba to use my name and age to be used for final results that will be posted and released to the public. In order to participate in the Inline Skate I must wear a helmet as part of the Waiver and Release. I acknowledge that I have read and understood all of the above.

Signature: _____ Date: _____
(Parent or Guardian if under 18 years)

Registration: (print clearly) (No refunds)

Last Name: _____ First Name: _____

Address: _____

Postal Code: _____ Male _____ Female _____

Phone No.: (____) _____ Age (as of May 5/07) _____

Date of Birth: Month _____ / Day _____ / Year _____

School Group Name: _____

Athletics Manitoba Number: _____

Event: 10km Run 5km Fun Run 3km Walk 10km Inline Skate

Shirt Size: Adult S M L XL

(Circle) Youth S M L

Please return signed waiver, registration form, and cheque (payable to Physio Fit Run) to:

Physio Fit Run
32 Elmvale Crescent
Winnipeg, Manitoba R3R 2S4
(Or drop off at any Running Room location)

Register online at www.runningroom.com
The Running Room is committed to protecting the personal information of our customers -
See mailprivacy@runningroom.com for more details