

Registration

First Name \_\_\_\_\_ Last Name \_\_\_\_\_

Address \_\_\_\_\_

Telephone \_\_\_\_\_

City \_\_\_\_\_

Province \_\_\_\_\_

Postal Code \_\_\_\_\_

Birthdate \_\_\_\_/\_\_\_\_/\_\_\_\_

month day year

Email address \_\_\_\_\_

Age on August 27, 2006 \_\_\_\_\_

Male \_\_\_\_\_ Female \_\_\_\_\_

AM Membership #2006 \_\_\_\_\_

Enter Me In: 10K Run \_\_\_\_\_ 3K Walk \_\_\_\_\_

Entry Fees Before Race Day

10K Run \$15

3K Walk \$7

Athletics Manitoba members \$3 discount

Entry Fees Race Day

10K Run \$18

3K Walk \$10

Please send entries to:

Brenda Michel-Drabky

62 Haultain Crescent

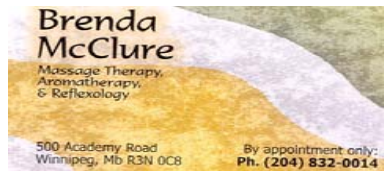
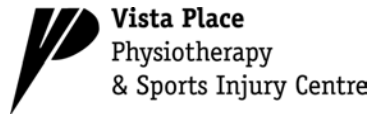
Winnipeg, MB

R3K 1P1

Please make cheques payable to 'Brenda Michel-Drabky' with a memo of 'Run To Remember'

Please sign waiver form on back of sheet

Please support our sponsors who have contributed to this event



Georgine Cook



Ginny Brown/Cathy Sutton



the best in running and walking

Grant Park Shopping Centre  
152-1120 Grant Ave.  
Winnipeg, Manitoba R3M 2A6

Ph: (204) 477-4975

Debra Supeene



Run to Remember

10K Race and 3K Walk

8 AM

August 27, 2006

St Vital Park

Timex Series Event 13



Sanctioned By



## Entertainment At The Park



### Debra Lyn Neufeld

“... and now for a woman’s perspective on the blues...Ms. Debra Lyn Neufeld~ Big Dave McLean

Picking up the guitar at the tender young age of 30, Debra Lyn delivers passionate original tunes as well as blues standards that are still inspiring today. Carrying on a tradition of music, energized with her own style.

Debra Lyn Neufeld also steps out with “Lock Up Your Sons” her debut CD of her 12 original tunes.



## About The Race

The After Five Running Club wishes to remember their club member and dear friend Debra Supeene with a commemorative running of the Debra Supeene Run to Remember 10K Run and 3K Walk. Debra passed away in 2001. One of our last club runs together with her was in St. Vital Park where she often ran with the After Five club. She often chose the park to find solace and tranquility with her dog, Sadie. Her hearty laugh and huge smile are sure to be remembered by all who knew her. The race itself is a certified 10K course.

### Race Kits

Race kits will be available for pickup at St Vital Park duck pond starting at 7 AM on August 27, race day. There will be no race kit pickup prior to race day.

### Awards

There will awards for the top 3 in each age class.

### Prizes

There will be random draw prizes given out after the event concludes.

### Event Details

The 10K race will start and finish in St.Vital Park, but will take a route outside the park into the Pulberry area. There will be a water station at the half way mark of the 10K. Refreshments will be available at the end of the race.

The 3K walk will cover a route in the park only.

Please visit the Debra Supeene Run to Remember web-site at :

<http://www.members.shaw.ca/debrasupeene>

## Waiver

### Athlete’s Waiver and Release

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 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 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 condition of roads 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 myself, 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 **Debra Supeene Run to Remember**, Athletics Manitoba, **Timex Canada**, the City of Winnipeg or Town/Village, the Province of Manitoba, 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, causes of action, damages, or injuries, whether caused by the 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 Release’s 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 final results that will be posted on our website and acknowledge that I have read and understood all of the above.

---

Signature

---

Date

---

(Must be signed by Parent/Guardian if under 18 years of age)