



MOUSE UPDATE

Athletics Manitoba

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Road Race Committee

If you are interested in
becoming involved, please
contact the office!

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Staff

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Hello Fellow runners and walkers!

It's been awhile since I have given you an update on the Cancer Journey that I have been on since July 19, 2007. Here we are into February and the journey is still going ...

I finished all of my radiation and chemotherapy treatments in October. Now the long and winding road of healing is underway. Well let's just say it has not been the smoothest one. There have been a few hurdles along the way (thank God for that pole vault pole!).

I have managed to get rid of my PICC line in my left arm. I still have my faithful friend the DAMM feeding tube—it has been my lifeline. Due to the swelling in my throat from the 35 radiation treatments I am still having trouble swallowing even soft foods. I use a product called Nutren 2.0 which has 500 calories per can, I started off with Nurtren 1.5 which had 355 calories but even with the increase in calories I still seem to be losing weight (can we say 35 pounds).

That doesn't seem to be the only thing that I am losing as my hair is falling out very slowly strand by strand. I find that my pillow is coated in them when I get up. When I wash and brush it my comb and brush have more as well. I just hope that I don't end up bald!

I have not been getting out for walks as much as I'd like, mostly due to the great cold weather that Mother Nature has seen fit to share with us this winter.

I want to thank everyone who has kept in touch via email and phone, these messages make my days easier to get through. I apologize if I have not always answered right away, some days are better than others.

If anyone has questions or just wants to chat please feel free to contact me at 453-6145 or email mouse1001@shaw.ca

Take care everyone and stay warm!
Marilyn Fraser

Marilyn Fraser is a member of the Run Manitoba Committee and a long time road runner. We wish Marilyn a full recovery!

Some of our members indicated that they did not receive the last newsletter so we decided to re-print some of the information from the October newsletter.

My Marathon Experience Jeff Vince

Jeff is co-chair of the Run Manitoba Committee and dedicates countless hours to the planning of road running events in Manitoba each year. Athletics Manitoba appreciates Jeff's dedication to the road running community and wishes him success in his 2008 running endeavors!

I started running in the early 1980's. My first race was the *Tribune Run for Fun*. I trained for 6 weeks in the spring and then stopped running after the race. This started my interest in long distance running. I was an over weight couch potato with a stressful desk job. My time was devoted to family and work. I found that running helped me to lose weight and reduce stress. I started to run at work at noon. Often I would either solve a problem or decide that what I was stressing about really was not that important.

A friend from work and I ran the Manitoba half marathon in 1984. I was training to do my first marathon in 1985 when I ruptured my appendix and had to put my dream on hold. I ran my first Manitoba Marathon in 1986 at the age of 38 and finishing in the University Stadium will always be a favourite memory.

In 1990, my friend Rob Dech and I ran over 2,000 miles. We encouraged each other to run more miles each year. Over the years we have run many road races together.

While working full time I could only do one marathon a year. I retired in 2003 at the age of 55. I continued to work part time but now had time to train for more marathons. I was able to combine family holidays with my marathon hobby. I was a workaholic and the marathon training helped make the transition away from work.

I am not superstitious but I wore the same hat for 25 marathons. I wear a red and white Canada singlette when I run a marathon outside of Canada. In the USA I hear, "Go Canada" and people singing the first line of "Oh Canada. In Greece I heard "Bravo Canada".

I have completed 29 marathons to date including the Manitoba Marathon 17 times. One year the course was closed since it was 33 degrees with high humidity.



Here is an overview of the marathons I have completed to date:

Twin Cities

In 1991, I did my fastest marathon time of 3:32. The finish at the state capital is spectacular.

In 2006 I took the tour arranged by Terry Cooke. I recommend this since it is very well organized. However this same year a runner ahead of me stopped to walk. I tripped and fell and had to limp the final 6 miles. This was the only time I had to go to the medical tent at finish line. The doctor said that marathoners have high pain thresholds.

Saskatoon 2002 and 2003

A nice course with most of the two-loops beside the river.

Regina 2004 and 2007

Better scenery than you would expect in Regina.

Red Deer 2005

On a very hilly course. We also included a family holiday in the Rocky Mountains.

Chicago 2005

This was thrilling. I ran with a friend along with 33,000 full marathon finishers and over a million spectators. It is on a flat course that weaves through diverse neighborhoods and dozens of landmarks. You are always running in a crowd and meet runners from all over the world.



Fargo 2006 and 2007

In 2006, I pulled a hamstring about 8 miles into the race. I walked and ran the last 10 miles with a friend John Wichers. I enjoyed the entertainment and many spectators more than if I ran faster. This past year I finished in a time of 3:47 which qualified me for the 2008 Boston marathon. This was a long time goal of mine. Murray Rose and some other Manitoba runners were at the finish line inside the Fargo Dome.

Walt Disney 2007

The race started at 6:00 AM with fireworks. We ran through the four Disney theme parks. Unfortunately I lost my timing chip at about 13 miles. Despite not having a time I got to spend more time in the MGM and Epcot Theme Parks. We visited Disneyworld for 3 days and toured Florida for a week.

Athens Marathon in Greece 2007

The Athens Marathon covered the same ground that the Athenian messenger Phidippides ran when he brought news of victory from the battlefield of Marathon almost 2,500 years ago. When you run the Athens Marathon, you run in the very footsteps of the ancient gods and heroes that gave birth to western civilization. The finish line is in Athens' magnificent Olympic Stadium, the birthplace of the modern Olympic Games. This is an experience they'll never forget! I took the 11 days tour arranged by Apostolos Greek Tours. Jeff Galloway writer and Olympian was on the tour and gave several running clinics. I recommend this tour since they take care of everything. The web site is <http://www.athensmarathon.com/index.html>

People on the tour posted their pictures from Athens at <http://apostolosgreektours.multiply.com/photos>

My next event is the Boston Marathon in April. Barry Gordon qualified for this race also. He passed away running a half marathon in August but will be beside me on this marathon.



Barry Gordon
May 18, 1947 ~ August 19, 2007

Barry Gordon started running in the late 1970's. Over the years, Barry ran more than a dozen marathons and many half marathons. His best time was in the Saskatchewan Marathon (Saskatoon) in October 1982 with a time of 3:23:32. He talked enthusiastically about running and was a member of Athletics Manitoba and the Manitoba Runners' Association.

Barry trained hard and qualified for the Boston Marathon on Father's Day at the Manitoba Marathon. Barry married Dorothy McColl at the Leo Mol Sculpture Garden in Assiniboine Park in July and the couple was planning the Boston trip.

With regret, Barry was not able to fulfill his Boston dream. On August 19, 2007 Barry collapsed while competing in the Ron Melnichuk half-marathon.

The running community, wearing their running shoes as a tribute to Barry, gathered on August 24 at Thompson Funeral Chapel to honour Barry's memory. A fellow runner, Pastor Tedd Dodd, conducted the funeral service. A table with Barry's race bibs, shoes, socks, watch, and medals from various races was set up and a computer slide with Barry and his fellow runners at various events was shown.

Barry's wife, Dorothy, said that Barry hated 'loose ends' so approximately 70 runners finished Barry's race for him on Sunday, August 26.

Barry will be missed by the running community. Barry had told Dorothy that she should keep on running after he goes ... let's honour his memory by doing just that!

2008 Canadian Marathon Championships
May 25, 2008
Ottawa, Ontario
www.runottawa.ca

Marathon Running Jeff Vince

Running and training for a marathon is a different sport from regular road running. It requires disciplined training and lots of hard work.

Former cyclist Lance Armstrong who won the Tour de France seven consecutive times finished the New York City Marathon, told reporters that "he underestimated the difficulty of the marathon, saying that it trumped all of the events in his 20-year career as a professional athlete. Nothing was as hard as that, and nothing left me feeling the way that I feel now in terms of just sheer fatigue and soreness," Armstrong told Reuters. "For the level of condition that I have now, that was without a doubt the hardest physical thing I have ever done," "I never felt a point where I hit the wall, it was really a gradual progression of fatigue and soreness."

A friend sent me e-mail after she completed the Twin Cities Marathon. "Have you ever had your best day ever....not like your wedding day, or the day your kids were born....those are too obvious....this past Sunday was my best day. The day I completed my first full marathon."

Marathon running can be a hobby and a passion for people. I have met people who have run a marathon in all 50 states and or all 10 provinces. Some have also run a marathon in the 7 continents. Antarctica is a great challenge. I have a friend Ada who has done 65 marathons. Tom from Selkirk is hoping to do his 100th marathon on Fathers Day in Winnipeg. They are an inspiration.

The hardest part of a marathon is the training. Running over 20 miles alone or with a few others is very difficult both physically and mentally. You have time to think or relax the mind. Doing the marathon can be easier with spectators and water stops. This is the reward for the training. It is the thrill of finishing not the thrill of victory. Everyone who finishes is a winner.

Running is good for fitness and keeps a person young. There is a social element for half and full marathons. This attracts many female and older runners who do not want to run competitive road races. Some run slow but finish. Running stores have clinics to help people train. I have talked with several runners who do the "Joints in Motion" trips for people to run or walk marathons. Team Diabetics and Team in Training for Leukemia have trips to do full of half marathons.

I traveled with a tour group when I ran the 2008 Athens marathon. There were runners from all over North America who paid to run the original marathon. I ran the hilly course in 4:10. This is not fast but it was 18 out of 114 runners on the tour that finished the marathon.

I will be doing an article on my personal marathon training tips for the next newsletter. If you would like to add any information that you think would be helpful to our Run Manitoba members in regards to marathon training please forward your tips to Diana Stevens at Athletics Manitoba diana_stevens@shaw.ca by March 15, 2008.

**NEW FOR 2007!
RUN MANITOBA YOUTH SERIES AWARDS**

The top three point scorers (male and female) in each age category were awarded for their achievement at the Run Manitoba Awards Night. Age was determined as of the date of the first Timex race (April 15, 2007).

Female 12 & under	Point Total	Races Run
Kirstin Bilous	1,215	5
Shandra Ready	765	3
Tarina Ready	715	3
Danielle Somers	300	1
Female 13-14		
Kaitlyn Wiens	990	4
Taylor Richtik	300	1
Marita Mala	245	1
Female 15-17		
Jaclyn Adamson	885	3
Richelle Ready	845	3
Sarah-Anne Brault	300	1
Janelle Remillard	265	1
Kelsey Hawryluk	265	1
Margaux Beauchenin	255	1
Myriam Leclercq	235	1
Sylvie Michaud	225	1
Male under 12		
Owen Ready	485	2
Will Purves	255	1
Kyle Saunders	245	1
Male 13-14		
Colton DeVries	755	3
Dillon McTaggart	715	3
Male 15-17		
John Lawler	1,100	4
Jason Crowley	795	3
Jordan Saccucci	785	3
Blair Peters	600	2
Alastair Brown	585	2
Trevor Penner	470	2
Delohnni Nicol-Samuel	265	1
Mark Okany	265	1
Scotty Dueck	255	1
John Amy	245	1

Run Manitoba Youth Series & Timex Series Continues in 2008!

An Athletics Manitoba or Run Manitoba membership is required to accumulate points for the Manitoba Youth Series and Timex Series

Youth Series Criteria

The top three point scorers (male and female) in the three year age categories will be awarded for their achievement the Run Manitoba Awards Night.

A minimum four (4) races competed are needed to qualify

Points from the best 8 races will be used for final calculations.

The age category will be determined as of the date of the first Timex race (April 13, 2008)

**Only sanctioned Athletics Manitoba races will be recognized.
The races must be officially timed and must be 5 K or less in distance.**

2008 Youth Series

Age Categories ~ Male and Female

12 & under

13-14

15-17

Tentative 2008 Youth Series Races

April 13	Puma 5km	Assiniboine Park
April 20	Puma 5km	Assiniboine Park
April 27	Puma 5km	Assiniboine Park
May 3	Physio Fit 5km	Assiniboine Park
May 3	Run at the Ridge 5km	Whyte Ridge School
May 10	Headingley 5km	Headingley, MB
May 23	Brandon 5km	Brandon, MB
June/August	Cross Country Series	Churchill Drive
July 13	Grand Beach 5km	Grand Beach, MB
August 3	Gimli 1 mile	Gimli, MB
August 17	Ron Melnichuk 5km	Birds Hill Park
September 7	Investors 5km	University of Manitoba
September 21	CN 5km	Assiniboine Park

2008 Timex and Youth Series Point System

Place	Points	Place	Points	Place	Points
1	300	2	285	3	275
4	265	5	255	6	245
7	235	8	225	9	215
10	205	11	195	12	185
13	175	14	165	15	155
16	154	17	153	18	152
19	151	20	150		

Points will continue to decrease by 1

Timex Criteria

The top three point scorers (male and female) in each five year age category will be awarded for their achievement the Run Manitoba Awards Night.

A minimum five (5) races competed are needed to qualify.

Points from the best 9 races will be used for final calculations.

Only Timex races run in Manitoba qualify for points in the Athletics Manitoba Timex Series.

The age category will be determined as of the date of the first Timex race (April 13, 2008).

Age Groups (Male and Female)

Under 14	15-19	20-24	25-29	30-34	35-39	40-44	45-49
50-54	55-59	60-64	65-69	70-74	75+		

*Final Manitoba Timex 2007 (Top 3 in each age group win)
5 races needed to qualify. The best 9 race points used for final calculations*

CATEGORY	NAME	Place	01 Puma K	02 Puma K	03 Puma K	04 Physio 10 K	05 Head K	06 Brandon Half	08 Grand K	09 Gimli M	10 Ron M Half	11 Invest K	12 CN 10 K	Grand Total	Races Done
F0114	Kirstin Bilous		140				205					155		500	3
	Kaitlyn Wiens		144				225							369	2
	Danielle Somers						235							235	1
	Meaghan Conrad					205								205	1
	Marita Mala		165											165	1
	Shandra Ready		152											152	1
	Tarina Ready		146											146	1
F1519	Alice Sherwin		245	275										520	2
	Richelle Ready		225										275	500	2
	Sarah-Anne Brault		300											300	1
	Jaclyn Adamson		255											255	1
	Melanie Gregoire		235											235	1
	Janelle Remillard		195											195	1
	Margaux Beauchenin		185											185	1
	Myriam Leclercq		155											155	1
	Sylvie Michaud		154											154	1
F2024	Ingrid Sproll									300				300	1
	Gina Tessman			265										265	1
	Erin Braun		205											205	1
F2529	Darolyn Trembath	1	285	300		300					300		300	1485	5
	Cathy Cullen		265	285	300									850	3
F3034	Meeghan West	1	153	235	265	255	285		275	245		245	235	2193	9
	Georgette Mink		275			285								560	2
	Kim Witges		175	245										420	2
	Joanne Neepin		142										165	307	2
F3539	Brigitte Klazyk-Mykytyn	1	148	215		225	255				275	235		1353	6
F4044	Andrea Paci	1	215	255	285	275	300		300	285		285	285	2485	9
	Lorraine Murray	2	149	205	255	245	265		285			265	245	1914	8
	Jill Saunders		139						235			154	154	682	4
	Kathy Smith		145									175		320	2
	Susan Ready		143											143	1
F4549	Fiona Fleming	1	151			265	275			275	285	255	225	1731	7
	Dawn Clark										300	275	265	840	3
	Deb Fraser					215							185	400	2
	Dorothy McColl											185	175	360	2
	Kathy Wiens												255	255	1
F5054	Erin Burns-Flett	1		185	235	195	215		255	235	265	195	195	1975	9
	Shelley Borschawa	2	147	195	245	235	245			265		215	215	1762	8
F5559	Diane Shoemaker	1	141	175					245			165	155	881	5
	Mia Schorpion											205	205	410	2
F6064	Georgine Cook	1	150	225	275				265	255		225		1395	6
M0114	Colton Devos	1	140	147	149	153	235					165	149	1138	7
	Dillon McTaggart	2	117			143	145		153			148	136	842	6
	Will Purves											147		147	1
	Kyle Saunders											146		146	1
	Riley MacCharles		144											144	1
	Andrew Lawler		126											126	1
	Owen Ready		120											120	1



2008 Road Running Calendar

Run Manitoba Tentative 2008 Road Running Calendar

APRIL

Sun 13 PUMA ROAD RUNNING SERIES FOR HEMOPHILIA

Timex #1: 5 km race

Assiniboine Park (Duck Pond) 9:00 am

Pat Riddell 669-2218 983-3805

Christine Keilback 775-8625

Ingrid Olson 787-7000

chsmb@hemophilia.mb.ca

www.pumaroadrace.com

Sun 20 PUMA ROAD RUNNING SERIES FOR HEMOPHILIA

Timex #2: 10 km race

Assiniboine Park (Duck Pond) 9:00 am

Pat Riddell 669-2218 983-3805

Christine Keilback 775-8625

Ingrid Olson 787-7000

chsmb@hemophilia.mb.ca

www.pumaroadrace.com

Sun 27 PUMA ROAD RUNNING SERIES FOR HEMOPHILIA

Timex #3: 15 km race

Assiniboine Park (Duck Pond) 9:00 am

Pat Riddell 669-2218 983-3805

Christine Keilback 775-8625

Ingrid Olson 787-7000

chsmb@hemophilia.mb.ca

www.pumaroadrace.com

MAY

Sat 3

PHYSIO FIT FUN

Timex #4: 10 km race,

5km fun run, 10km in-line & 3km walk

Assiniboine Park (Duck Pond) 8:00 am

Stephanie Roberecki 942-2463 or 885-0825

physiotherapyworks@mts.net

Sat 3

RUN AT THE RIDGE

Whyte Ridge Elementary School

400 Scurfield Blvd.

8:30 am – 2km 9:00 am – 5km/10km

Sheldon Reynolds – 488-4245

sreynolds@pembinatrails.ca

www.runattheridge.com

Sat 10

HEADINGLEY FIRE DEPT FUN RUN FOR WISHES

Timex #5: 5 km race

5km; 3km fun walk/run – both races begin at 9:00 am

126 Bridge Road Headingley

Glenn & Joanne Reimer 889-5806

greimer@pembinatrails.ca

Road Running Marshals Clinic

Join us for a Road Running Marshalling Clinic on Saturday, March 8, 2008 at Sport Manitoba (room 229). Learn how to marshal road races and what safety guidelines and procedures are needed to organize a safe run. There is no cost for the clinic and all Race Directors, Race Committees and runners are welcome to attend. Please call Diana at 925-5744 by February 29th to reserve your spot!

2008 Road Running Calendar

MAY

Sun 25 BRANDON YMCA SPRING WALK OR RUN

Timex #6: Half Marathon race

5km fun run or walk, 10km run, ½ marathon

Brandon YMCA 231-8th Street 9:00 am

Tanya LaBuick

Nikki Schinkel – 204- 727-5456

ymca.hfr@wcgwave.ca

JUNE

Sun 1 Run with Me ... 4NF

10km & 5km

Minnedosa Beach, Manitoba

Tracy Gregorash—867-3219 Charlie Menard—867-3751

www.mbnf.ca

Sat 7

Run for Rights

5km; 10km 9:30am

Kildonan Park

Allan Beach

668- 7668; 791-6426

abeach@mts.net

Sun 15

Manitoba Marathon

AM Provincial Marathon Championships

Half Marathon Relay, 10km fun walk, 4.2 fun super run,

Wheelchair half & full

University of Manitoba 7:00 am

925-5751

www.manitobamarathon.mb.ca

JULY

Tue 1

HBC RUN FOR CANADA

10km race (8:00 am) , 3km family fun walk (10:00 am)

1km kids Provincial Championship (9:30 am)

Assiniboine Park

Pat Riddell 669-2218

www.hbcrunforcanada.com

Sun 13

GRAND BEACH SUN RUN

Timex #7: 10 km race

5km fun run

Grand Beach Provincial Park, West Beach 8:30am

Sandra Marriott-Silver 254-4731

smsilver@wrha.mb.ca

Sat 26

BEACHES HALF MARATHON

Timex #8: Half Marathon

10km Run

Hillside Beach

Natasha Smith (204) 756-3868

natasha@beacheshalfmarathon.ca

www.beacheshalfmarathon.ca

Let Us Know!

Let us know if you would be interested in obtaining some training time at the University of Manitoba Max Bell track in 2009. We are working on blocking time during Athletics Manitoba rental times to accommodate Road Running training. A drop in fee would be assessed with training passes also an option. Email diana_stevens@shaw.ca if you would be interested in this option.

2008 Road Running Calendar

AUGUST

Sun 3 ISLENDINGADAGURINN
Timex #9: 10 mile (16 km) race
 1 mile family fun run
 10 mile – Winnipeg Beach to Gimli 8:00 am
 1 mile – Pavilion Park, Gimli 8:30 am
 Amanda Younka 488-9833

Sun 17 RON MELNICHUK MEMORIAL RUN
Timex #10; Half Marathon Race & AM Provincial Half Marathon Championship
 5km fun run
 Birds Hill Park
 Jack Booth - 781-5866 (cell); (204) 422-5248
 Ken Friesen – 477-4975
stride@mts.net

SEPTEMBER

Sun 7 Investors Group Walk/Run for Children
Timex #11 5km & AM Provincial 5km Championship
 Location to be announced
 8:00 am – 5km; 8:10 am – 10km Fun Run; 8:30 am – 3km Family Fun Run
 Andrew Beer – 956-8191
shwalkr@investorsgroup.com

Sun 14 Treherne Marathon – Run for the Hills
 Marathon; Half-Marathon; 10km race (timed); 10km fun walk – all races 8:00 am start time
 Gary Lodwick (204)723-2542 (W); (204)723-2132 (H); (204) 723-0051 (C)
trehernemarathon@mts.net
www.runningroom.com

Sun 21 CN TRACKS OF GLORY
Timex #12: 10 km race & AM Provincial 10km Championship
 5km family fun run
 Assiniboine Park (Duck Pond) 10:00 am
 Kathryn Sawatzky 231-7718
kathryn.sawatzky@cn.ca

OCTOBER

Sat 4 Race for Your Heart
Hi-Speed Hounds Greyhound Rescue and Adoption Inc.
 Portage la Prairie
 5km Fun Run; 10km; ½ Marathon
 Michaela Lamoureux 774-2076
 Murray Rose
Ronco1@shaw.ca

Sat 11 TransCanada 10km Canadian Championships
Timex 10 km Canadian Championships
 Ottawa, Ontario

Volunteer Opportunities!

There are ongoing volunteer opportunities within the Road Running Community. If you have some time to help out at races or want to get involved in the Run Manitoba Committee please contact the office for details!

It matters!



- It matters to us...that you like to be treated with respect and kindness.
- It matters to us...that your shoes are fit properly.
- It matters to us...that we give back to our community.
- At City Park Runners, our customers matter to us!

2091 Portage Avenue
www.cityparkrunners.com

ph: 837-9242
fx: 837-9272

2008 Run Manitoba Jersey Series Awards

A runner is awarded a jersey to wear in the following year's Timex series and must "surrender" it if lost in the Subsequent year (once surrendered, the runner is allowed to keep it but must not wear it in the following year's Races). Only Athletics Manitoba Timex races will be used for selection of jersey award winners.

A runner can only win one jersey. The ranking order of jersey shall be:

1. Fastest aggregate time overall
2. Total overall Timex points
3. Fastest Age-graded aggregate time winner
4. Fastest newcomer

Categories & Criteria—Male and Female

1. Fastest Aggregate Time Overall— Gold Jersey

Best time aggregate to include one—5km, two—10km and one half marathon race

2. Total Overall Timex Point Winner—Burgundy Jersey

All Timex Series points for all races will be used to calculate the final score. Therefore, the more Timex races run, the more points accumulated.

3. Fastest Age Graded Aggregate Time Overall—Green Jersey

WAVA standards (World Association of Veteran Athletes) is used—age determined as of April 13, 2008

Best time aggregate to include one—5km, two— 10km and one half marathon race

4. Fastest Aggregate Time for a Newcomer—Blue Jersey

Newcomer is defined as a runner that did not run a race in the Timex Series in the last three years.

Best time aggregate to include one—5k, two—10km and one half marathon race

2007 TIMEX SERIES JERSEY AWARDS

Fastest Aggregate Time Overall – Gold Jersey

Best time aggregate to include one – 5km; two – 10km; one half marathon

Greg Penner

Fiona Fleming

Total Overall Point Winner – Burgundy Jersey

All Athletics Manitoba Timex points calculated for final score.

Sam Zhou

Andrea Paci

Fastest Age Graded Aggregate Time Overall—Green Jersey

Best time aggregate to include 2 – 5km; 2 – 10km; half marathon.

Ed Klassen

Erin Burns-Flett

2008 RUN MANITOBA MEMBERSHIP

For Office Use Only: ATHLETICS CANADA # _____

Name (Last, First) _____

Address _____ Phone (H) _____ (B) _____
 _____ (Alt) _____ Fax: _____

E-mail _____ (hotmail accounts have restrictions and may not receive all documents)

Date of Birth ____/____/____ Gender M F Club Membership _____ (If applicable)

Place of Employment / School _____ Position / Degree _____

As an alternative to the individual membership for \$25.00, Athletics Manitoba offers family memberships for \$30.00.

Road Runner membership cards can be purchased from Athletics Manitoba in person or by mailing the completed form along with a cheque to cover the cost of membership. Make cheques payable to Athletics Manitoba.

Please check only one box per line.

ROAD RUNNER MEMBERSHIP FEES			
Name	M/F	Date of Birth (DD/MM/YR)	Membership Only
1 ST FAMILY MEMBER			θ \$25.00
2 ND FAMILY MEMBER			θ \$5.00
3 RD FAMILY MEMBER			θ FREE
4 TH FAMILY MEMBER			θ FREE
5 TH FAMILY MEMBER			θ FREE
6 TH FAMILY MEMBER			θ FREE

Membership Benefits

- Membership with Athletics Manitoba and Athletics Canada
- Full year accident insurance for racing AND training
- Point accumulation in the Timex Road Race Series
- Eligibility for Provincial Championships and Teams
- Through Athletics Manitoba, eligibility for awards, grants, funding and programs
- Road Running & Athletics Manitoba

(ALL FEES ARE NON-REFUNDABLE)

Total ^

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Your name and address information, including email address, will be used to correspond with you regarding your membership, and to send you information about current and future Athletics Manitoba events and information. Athletics Manitoba may also contact you to conduct research and surveys in an effort to continually improve our programs and events. We also maintain and publish records of athletics and road race results. Your personal information will not be used for any other purpose without your consent. You may withdraw your consent to any further collection, use or disclosure of information about you at any time by giving us reasonable notice.

From time to time, Athletics Manitoba makes its contact information available to other carefully screened organizations (primarily sport organizations) that want to let you know about an event or service that might interest you. If you do not want your contact information to be made available to third parties, please check this box.

Athletics Manitoba Sport Safety / Acknowledgement of Risk (this statement is part of the application for membership)

The responsibility for sport safety must be shared by all. I, the undersigned, am aware that there is a certain risk of injury involved in my own or my child's participation in sport, either while traveling to or from the event; or while attending or participating in the programs or activities of the events which are sanctioned/approved by Athletics Manitoba, its Divisions, its Member Clubs or recognized organizing societies. It is understood by me that the signing of this document is intended to indicate that on behalf of myself and/or my child I assume the shared responsibility and acknowledge the risk of injury by so participating.

 Applicant signature – ALL applicants must sign

 Parent / Guardian signature – For applicants 18 and younger