



Registration Form

Saturday, May 4, 2019



All fields are mandatory. Incorrect information may lead to missed Award presentations.											T-Shirt Orders Only																
Event	600m	1 km	1 mile	Last Name	First Name	Street Address	City	Postal Code	Phone	Birth Date (mm/dd/yy)	Age on Race Day	Gender	Size Youth S, M, L Adult S, M, L, XL														
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>									<input type="checkbox"/>	Male	<input type="checkbox"/>	Female	<input type="checkbox"/>	Youth	<input type="checkbox"/>	Adult	<input type="checkbox"/>	S	<input type="checkbox"/>	M	<input type="checkbox"/>	L	<input type="checkbox"/>	XL
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<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>									<input type="checkbox"/>	Male	<input type="checkbox"/>	Female	<input type="checkbox"/>	Youth	<input type="checkbox"/>	Adult	<input type="checkbox"/>	S	<input type="checkbox"/>	M	<input type="checkbox"/>	L	<input type="checkbox"/>	XL

- *Please be advised to make appropriate accommodations for children to be supervised at the end of their runs.
- *A Site Map will be posted at a later date on the website.
- *The events will be run in heats. Number of heats is dependent on entries.
- *Please be mindful that this is being run as a "street track meet" with heats of limited size with varying start times

FINAL ADJUSTED START TIMES WILL BE POSTED AT
WWW.TOUGHTRACK.CA/TOUGH-TRACK-MILE
 AFTER APRIL 29TH



Waiver

I know that physical fitness events have potential hazardous activities associated with them. I should not participate prior to approval by my physician. I assume any and all risks associated with the event including but not limited to falls, contact with other participants, the effects of weather including high heat and/or humidity, the conditions of the roads, all such risks being known and appreciated by me. Knowing these facts, in consideration of the Run at the Ridge, event sponsors, volunteers, and organizers accepting the entry. I hereby for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages sustained by me as a result of this event, for any cause whatsoever, including negligence. It is expressly understood by the undersigned that this event is entered into at the sole risk of the undersigned and that the organizers and sponsors of the event are exempt from liability for any and all damages sustained and any and all injury and loss, including personal and property loss arising from any cause whatsoever, including negligence. Applications for minors will be accepted only with a parent's or legal guardian's signature and should be signed by the minor also.

I further grant full permission to any and all of the foregoing to use and reproduce my image or likeness by any audio and/or visual recording technique (including electronic/digital) now in existence or hereafter invented, for any legitimate purpose, including commercial sales and marketing purpose pertaining solely to Run at the Ridge. I also acknowledge and agree that I will not receive remuneration for such use.

I hereby acknowledge having read this Release and Indemnity and I understand and accept its terms.

Date _____

Signature _____

Parent/Guardian signature
if entrant is under 18 _____

EVENT START TIME - 8:00 AM

Children's 600m | 1km | 1 Mile

Course details and a route map will be posted soon on our website.
* Course subject to change without notice.

Entry Fees (No refunds, transfers, or deferments)

600m - Born 2008 and Younger

Early Registration (by April 27, 2019) \$20
After April 27, 2019 \$25

1km - Born 2005 – 2007

Early Registration (by April 27, 2019) \$25
After April 27, 2019 \$30

1 Mile - Born 2004 and Older

Early Registration (by April 27, 2019) \$30
After April 27, 2019 \$35

600m ___ x \$___ = \$ ___

1km ___ x \$___ = \$ ___

1 Mile ___ x \$___ = \$ ___

Total enclosed \$ _____

Race t-shirts are not guaranteed for people registering after
April 27, 2019.

Post Race Refreshments:

Present your competition bib number to receive a breakfast provided by **Moxies Bar and Grill**. One breakfast per participant.

Payment Details

Payment by cash or cheque. Please make cheques payable to **Stride Ahead Tough Track** and indicate **Tough Track Mile** in the memo section of the cheque. Registration forms can be submitted in the following ways:

Drop off: Tough Track Mile
c/o Whyte Ridge Elementary School
400 Scurfield Blvd, Wpg, MB, R3Y 1L3

Drop off: Tough Track Mile
c/o Henry G. Isatt Middle School
960 Scurfield Blvd, Wpg, R3Y 1N6

Drop off: Andy Tough
c/o Stride Ahead Tough Track
108 Shillingstone Road, Wpg, R3Y 1H7

The event will proceed rain or shine with no cancellation.

Awards

Presented 15 min after the final 1 mile race

600m:

Ribbons to all who Finish
Medals to Top 3 in the following groups by birth date:
2013 and younger, 2011 – 2012, 2008-2010

1km:

Ribbons to all who Finish
Medals to Top 3 in the following groups by birth date:
2005 – 2007

1 Mile:

Medal to Top 3 Finishers in the following categories:
Moxies High School Mile: Born 2001 – 2004
Moxies Elite Mile Age 19 – 34
Moxies Masters Mile Born Age 35 and Older

"Tough Track Mile" is a Whyte Ridge community event providing an opportunity for families and individuals to participate in the Athletics Canada recommended running distances for all age groups.

TOUGH TRACK MILE



Breakfast sponsored by:



Race Kit Pickup

255 Chancellor Matheson
University of Manitoba
Outdoor Track East of Investors Group Field
Under the Grandstand

Thursday, May 2nd
5-8 pm

Friday, May 3rd
5-8 pm

Location and Course Description

Separate start lines for 600m, 1km, and 1 Mile distances near Scurfield Blvd and Columbia Dr running North with a finishing area near McGillivray Blvd.

Sponsorship Welcomed

If you are interested in providing support through sponsorship opportunities, please contact us at:

toughtrack11@shaw.ca

TOUGH TRACK MILE

Taking it to the streets

Saturday, May 4, 2019

EVENT START TIME - 8:00 AM

Children's **600m Fun Run,**
1 km & 1 Mile

Final schedule will be posted at
www.toughtrack.ca/tough-track-mile
after April 29, 2019

Join us for post race food and refreshments at the finish line!

Register online at:
<http://tiny.cc/26734y>