

WAIVER

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 might be adverse weather conditions and that there might be vehicles present on the course and at intersections. I 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 conditions of the road 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 Athletics Manitoba, Sport Manitoba, Concordia Foundation, Concordia Hospital, The Manitoba Runners Association, The City of Winnipeg, the Province of Manitoba TIMEX 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, cause of action, damages, or injuries, whether caused by 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 Releases 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 the final results that will be posted on our web site and acknowledge that I have read and understood all of the above.

Printed Name of Participant

Date

Signature

Signature of Parent or Guardian is required for all children under the age of 18 in order to participate.



The Diana Stevens Empower Run/Walk Proudly Supported by:



Abdo El Tassi & Family

TIMEX



World of Water™
PURE WATER SPECIALISTS



Boston Pizza
Here to make you happy.



The Diana Stevens Empower Run/Walk

**9:00 am Sunday,
September 28, 2014**

KILDONAN PARK (Main Street)

- ▶ 10 km Provincial Championship Run
9:00 a.m.
- ▶ 5 km Fun Run
9:05 a.m.
- ▶ 5 km Fun Walk
9:10 a.m.



Invest in something
worthwhile...

YOUR HEALTH.

Your Participation is in support of the
New Concordia Health & Fitness Centre.

In Memory of Diana Stevens

Athletics Manitoba and the Concordia Foundation lost a great friend and supporter on May 15th, 2013 when Diana Stevens, Executive Director of Athletics Manitoba, passed away in a tragic motor vehicle accident. Diana, 51, was an enormous supporter of road running, the Concordia Foundation and the Empower Run. She always strived to do what was best for the participants and the event. Diana was heavily involved within the road racing community and constantly tried to grow the sport and its participation within the Province of Manitoba. Her role as Executive Director of Athletics Manitoba allowed Diana to impact thousands of lives through the programs she implemented and the events that she organized. Road running was Diana's major passion and the Empower Run gave her the opportunity to give back to her many friends in the road running community. Diana was a key member of the Empower Run organizing committee and helped to create the partnership with Concordia Foundation.

The road running and athletics community in Manitoba lost a true friend and leader. We will miss her enthusiasm, energy and passion. We will greatly miss her outstanding leadership and vision. We will miss a wonderful individual.

Athletics Manitoba, the Concordia Foundation and their thousands of volunteers, officials and participants would like to offer their condolences to her family.

Rest in Peace Dear Friend!



Shaping the future...

The Concordia Health & Fitness Centre

- A \$45M Campaign

Our Mission

To encourage illness prevention and wellbeing
by inspiring our community to adopt healthier lifestyles.

Our inspiring, light-filled, Concordia Health & Fitness Centre will provide north-east Winnipeg and nearby communities with a world-class membership-based fitness and exercise destination. Situated east of the Hospital on the north side of Concordia Avenue at Lagimodiere Boulevard, the striking, transparent, oval glass structure draws from the geometry of a 200-meter running track that encircles the building on an elevated, landscaped green roof.

Upon entering the Centre, a meditation garden and light-filled atrium will greet visitors. The three-story interior features therapy and fitness pools, a running track, a double gym, and specialized fitness areas. A comprehensive range of services and innovative clinical programming will be offered, with a holistic focus on the special health needs of Manitoba's maturing population.

BUILDING SIZE: 90,000+ SQ. FT.
ESTIMATED COST: \$45 MILLION
COMPLETION: 2017

Please visit www.concordiaFIT.ca for more information.

On line registration available at the following sites:

www.trackie.com/online-registration/event.php?id=1373
www.athleticsmanitoba.com

Please make all cheques payable to:
Athletics Manitoba Empower Run Walk Event

RACE KIT PICK UP

Concordia Hospital

Front Lobby
Friday, September 26th
10:00 am - 3:00 pm

Kildonan Park

Sunday, September 28th
7:45am - 8:15am
South Shelter

For further information, please contact:
Concordia Foundation: 204-661-7156

REGISTRATION

EARLY BIRD REGISTRATION DEADLINE

Tuesday, September 16, 2014

Technical shirt for 10 km only before this deadline.

Registration Fee increases by \$10.00 for all events after
September 16, 2014.

First Name: _____

Last Name: _____

_____ Female _____ Male Age at race day _____

Date of Birth: Year _____ Month _____ Day _____

Address: _____

City/Town: _____

Province: _____ Postal Code: _____

Phone: _____

Email: _____

Concordia Campus Employee: Yes _____ No _____

CHOOSE YOUR EVENT by checking off one of the following

10 km AM / MRA Member \$30.00

10 km Non Member \$45.00

Tec Shirt Size: ___ S ___ M ___ L ___ XL

Registration fee includes:

Technical Shirt, Participation in the 10 km Provincial Championship,
TIMEX points for 10 km event, 5K MRA Youth Series Event

Top three male and female athlete in each five year age group in the 10 km race will receive Athletics Manitoba Provincial Championship medals.

Manitoba Runners Assoc. # _____

Athletics Manitoba # _____

5 km Fun Run \$25.00 (timed event)

MRA Youth Series Event

5 km Fun Walk \$25.00 (participation ribbon)

We gratefully accept your donations for the following:

___ Yes, I would like to donate
to the Concordia Foundation
Health & Fitness Centre

Please make donations directly to:
Concordia Foundation
1095 Concordia Avenue
Winnipeg, MB R2K 3S8
Or call 204-661-7156
to make your donation by
telephone.

___ Yes, I would like to
donate to The Diana
Stevens Fund

Please make donations
directly to:
Athletics Manitoba
145 Pacific Avenue
Winnipeg, MB R3B 2Z6
Or call 204-925-5745
for more information

Charitable Registration # 13036 3336 RR0001