

# RUN FOR MOM 5K

Entry Options:

Drop off: The Running Works (89 Gordon St, Guelph Ontario)

On-line: trackie.com/online-registration

Race Day Reg: Sun May 3rd, 8:30-9:30

Cheques to: GMBA Minor Peewee Tier 1

Distance (circle): 5km or 1mile

Last Name: \_\_\_\_\_

First Name: \_\_\_\_\_

City: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Email: \_\_\_\_\_

Birth Date: \_\_\_\_\_

Age on Race Day: \_\_\_\_\_

Gender (circle): male female

T-shirt (pre-reg. by Wed Apr 15 only): Size \_\_\_\_\_

**WAIVER:** In consideration of my being permitted to participate as an entrant to this event, I myself, executor, administrators, successors and assigns do hereby remise, release and forever discharge, waive and save harmless, protect and keep indemnified, all sponsors, organizers, the City of Guelph, the Guelph Royals, any and all clubs, associations, sanctioning bodies and sponsoring companies, participants, competitors, entrants, volunteers and all of their respective agents, officials, servants and representatives from and against any and all kinds of actions, claims, costs and expenses and demands in respect of death, injury, loss or damage to my person or property howsoever caused arising out of my being permitted to attend at or in any way take part prior to, during or subsequent to this event whether as a spectator, participant, competitor entrant or otherwise and notwithstanding that the same may have been contributed to or occasioned by the negligence of any of the aforesaid, their agents, officials, servants or representatives. I hereby grant to the sponsors, and their authorized representatives the irrevocable right to use in any way it or they see fit for the purposes of publicizing, advertising and trade, without restriction, my name and/or voice and/or physical appearance and face and/or comments concerning the event. By submitting this entry I acknowledge having read, understood and agreed to the above waiver, release and indemnification, acknowledge participating at my own risk and I hereby waive liability of any all claims against the Run For Mom 5km and its sponsors and partners for personal injury resulting from my participation in the event.

Signature: \_\_\_\_\_

(Parent/guardian if under 18 years)

Date: \_\_\_\_\_

**shift.**  Speed River  
Timing

**runningworks**   
Guelph's running + active lifestyle specialists



**Shuh's appliance CENTRE** 

**KIK CUSTOM PRODUCTS**



**HARVARD RD DENTAL CARE** 



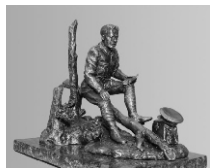
**PERFORMANCE DANCE ACADEMY** 



**Crystal Clear WATER CENTRES**

**SHERWIN WILLIAMS**

**W.S. Nicholls INDUSTRIES INC.**



**JAM School™**

plug in and play!

**Fifty West RESTAURANT & BAR**



**zehrs**

**Long & McQuade MUSICAL INSTRUMENTS**



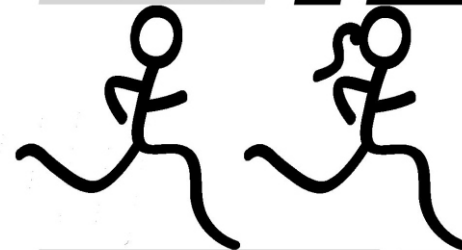
**STONE INNOVATION**

**stella & dot INDEPENDENT STYLIST**

**PowerBar**

# SUN MAY 3RD 10:00 A.M. GUELPH

# RUN FOR



# MOM 5K

## +1mile Fun Run!

# AWARDS

# &

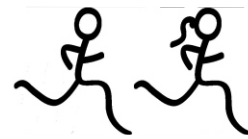
# DRAW PRIZES

FUNDRAISER FOR YOUTH!

Sun May 3rd  
10:00 a.m.

# RUN FOR MOMS

+ 1 mile  
Fun Run!



**Sunday May 3rd, 2015**

Registration:  
8:00-9:30 a.m.

Race Start Time:  
5km - 10:00 a.m.  
1 mile - 10:45 a.m.

**AWARDS AND PRIZES!**

**Domino's**

Post-race Pizza (Domino's!)

Results: [trackie.ca](http://trackie.ca)

**Race location and  
registration at "Shift"  
(80 Southgate Drive, Guelph)**

T-shirts Guaranteed To All  
5km Early-Bird Entrants (Apr 15)  
(no T-shirts for the 1mile)

5km - \$25; 1 mile - \$10

Chip Timed (Speed River Timing)



5km - Awards to top 3 in each  
age category.

**Great Draw Prizes!**

5 free tickets to each runner.  
Extra tickets can be purchased  
for \$2/ticket or 10 for \$10.

Gift Certificates, bongo drums,  
home painting kit, stone slabs  
and much, much more!

## HOW TO REGISTER

1. Drop off - the Running Works (89 Gordon Street)
2. On-line @ [trackie.com/online-registration](http://trackie.com/online-registration)
3. Race Day Registration - 8:00-9:30 a.m.  
@ Shift (80 Southgate Drive, Guelph)



## FEES

5km - \$25; 1 mile - \$10  
T-shirts to all 5km participants registered  
prior to Wednesday April 15th, 2015  
No T-shirts for 1 mile

Cheques to: GMBA Minor Pee wee Tier 1



## PRIZES/AWARDS

5km Awards to: 1st-3rd Overall Male/Female  
1st-3rd Age categories (age on race day)  
(<19, 20-29, 30-39, 40-49,  
50-59, 60-69, 70+)



**MANY EXCITING DRAW PRIZES!**



Fundraiser for the Guelph Royals Minor Pee wee Baseball Team

