

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 my self, 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 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



Here to make you happy.™



The Diana Stevens Empower Run/Walk

**10km Provincial
Championship Run**

5km Fun Run

5km Fun Walk

2km Walk

Sunday, September 15, 2013

9:00 am

**KILDONAN PARK
(Main Street)**

**Invest in something worthwhile....
YOUR HEALTH.**

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

Diana Stevens Empower Run

Athletics Manitoba in partnership with the Concordia Foundation will host the Diana Stevens Empower Run on Sunday, September 15th at Kildonan Park.

Scotiabank will match up to \$5000 of total pledges. Please call Concordia Foundation for your pledge form. This year's race is in support of the new *Concordia Health & Fitness Centre*.

PARTICIPANT RECOGNITION!

5km Fun Walk - Participation Ribbon

5km Fun Run - Ribbon for top three male and female athlete in each five year age group

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

WHERE: Kildonan Park (Main Street)

WHEN: Sunday, September 15, 2013

TIME: 9:00 am start for the 10km

9:05 am start for the 5km

9:10 am start for the 2km

For further information please contact

Concordia Foundation (204) 661-7156

Charitable Registration # 15056 5556 RR0001

REGISTRATION

EARLY BIRD REGISTRATION DEADLINE

Tuesday, September 3, 2013

10KM RUN (Timed)

Registration fee includes:

- Technical Shirt

- Participation in the 10km Provincial Championship

- TIMEX points for 10km event

- Young Series Event

Cost:

\$25.00 for Athletics Manitoba Members

\$40.00 for non Athletics Manitoba Members

Membership information and registration available at

www.athleticsmanitoba.com

5KM FUN RUN (Timed)

or 5KM FUN WALK

\$20.00

2KM FUN WALK

\$15.00

LATE REGISTRATION

NO TECHNICAL SHIRT

Please note that

Race Day registration available 7:45 - 8:15 am

South Shelter

RACE KIT PICK UP

Concordia Hospital Front Lobby

Friday, September 13th 10:00 am - 3:00 pm

Kildonan Park

Sunday, September 15th 7:45am - 8:15am

South Shelter

REGISTRATION

CHOOSE YOUR EVENT

10km (AM Member \$25.00)

10km (Non Member \$40.00)

Technical T-shirt Size S M L XL

T-shirt for those registering by September 3 for the 10km Run:

5km Fun Run (\$20.00)

5km Fun Walk (\$20.00)

2km Fun Walk (\$15.00)

First Name: _____

Last Name: _____

Age as of April 13th (YYYY/MM/DD)

What is your age at the time of registration? _____

Address: _____

City/Town: _____

Province: _____ Postal Code: _____

Phone: _____

Email: _____

Athletics Manitoba # _____

Team Name (if applicable): _____

Membership number must be included for discount.

Online registration available at

www.athleticsmanitoba.com

Donations are being accepted for:

Concordia Foundation Health & Fitness Centre

The Diana Stevens Fund

Total Amount Enclosed: \$ _____

Cheques payable to: Athletics Manitoba

Please mail to:

Athletics Manitoba

145 Pacific Ave., Wpg. MB R3B 2Z6

204-925-5744