

REGISTRATION FEES

Registration fees are non-refundable.

Please take note:

T-shirts are not guaranteed if registering after April 15th.

Kids Run (3-6)

Early Registration\$5
After April 15th.....\$5

Youth (17 & Under)

Early Registration 5KM - \$15
..... 10KM - \$15
After April 15th..... 5KM - \$20
..... 10KM - \$20

Adult (18 & Over)

Early Registration 5KM - \$25
..... 10KM - \$25
After April 15th..... 5KM - \$30
..... 10KM - \$30

Family

Max. of 2 parents and 3 youth in the same household.

Each additional youth.....\$10

Early Registration\$65
(any combination of events)
After April 15th.....\$85
(any combination of events)

HOW DO I REGISTER?

For online registration visit:

www.runningroom.com

Or send a cheque payable to "Run For Mom" to:

Run For Mom 2010
21 Quail Ridge Place
Steinbach MB R5G 2H3

SPONSORS




Eastman Education Centre



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21 Quail Ridge Place
Steinbach, MB
R5G 2H3

www.runformom.ca



Run For Mom

Steinbach MB.

THE EVENT

Run for Mom is a Steinbach and area community event providing an opportunity for individuals and families to participate in a 5KM Family Run/Walk or 10 KM Run on Sunday, May 9th, 2010. **Our mission is to promote an active lifestyle and raise money for designated community initiatives.**

Last year marked the second successful year for this event, with 373 participants and over 100 volunteers out on the streets of Steinbach on a beautiful Mother's Day afternoon.

Run for Mom proceeds will once again benefit Anna's House, a non-profit resource centre located in Steinbach that supports families with young children in the area through a variety of programs. In just two years we have been able to donate \$7000 to Anna's House. Just by participating you are helping fundraise; no separate fundraising required. For more information please check out their website www.annashouse.com.

Whether your goal is to beat your best time, complete the distance, help yourself or your family get fit and healthy, help raise money or just participate in a fun community event, we invite everyone to come participate this May.

For more information please check out our website: www.runformom.ca

RACE DAY

The Start/Finish is located at the Steinbach Eastman Education Centre (385 Loewen Blvd). The course will consist of a 5KM loop throughout Steinbach.

Kids Run start time.....2:30 pm

5 KM/10 KM start time.....3:00 pm

Refreshments provided at the finish line.

Awards presented following the race.

PICKUP & LATE REGISTRATION

Race Package Pickup & Late Registration:
Steinbach Eastman Education Centre
(385 Loewen Blvd)

Saturday, May 8th from 9:00 am-12:00 pm

Sunday, May 9th from 1:00 pm-2:30 pm

No registrations will be accepted after 2:30 pm

ENTRY FORM

Run For Mom Entry Form

Please print clearly and fill out completely (one entrant per form).

Last Name: _____ First Name: _____

Mailing Address: _____

Email: _____ Phone #: _____

Cell Phone #: _____ Emergency Contact Phone #: _____

Birth date (mm/dd/yr): _____ Age on Race Day (05/09/2010): _____

Country of Birth: _____

Gender: Male Female

T-Shirt Size: Youth S M L XL
Adult S M L XL

Race: 5KM 10 KM Kids Run

I would like to volunteer for this event!

I know someone who would like to volunteer for this event! Name & Phone # _____

WAIVER

I 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 purposes pertaining solely to the Run for Mom. I also acknowledge and agree that I will not receive remuneration for such use.

Waiver of Liability and Indemnity Agreement

I know that participating in physical fitness events is a potentially hazardous activity. I agree not to participate unless I am medically able and properly prepared. I should not participate without my physician's approval. "Event" shall include, but is not limited to, all activities, events or services in any way provided, organized, sponsored or authorized by the Event Organizers. On my own behalf, any minors or third parties for whom I am registering, I agree that (a) we will abide by any decision of an Event official concerning our ability to safely participate; (b) we will assume any and all risks associated with the Event; including but not limited to, falls, contact with other persons or objects, the effects of weather, traffic and course conditions; (c) we hereby consent to permit, and accept responsibility for emergency treatment in the event of injury or illness; (d) we understand if the Event cannot be held as scheduled, we may not be entitled to a refund of any money paid.

As a condition of entering this Event, I for myself, any minors, or any third party for whom I am acting, waive and release Running Room Canada Inc., Running Room (U.S.A.) Inc., and any associated or related entities, their directors, officers, employees, agents, representatives, sponsors, volunteers, and organizers ("Event Organizers"), from present and future claims and all liabilities of any kind, known or unknown, arising out of our participation in this Event or related activities, even though such claim or liability may arise out of negligence or fault on the part of the Event Organizers.

We agree that (a) the Event Organizers shall not be liable for any personal injury, death or property loss, and we release the Event Organizers and waive all claims with respect thereto, and (b) to hold harmless and indemnify the Event Organizers, from any and all liability from any property damage or personal injury to any third party resulting from my participation in the Event. We grant permission to Event Organizers to use or authorize others to use our personal information, including but not limited to, any photographs, images or documentation of our participation in this Event or related activities without remuneration being provided to us.

I represent and warrant (a) I am over eighteen (18) years of age, and that if I am registering a minor, that I am the parent or guardian of such minor; (b) if I am registering third parties, I have been duly authorized to act on behalf of such parties; and (c) that the terms of this registration shall apply equally to me, any minor and to any third parties for whom I am acting. The participation in the Event by a third party shall be their confirmation that I was acting as their agent.

Signature: _____ Date: _____

(Parent/Guardian signature if entrant is under 18)