

Athlete's Waiver and Release

I know that walking or running a road race is a potentially hazardous activity. I should not participate or enter in this event unless I am properly trained and medically able. I know that there may be vehicles present on the course and I realize that the event is physically strenuous and that there may be adverse weather conditions. I nevertheless choose to participate and I assume any and all risks associated with running or walking this event; including but not limited to: the condition of the roads and trails, the presence of traffic, falls, contact with participants or volunteers, the effect of weather, all such risks being known and appreciated by me.

In consideration of the acceptance of this entry in the Point Douglas Run event I, for myself, my heirs, executors, administrators and assigns, waive any claims to which I may become entitled for injury or damage and release Street Feet Run Well and all other organizers, sponsors, representatives, their agents and employees and any other person or organization assisting in these events, including the Manitoba Runners' Association, Athletics Manitoba, the event directors, the City of Winnipeg, the Province of Manitoba, and their employees and agents and other participants and volunteers in the Point Douglas Run events, from any claims for damages or injury suffered by me as a result of my participation in this event. I further state that I am in proper physical condition to participate in the event and I am aware that road running and walking is a potentially dangerous activity and am aware that participation could, in some circumstances, result in physical injury. I give my permission for the free use of my name and picture in broadcast, telecast or written account of this event.

Signature

Signature of Parent or Guardian required if participant is under the age of 18.

Date

Partners

Street feet run well 

 North Point Douglas
Women's Centre

CITY

PARK
Runners

Race Route

The Point Douglas run and walk will begin and end at the Norquay Community Centre at 65 Granville Street.

See www.streetfeetrunwell.ca/events/ for a link to the Point Douglas Run route.



Point Douglas Run

Saturday September 16, 2017

Start time 9:00 a.m.

10 KM FUN RUN
5 KM FUN RUN
COMMUNITY WALK

in beautiful, historic Point Douglas

*Manitoba Runners'
Association
sanctioned event*



Point Douglas Run

Join us for the annual Point Douglas Run! The scenic route winds along the Red River, encompassing many historical points of interest. Come discover one of Winnipeg's hidden jewels while having fun supporting valuable, local organizations.

This event was created with the philosophy that everyone should have the opportunity to experience running and the many social, psychological and physical benefits associated with running and walking.

100% of the profits from the event will go to the **Street Feet Run Well** partner centres:

- **The North Point Douglas Women's Centre** (NPDWC)
- **The Norquay Community Centre**
- **Graffiti Art Programming**

Each 5 km and 10 km participant will receive a **FREE** technical shirt (while supplies last). After the run/walk, participants will be treated to a breakfast.

We challenge runners and walkers to be creative and dress up for this event. There will be a prize for the most creative outfit. Each registered runner to cross the finish line will receive a raffle ticket for prizes to be drawn at the conclusion of the race.

Optional sponsorship of a runner from the North Point Douglas community for either the 5 or 10 km race is appreciated.

Sorry, no refunds or transfers.

Please visit our website at:

<http://streetfeetrunwell.ca/events/>

For race information contact:

info@streetfeetrunwell.ca

Race Kit Pick-Up

Thursday, September 14, 2017

City Park Runners
2091 Portage Avenue
5:30 p.m. - 7:00 p.m.

Friday, September 15, 2017

Norquay Community Centre
65 Granville Street
5:00 p.m. - 7:00 p.m.

Race Day

Saturday, September 16, 2017

Norquay Community Centre
65 Granville Street
7:00 a.m. - 8:30 a.m.

Registration Fees

Early Bird:

Up to July 31 11:59 p.m. CST - **\$30.00**

Standard:

August 1 - September 15 7:30 pm CST - **\$35.00**

Race Day: September 16 - **\$40.00**

Registration Information

Register on-line at www.streetfeetrunwell.ca/events/ or send entry form and signed waiver to:
Point Douglas Run
c/o 75 Franklin Bay
Winnipeg, MB R3K 2G5

Please make cheques for registration and sponsoring a runner payable to Street Feet Run Well. Donation cheques should be made payable to the receiver: NPDWC (North Point Douglas Women's Centre), Graffiti Art Programming or Norquay Community Centre.

Late registration accepted at Race Kit Pick-Up locations and dates listed above.

Registration Form

Please make cheques payable to Street Feet Run Well
MRA/AM members receive a \$5.00 discount on fee

Name

Address

City, Province, Postal Code

Home Phone

Mobile Phone

Email Address

Gender (M/F)

Birth Date (DD/MM/YY)

Age on race day

5K
\$

10K
\$

Walk

Shirt Size - 5K & 10K participants circle one:

Mens S M L XL Womens S M L XL

I agree to the Race Director sharing registration information **only** with the Manitoba Runners' Association:
Yes No MRA/AM No:

OPTIONAL - Sponsor a Runner

Amount

OPTIONAL - Charitable Donations

Please make cheques for donations payable to NPDWC, Graffiti Art Programming or Norquay Community Centre.

Amount

TOTAL - including race fees, donations and runner sponsorship if applicable

Amount