

ATHLETE'S WAIVER AND RELEASE: In consideration of the acceptance of this entry in the Niverville Family fun Run and Walk, I, for myself, my heirs, executors, administrators and assigns, waive any claims to which I may become entitled for injury or damage and release Niverville Family fun Run and Walk and all other organizers, sponsors, representatives, their agents and employees and any other person or organization assisting in the event, including the Manitoba Runners' Association, the town of Niverville, the Province of Manitoba, and their employees and agents and other participants and volunteers in the Niverville Family fun Run and Walk, 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 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.

Names of Participants	Signatures (parent/guardian signature if entrant under 18)	Date:
1		
2		
3		
4		

Mailing Address:

E-mail:



Accredited by

10 km Race is part of the

asics Grand Prix Series

Presented by **stride ahead** ●●●
the best in running and walking

IMPORTANT DETAILS

RACE PACKAGE PICK-UP

All participants must pick up their race package at Son City on Friday, June 5th between 4:00 and 7:00 p.m. OR Saturday, June 6th between 9:00 a.m. and 11:00 a.m. OR on race day between 7:00 and 8:00 a.m.

STARTING LOCATION

Starting line is located at the picnic shelter in Hespler Park, 5th Avenue, Niverville, MB

SPECIAL INFORMATION

Children 10 and under who are walking or running must be met by a parent at the finish line.

AFTER THE RUN...

All participants receive a medal, refreshments and the opportunity to win fabulous raffle prizes.

For further information contact:

Shari or Bob @ 388-4360 or
www.mraweb.ca

4th Annual

Niverville
Family

10km Race and
2.5km / 5km

Fun Run or
Walk
June 13, 2009
8:30 a.m.



The 4th Annual Niverville Family 10k Race & Fun Run/Walk

Our goal is to promote family physical fitness through walking and running.



Committee Members:

- Shari and Bob Davey
- Laura Dyck
- Alvin and Val Ginter
- Helga Neufeld
- Ray Hall
- Kathy Harder
- Barb Funk
- Rocky Klassen



REGISTRATION INFORMATION

EARLY REGISTRATION DEADLINE:
May 15th, 2009

(Free t-shirt with early registration)
Mail registration form and cheque to:

Niverville Fun Run & Walk
Box 685
Niverville, MB
R0A 1E0

OR

Drop off at
Niverville Elementary School
Niverville Subway
Niverville Chicken Chef

TO REGISTER ON LINE or TO
DOWNLOAD more entry forms go to:

www.mraweb.ca

IN PERSON REGISTRATION

Available at
Son City, 233 Third Street South,
Niverville, during package pick-up times
and at the starting line from 7:00—8:00

FEE SCHEDULE

EVENT		CHILD (under 18)	ADULT
10 KM RUN	MRA member	\$12	\$12
	Non-member	\$15	\$15
2.5 km and 5 km run/walk		\$5	\$12

Complete BOTH SIDES, detach, and mail registration form and cheque (Payable to Niverville Fun Run & Walk) to
Niverville Fun Run and Walk, Box 685, Niverville, MB R0A 1E0



REGISTRATION FORM SIDE A

Last Name	First Name	Age	Gender	Race	Fee	Shirt Size	
			<input type="radio"/> Male <input type="radio"/> Female	<input type="radio"/> 2.5 km walk <input type="radio"/> 5 km walk <input type="radio"/> 5 km run <input type="radio"/> 10 km run	\$	CHILD: <input type="radio"/> S <input type="radio"/> M <input type="radio"/> L ADULT: <input type="radio"/> S <input type="radio"/> M <input type="radio"/> L <input type="radio"/> XL <input type="radio"/> XXL	
			<input type="radio"/> Male <input type="radio"/> Female	<input type="radio"/> 2.5 km walk <input type="radio"/> 5 km walk <input type="radio"/> 5 km run <input type="radio"/> 10 km run	\$	CHILD: <input type="radio"/> S <input type="radio"/> M <input type="radio"/> L ADULT: <input type="radio"/> S <input type="radio"/> M <input type="radio"/> L <input type="radio"/> XL <input type="radio"/> XXL	
			<input type="radio"/> Male <input type="radio"/> Female	<input type="radio"/> 2.5 km walk <input type="radio"/> 5 km walk <input type="radio"/> 5 km run <input type="radio"/> 10 km run	\$	CHILD: <input type="radio"/> S <input type="radio"/> M <input type="radio"/> L ADULT: <input type="radio"/> S <input type="radio"/> M <input type="radio"/> L <input type="radio"/> XL <input type="radio"/> XXL	
TOTAL FEES:							<input type="radio"/> Cash <input type="radio"/> Cheque