

Waiver: (For all events)

I know that participating in a road race is a potentially hazardous activity. I should not enter and participate unless I am medically able and properly trained. I realize that the event is physically strenuous, that there may be adverse weather conditions and there may be vehicles present on the course and at intersections. I nevertheless wish to participate and assume any and all risk associated with 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 roads and the presence of traffic, all such risks being known and appreciated by me. Knowing these facts in consideration of your accepting my entry, I herby for myself or for anyone else who may claim on my behalf, agree not to sue and waive, release and discharge all persons participating in the operation of this event including without limitation the CN "Tracks of Glory" organizers, CN Manitoba (Timex) Road Running Series, Athletics Manitoba, the City of Winnipeg, the Province of Manitoba, and any and all other organizers, sponsors and participating organizations, their personnel whether volunteer or otherwise, and anyone acting on their behalf (the Releasees) for any and all claims, demands, causes of action, damages, or injuries, whether caused by the negligence of the Releasees, 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 permission for the use of my likeness participating in this event without obligation or compensation to me. As part of the Waiver and Release, I acknowledge that I have read and understood all of the above. I realize that the term running includes ALL events of the CN "Tracks of Glory" Race.

Signature: _____

(must be signed by PARENT/GUARDIAN if under 18 years)

Date: _____

Major Sponsors:



intrepid dezine

Supporting Sponsors:



8th Annual



Tracks of Glory

10 km race

Timex #15

10 km Provincial Championship status and

5 km Fun Run/Walk

Sunday September 25, 2005

at Assiniboine Park

10 :00 a.m.



Online registration at www.runningroom.com

In support of:



Event Times:

10km Timex Run **10:00 a.m**

(two 5km loops of the park beginning just east of the duck pond area)

5km Fun Run/Walk **10:05 a.m.**

(one 5km loop of the park beginning just east of duck pond area. This is an **UNTIMED** event)

Fee Structure:

<u>Event</u>	<u>Before Sept.9</u>	<u>Up to Sept.22nd</u>
--------------	----------------------	------------------------

<u>10km</u>	\$20	\$30
-------------	------	------

<u>5km</u>	\$15	\$20
------------	------	------

Race day fee for 5km run/walk will be \$25

Above fees include a **long sleeve t-shirt**

Important Info:

On race day from 8:30-9:30 am at the Assiniboine Park Duck Pond warm-up shelter for the 5km fun run/walk only. **No race day registration for 10km Road Race .**

Event Details:

The 10km CN Tracks of Glory race is sanctioned by Athletics Manitoba. A 5km Fun Run/Walk will also take place. Proceeds from the event will go to MAMAWAI Aboriginal Society in support of Youth Programs.

Awards: Top 3 male and female finishers in each age group (10km road race only) and overall male and female. Medallions will be given to top 3 males and females entered in to the Provincial Championship category (according to Athletics Manitoba criteria).

PRIZES: Register before Sept.9th for a chance to win **\$100 cash!** In addition, there will be numerous random prizes from our many sponsors drawn for at the end of the events so be sure to stick around!! Grand Prize trip for two anywhere WEST JET flies!

T-shirts: Register early and you will receive a long sleeved t-shirt included in your race kit. Race day registration does not guarantee a t-shirt.

Race Kits: Include race number, sponsorship goodies and t-shirt. Race kit pick up will be at The Running Room (corner of Grant and Kenaston) from 4:00-8:00 p.m. On Thursday **September 22, 2004.** Please send a friend if you can't make it as **kits will not be available race day.**

Refreshments: Lots of great food after the event!! Stick around and enjoy!

Entertainment: Aboriginal performances to follow event!

Registration

Surname: _____

First Name: _____

Address: _____

Postal Code: _____

Phone (H): _____ (W): _____

Age as of September 25, 2005 (race day): _____

AM# (if applicable) _____ **(deduct \$3)**

Male Female

T-shirt size: S M L XL

(please circle one)-sizing is generous

Event Category (check (X) one box below):

10 km Road Race

5 km Fun Run/Walk

DOWNLOAD entry form at www.cn.ca
(community events) or www.mamawi.com

ONLINE REGISTRATION: www.runningroom.com

DROP OFF at any Winnipeg Running Room location.

OR
MAIL entry form (cheque payable to "CN"):

Kathryn Sawatzky, Race Director
CN "Tracks of Glory"
2nd Floor , 234 Donald St.
Winnipeg, Manitoba
R3C-4B4

For further info call 934-7455.

***DO NOT WRITE BELOW THIS LINE**

FEES PAID

RACE #

(10 KM ONLY)