

physio fitrun

**Great
Prizes
for 2019!**



**29th
Annual**

**1KM Kids Run
3KM Run/Walk
5KM Run/Walk
10KM Run**

**Finisher
Medals**

Saturday, May 11, 2019 @ Assiniboine Park

Visit our website @ physiofitrun.ca

Support Manitoba Riding for the Disabled!

The 10KM **PHYSIO FIT RUN** is sanctioned by the Manitoba Runners' Association. It is part of the MRA race and Youth series. We also have a 5KM Run/Walk, 3KM Run/Walk and 1KM Kids Run!

Awards

First place overall male/female finishers in 10KM.

Prizes

Random draw prizes abound at the end of the race giving everyone a chance to win! Thousands of dollars worth of random prizes!

T-Shirts

Early registration guarantees a shirt!

Race Kits

May 9, 2019 from 4-8:30pm at The Running Room (corner of Grant & Kenaston) or on race day from 6:30-7:30am in the white tent at the conservatory parking lot.

Registration

On race day from 6:30-7:30am at the Assiniboine Park for the 5KM, 3KM + 1KM only. All other pre-registration is by mail, at the Running Room or online at www.physiofitrun.ca

NO RACE DAY REGISTRATION FOR 10KM
Deadline for EARLY REGISTRATION is April 26, 2019

Questions? Contact the Race Directors:

Stephanie Roberecki by phone @ 204-942-2463

Lori Pisclevich by phone @ 204-794-6569

info@physiofitrun.ca



Like us on



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Picked as the Top 10k Race in Manitoba!

according to **Canadian Running Magazine** (Jan/Feb. 2012)

For ALL EVENTS complete the following 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 may be adverse weather conditions and that there may be vehicles present on the course and at intersections. I, nevertheless, 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 condition of roads 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 myself, 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 Physio Fit Run, Athletics Manitoba, Manitoba Runners Association, Sport Manitoba, the City of Winnipeg, the Province of Manitoba, and any and all other organizations, sponsors and participating organizations and their personnel whether volunteer or otherwise, and anyone acting on their behalf (the Releasee's) for any and all claims, demands, causes or action, damages, or injuries, whether caused by the negligence of the Releasee'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 Releasee's from any liability incurred by them and caused by myself. 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 final results that will be posted on the Athletics Manitoba and Physio Fit Run's websites. I acknowledge that I have read and understood all of the above.

Signature: _____ Date: _____
(Parent or Guardian if under 18 years)

Registration (Please print clearly. No refunds.)

Event: (circle) 10km Run 5km Run/Walk 3km Run/Walk 1km Kids Run

Last Name: _____

First Name: _____

Address: _____

Postal Code: _____ Male Female

Phone No.: (____) _____

Email address: _____

Age (as of May 11/2019) _____ MRA Youth Series Participant

Date of Birth: Month _____ / Day _____ / Year _____

School Group Name: _____

Athletics Manitoba Number: _____

Shirt Size: Unisex S M L XL XXL **Youth** S M L

Please return signed waiver, registration form, and cheque (payable to Physio Fit Run) to:

Physio Fit Run
32 Elmvale Crescent, Winnipeg, Manitoba R3R 2S4
(Or drop off at any Running Room location)

The Running Room is committed to protecting the personal information of our customers. See mailprivacy@runningroom.com for more details.

Race Times

3km Run/Walk 8:00am | 10km Run 8:00am
5km Run/Walk 8:00am | 1km Kids Run 8:00am

Fees

Up to & including April 26 After April 26

10km Road Race

Individual \$45 \$50
School Group \$25/student N/A

5km Run/Walk

Individual \$30 \$35
School Group \$22/student N/A

3km Run/Walk

Individual \$30 \$35
School Group \$22/student N/A

1km Kids Run

\$20 \$20

- Please inquire about your Family Rate (4 people or more). Email info@physiofitrun.ca
- School Group rates apply for Early Registration only and must be received as a group of 5 or more.
- Athletics Manitoba Members and Manitoba Runners Association: \$3.00 discount (10 km run only) with registration of your membership number (does not apply to school group rates).
- No dogs please.