

# physio fitrun

**Great  
Prizes  
for 2020!**



**30th  
Annual**

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

**Finisher  
Medals**

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**Saturday, May 9, 2020 @ Assiniboine Park**  
**Visit our website @ [physiofitrun.ca](http://physiofitrun.ca)**  
**Support Manitoba Riding for the Disabled!**

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The 10KM **PHYSIO FIT RUN** is sanctioned by the Manitoba Runners' Association. It is part of the MRA race and Youth series.

## **Awards**

Top 3 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**

A t-shirt is guaranteed if you are registered by May 1, 2020.

## **Race Kits**

May 7, 2020 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.

## **Race Times**

1km Kids Run 8:05 am | 3km Run/Walk 8:00 am  
5km Run/Walk 8:00 am | 10km Run 8:00 am

## **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](http://www.physiofitrun.ca)

**NO RACE DAY REGISTRATION FOR 10KM**

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## **Questions? Contact the Race Directors:**

Stephanie Roberecki by phone @ 204-942-2463

Lori Pisclevich by phone @ 204-794-6569

[info@physiofitrun.ca](mailto:info@physiofitrun.ca)



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**Picked as the Top 10k Race in Manitoba!**

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

## Fees

Up to & including April 24

After April 24

### 10km Road Race

Individual

\$46

\$51

School Group

\$26/student

N/A

### 5km Run/Walk

Individual

\$31

\$36

School Group

\$23/student

N/A

### 3km Run/Walk

Individual

\$31

\$36

School Group

\$23/student

N/A

### 1km Kids Run

\$21

\$21

## 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: \_\_\_\_\_

Phone No.: \_\_\_\_\_ Email: \_\_\_\_\_

Male ☐ Female ☐ Age (as of May 9/2020) \_\_\_\_\_ ☐ 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](mailto:mailprivacy@runningroom.com) for more details.

- Please inquire about our family rate (4 people or more) Email: [info@physiofitrun.ca](mailto:info@physiofitrun.ca)
- School group rates apply for early registration only and must be received as a group of 5 or more
- Manitoba Runners Association members receive a \$5 discount off the 10km run registration with your membership number (doesn't apply to school group rates)
- No dogs please

## 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, Manitoba Runners Association (MRA), 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 Release's) for any and all claims, demands, causes or action, damages, or injuries, whether caused by the negligence of the Release'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 Release'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 MRA to use my personal information (name and age only) to be used for final results that will be posted on the MRA and all Physio Fit Run's websites and social media channels. I acknowledge that I have read and understood all of the above.

There are no refunds or cancellations in the case of inclement weather or any conditions that may endanger the participants. It is at the sole discretion of the Race Director to cancel the event. In this case, there is no re-scheduling or refund of the entry fee.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

(Parent or Guardian if under 18 years)