

All entries received by October 4, 2011 will be entered into a draw for early bird prize.

## Family Walk Registration and Fees

Family Walk (Approx. 4 km)  \$13/person  \$30/family

Last Name: \_\_\_\_\_

Name of family participants:

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

### Family Walk T-shirt \$12 each

(indicate qty. of each)

Youth: M \_\_\_\_\_ L \_\_\_\_\_

Adult: S \_\_\_\_\_ M \_\_\_\_\_ L \_\_\_\_\_ XL \_\_\_\_\_

Return Registration Form and Waiver along with cheque or money order made payable to:

**École Van Wallegghem School  
 Parent Council  
 1 Princemere Road, WPG, MB R3P 1K9**

#### \*\*Race kit pick-up:

- Fri. Oct 7th: 6 – 9 pm @ Ecole Van Wallegghem School
- Sat. Oct 8th: 11am – 3 pm Stride Ahead, Grant Park Mall
- Race Day: VW School starting at 7:30 am.

## 5 k and 10 k Race Registration Fees

(circle one)

	Race Day		Youth (under 14)		Race Day	
Adult						
MRA member	\$25	\$30	MRA member	\$15	\$20	
Non-member	\$28	\$33	Non-member	\$18	\$23	

### First 150 Race registrants guaranteed a T-shirt

Please circle size: Youth: M L Adult: S M L XL

## 5 k & 10 k Registrations

(One registration per participant)

Event (circle one): 5K 10K

First Name: \_\_\_\_\_

Last Name: \_\_\_\_\_

MRA membership #: \_\_\_\_\_

Email: \_\_\_\_\_

Phone #: (\_\_\_\_) \_\_\_\_\_ Gender: M F

Date of birth (mmm/ dd / yyyy) : \_\_\_\_/\_\_\_\_/\_\_\_\_

Address: \_\_\_\_\_

City/Postal Code \_\_\_\_\_

\_\_\_\_ Please check here if you would like to be contacted via e-mail by LWFC. We will not compromise your email address.

MRA membership #: \_\_\_\_\_

#### Athlete's Waiver & Release

*In consideration of the acceptance of this entry in the Linden Woods Fall Classic Race, Fun Run and Family 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 all sponsors, sponsors' representatives, their agents and employees and any other person or organization assisting in this event, including the Manitoba Runners' Association, the Ecole Van Wallegghem School Parent Council, the Pembina Trails School Division, event organizers, Asics, the City of Winnipeg, the Province of Manitoba, and their employees and agents and other participants and volunteers in the Linden Woods Fall Classic Race, Fun Run and Family 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 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.*

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



"Supporting Our  
 Community & Beyond"

## 10k Race

## 5k Fun Run

## Family Walk

Monday, October 10, 2011

Ecole Van Wallegghem School  
 1 Princemere Road

9:15 am Walk Start  
 9:30 am Run Start

Asics Grand Prix Series  
 Championship Race

[www.lwfc.ca](http://www.lwfc.ca)

