

## Registration Form R4YC 2019

\*Families & Teams, please fill out separate registration forms for each participant\*

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

Birthdate MM/DD/YYYY: \_\_\_\_/\_\_\_\_/\_\_\_\_

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

City/Province: \_\_\_\_\_

Postal Code: \_\_\_\_\_

email: \_\_\_\_\_

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

How do you identify? (circle one)

**Female      Male      Prefer not to say**

Choose an Event (circle one):

**5K Awesome Twosome**  
**Try 3.3      Happy Feet Dash**

### Additional Participant Questions:

1. Do you require Gluten free refreshments? (circle one).

**No Yes\*** we cannot guarantee the absence of cross contamination

2. Do you agree to Run as Yourself?

**Yes**, I understand that privately trading/selling my bib is cheating, so I promise to run as myself or use the authorized Bib Transfer process.

**“Yes.”** Must be circled to process your registration.

3. Which Organization will you support?

For the list of eligible Causes, please check out

<https://mraweb.ca/events/run-4-cause/>

### 5K Awesome Twosome Participants only:

I have a partner: **Yes No** (Contact us if you find one, otherwise we'll give you one when online registration closes)

If Yes, please provide the following:

Partner Name: \_\_\_\_\_

Team Name: \_\_\_\_\_

Team Combined Gender Category (circle one)

**Mixed Team\*      Female Team      Male Team**

\*Mixed Teams are open to participants of cisgender, transgender and non-binary identities.

Team Combined Age Category:

(add both partners' ages together & circle one)

**25 years & under      50 - 74 years      100 – 124 years**  
**26 – 49 years      75 – 99 years      125 years & over**

## ATHLETE'S WAIVER AND RELEASE

In consideration of the acceptance of this entry in the Run 4 Your Cause I, for myself, my heirs, executors, administrators and assigns, waive any claims to which I may become entitled for injury or damage and release Run 4 Your Cause and all other organizers, sponsors, representatives, their agents and employees and any other person or organization assisting in this event, including the Manitoba Runners' Association, Athletics Manitoba, the event race directors, Canadian Mennonite University, the City of Winnipeg, the Province of Manitoba, and their employees and agents and other participants and volunteers in Run 4 Your Cause, from any claims for damages or injury suffered by me as the 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, social media, or written account of this event.

Date: MM/DD/YYYY: \_\_\_\_/\_\_\_\_/\_\_\_\_

Participant's signature: \_\_\_\_\_

Parent or Guardian Signature if under age 18

**Will you be a Fundraiser?** (check one of the boxes).

**Yes**, I want to sign up as a Fundraiser. I must raise a minimum of \$100 for my Cause by Sept. 25 (or sooner if we sell out) to be eligible for the **free Fundraiser Entry**.

I've enclosed my Entry Fee

| Entry Fees      | Early Bird<br>April & May | Regular<br>June-Sept 25 | Late<br>Sept 26-Oct 2 |
|-----------------|---------------------------|-------------------------|-----------------------|
| 5K per person   | \$35                      | \$40                    | \$45                  |
| 3.3K per person | \$30                      | \$35                    | \$40                  |
| Family*         | \$90                      | \$105                   | \$120                 |

\*Family is up to 6 related people AND a max of 2 adults with their dependents

**Each Entry Fee includes a \$20 donation to Your Cause**

Entry Fee (Happy Feet Dash just \$5) \$ \_\_\_\_\_

Option: add an additional donation \$ \_\_\_\_\_

TOTAL PAID \$ \_\_\_\_\_

Make cheque payable to Manitoba Runners' Association and indicate R4YC 2019 in the memo.

Please mail completed form and payment to:

**Manitoba Runners' Association**  
**Box 34148 Fort Richmond**  
**Winnipeg MB, R3T 5T5**

We will contact you to confirm receipt of your registration.

**THANK YOU!**