



**Manitoba
Runners'
Association**

*Ice Cream for all
participants at the
finish line!*

*Bring your kids or
grandkids and make it
a family outing.*

*Strollers and leashed
pets are welcome.*

Fees: Individual \$10.50

Family \$26.25

All prices include GST

MRA Presents its Annual

FAMILY ICE CREAM FUN RUN/WALK SERIES

Wednesday, July 5, 2023 AND/OR

Wednesday, August 2, 2023

(circle which dates apply-one or both)

Crescent Drive Park, Fort Garry 7:00 p.m. Start

2.2K & 1K PART OF THE MRA YOUTH SERIES

REGISTRATION FORM

First Name	Last Name	2.2k	1k
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Phone # _____ Email: _____

Sign up for BOTH the Jul 5th & Aug 2nd events and save!

Individual: \$15.75 Family: \$42.00

(prices include GST)

AMOUNT PAID: _____ METHOD OF PAYMENT: _____

Please fill out this registration form and bring to the run with your fee.

WAIVER AND RELEASE

In consideration of the acceptance of this entry in the Crescent Drive Ice Cream Fun Run I, for myself, my heirs, executors, administrators and assigns, waive any claims to which I may become entitled for injury or damage and release the Manitoba Runners' Association 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, the Board of Directors of the Manitoba Runners' Association, Athletics Manitoba, the City/town of Winnipeg, the Province of Manitoba, and their employees and agents and other participants and volunteers in the Crescent Drive Ice Cream Fun Run, 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 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 or written account or this event.

Printed Name _____ Signature _____

Date _____

Signature of parent or guardian (If participant is under 18 years of age) _____