

What you need to know

Sunday, May 9th, 2004

- **Location:** Scotiabank stage, The Forks, Winnipeg, MB
- **Start Time:** 10:00 am Sunday, May 9th, 2004
- **Registration:** 9:00 am
- **Course Description:** Course starts and finishes at the Scotiabank stage at The Forks, Winnipeg MB
- **Entry Fee:** Early registration fee for individuals is \$10, before April 23. Registration after April 23 is \$15.

Early registration fee for a family is \$25, before April 23. Registration after April 23 is \$35.

- **On-line entry:** Payment by credit card - go to www.runningroom.com
- **Entry in person:** Entries can be dropped off at all 3 Winnipeg Running Room locations. **Payment by cash or cheque only.**

Kenaston Village Mall
1875 Grant Ave, (204) 487-7582

Pembina Village Shopping Centre
2095 Pembina Highway, (204) 489-8888

Kildonan Crossing Shopping Centre
1615 Regent Avenue West, Unit 400B
(204) 777-1122

- **Package Pick-Up:** Saturday May 1st
10:00 am - 6:00 pm at any Winnipeg Running Room Location

Medical Services provided by:



There will be an essay/art contest with the subject, "Why Canada Needs a Human Rights Museum."

Winners will be chosen in the following categories:
Gr.1-Gr.3 Gr.4-Gr.6 Gr.7-Sr.1 Sr.2-Sr.4

Call for contest details: 489.0313

There will be a pre-event warm-up and lots of post-event activities including, **entertainment, refreshments, prizes, music, prizes, fun stuff - oh, and did we mention prizes?**

The pre and post events will be emceed by sponsor, **Barry Kay of Cherry Tree Productions** and will include many special guests!

In honour of Mother's Day, all moms who join us either as a participant or as a volunteer will receive a special gift.

Speaking of which...

We need volunteers to help us run this event and make sure all participants remain happy, safe and have lots of fun!

To Volunteer:
Call: 489.0313 or email:
baltman@mts.net to sign up!



**THE JEWISH FOUNDATION
OF MANITOBA**

Registration Form

- ☐ \$10 Individual
Early registration by April 23.
- ☐ \$25 Family
Early registration by April 23.
- ☐ \$15 Individual
After April 23.
- ☐ \$35 Family
After April 23.
- ☐ I will volunteer

You can increase
your support by

**Collecting
Pledges**

Pledge forms can be filled out on event day, or can be downloaded at www.rocknrollstroll.com
Registrations will also be accepted on event day.

FREE Rock and Roll Stroll t-shirts. Individual participants receive 1 free t-shirt. Family entries receive 2 t-shirts. Please indicate preferable size(s):

1. ☐ M ☐ L ☐ XL 2. ☐ M ☐ L ☐ XL

Name: _____

Address: _____

City: _____

Prov. _____

Postal Code: _____

Phone: _____

E-mail: _____

Payment by cash or cheque only. Payments by credit card will only be accepted by on-line registration at www.runningroom.com. Please make cheques payable to the Lewis McIntosh Canadian Museum for Human Rights Fund. No refunds or transfers.

Please read and sign waiver below.

Waiver: I know that running / walking a road course is a potentially hazardous activity. I should not enter and run / walk unless I am medically able and properly trained. I also know there will be traffic on the course route. I assume any and all other risks associated with running / walking the event including but not limited to falls, contact with other participants, the effects of the weather including high heat and or humidity, the conditions of the roads, all such risks being known and appreciated by me. Knowing these facts, in consideration of the Running Room Sports Inc., Event Sponsors, Volunteers, and Organizers accepting this entry, I hereby for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages sustained by me as a result of this walk / run event, for any cause whatsoever, including negligence. It is expressly understood by the undersigned that this run / walk event is entered into at the sole risk of the undersigned & that the organizers and sponsors of the run are exempt from liability for any and all damages sustained & any and all injury & loss, including personal & property loss arising from any cause whatsoever, including negligence. Applications for minors will be accepted only with a parent's signature and should be signed by the minor also.

I hereby acknowledge having read this Release and Waiver and I understand and accept its terms.

Signature: _____

Date _____

Parent/Guardian signature if under 18 _____

Lewis McIntosh Canadian Museum for Human Rights Fund