***1km Walk and 5km Run/Walk***

***Raising Awareness for Endometriosis***

***Saturday, June 16th, 2018***

***Emily Murphy Park***

***10 am start***

***Register on-line@***

***Runningroom.com***

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***Runningroom.com***

#### ***What is Endometriosis?***

#### The endometrium is the lining of the uterus that sheds each month during the menstrual cycle. Endometriosis occurs when tissue similar to the lining of the uterus implants abnormally outside of the uterus in the pelvic cavity to form lesions, cysts, nodules and other growths. These growths have been found on every pelvic organ and surface including ligaments, bladder, ovaries, tubes, uterus, ureters, bowel, and other peritoneal (intra-abdominal) surfaces. More rarely, endometriosis has been found on the lung, diaphragm, nasal cavity and other locations throughout the body. Hormones that trigger the endometrium to bleed each month also stimulate the inappropriately placed tissues.

This can cause pain, internal scarring, formation of adhesions (bands of scar tissue that can connect organs inappropriately), infertility and other medical complications. For each patient with endometriosis, the specific locations of the endometriosis lesions are different, giving rise to a disease that can present uniquely in different patients. Endometriosis is much more than just a disease of the reproductive system—it can affect many systems in the body.

**For more information:**

**Email:** [info@endometriosisnetwork.ca](mailto:info@endometriosisnetwork.ca)

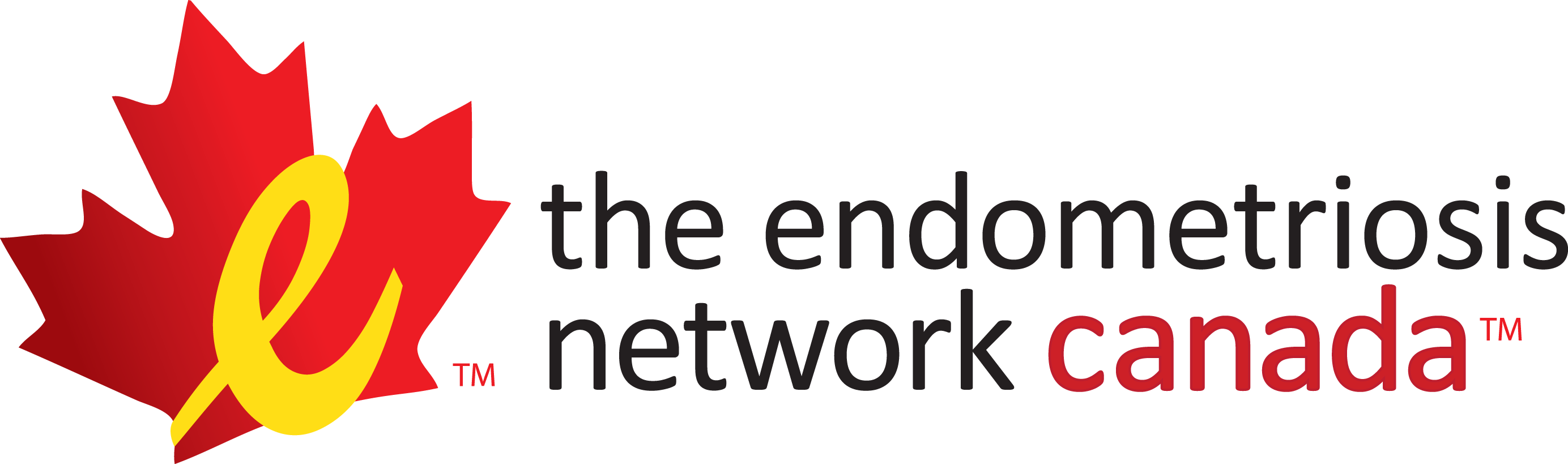
**Web:** [www.endometriosisnetwork.com](http://www.endometriosisnetwork.com)

**Facebook: /TheEndoNework Twitter: @TheEndoNetwork**

**Donations welcome online**

***Sponsored by:***

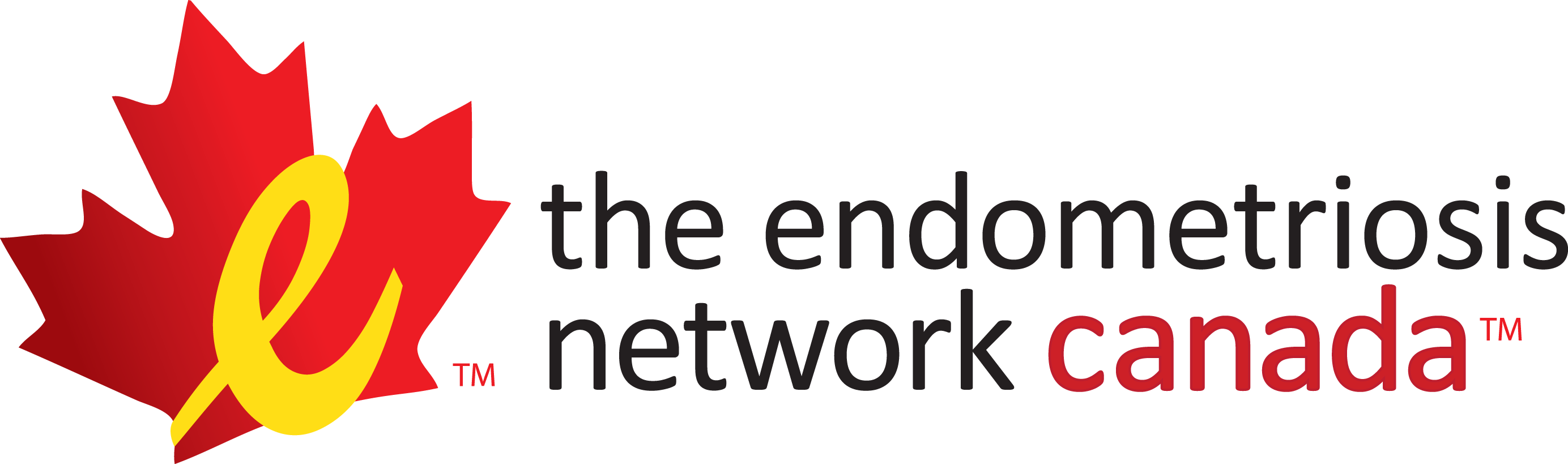






Official run butterfly with ribbon logo designed by Mikayla Dumont





Together Present:

**RUN TO END ENDO 2018**



If you would like to volunteer for this event, simply fill out the online form with the position you wish to volunteer for and you will get a confirmation e-mail with your volunteer information. Or simply email [runtoendendo@outlook.com](mailto:runtoendendo@outlook.com) and advise desired position. We need your help to make this happen.

**VOLUNTEERING:**

All participants are welcome to enjoy post-race refreshments and activities. Please stay for draw prizes and awarding of 1st, 2nd and 3rd place 5K runners. Feel free to stay and enjoy our beautiful river valley.

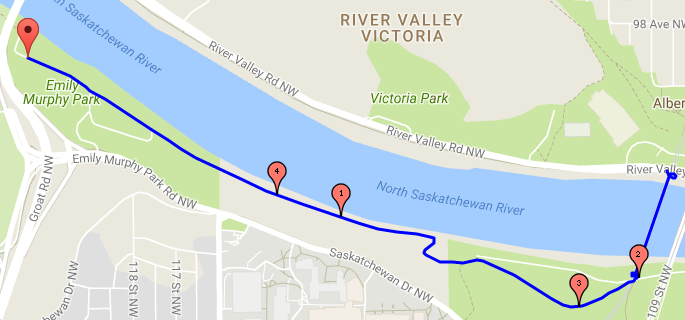
**POST RACE ACTIVITIES & AWARDS:**

Pets are not recommended. The city welcomes them on trails, but not the main park.

Strollers welcome, but trail has hills. Pets and strollers will start behind runners to avoid tripping.

**PETS AND STROLLERS:**

**COURSE MAP:**



***Waiver of Liability and Indemnity Agreement:*** I know that participating in physical fitness events is a potentially hazardous activity. I agree not to participate unless I am medically able and properly prepared. I should not participate without my physician’s approval. I acknowledge that I am solely responsible for my own medical wellbeing. I undertake to have available my medication and medical information when and if I have a medical event requiring attention. "Event" shall include, but is not limited to, all activities, events or services in any way provided, organized, sponsored or authorized by the Event Organizers. On my own behalf, any minors or third parties for whom I am registering, I agree that (a) we will abide by any decision of an event official concerning my ability to safely participate; (b) we will assume any and all risks associated with the Event; including but not limited to, falls, contact with other persons or objects, the effects of weather, traffic and course conditions; (c) we hereby consent to permit, and accept responsibility for emergency treatment in the event of injury or illness; (d) we understand that in the Event cannot be held as scheduled, we may not be entitled to a refund of any money paid. As a condition of my entering this Event, I for myself, any accompanying minors, and any third party for whom I am acting, waive and release Running Room Canada Inc., The Endometriosis Network Canada, any associated or related entities, their directors, officers, employees, agents, representatives, sponsors, volunteers, and organizers (“Event Organizers”), from present and future claims and all liabilities of any kind, known or unknown, arising out of my participation in this Event or related activities, even though such claim or liability may arise out of negligence or fault on the part of the Event Organizers. We agree that (a) the Event Organizers shall not be liable for any personal injury, death or property loss, and we release the Event Organizers and waive all claims with respect thereto; and (b) to hold harmless and indemnify the Event Organizers, from any and all liability from any property damage or personal injury to any third party resulting from my participation in the Event. We grant permission to Event Organizers to use or authorize others to use our personal information, including but not limited to, any photographs, images or documentation of our participation in this Event or related activities without remuneration being provided to us. I represent and warrant (a) I am over eighteen (18) years of age, and that if I am registering a minor, that I am the parent or guardian of such minor; (b) if I am registering third parties, I have been duly authorized to act on behalf of such parties; and (c) that the terms of this registration shall apply equally to me, any minor and to any third parties for whom I am acting. The participation in the Event by a third party shall be their confirmation that I was acting as their agent. (12/26/2017)

I have read this Waiver of Liability and Indemnity Agreement. I understand and accept its terms.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_/\_\_\_\_\_\_/\_\_\_\_\_\_

Signature (Parent/Guardian Signature if entrant is under 18yrs) MM DD YYYY

Privacy Policy: Running Room Canada Inc., and The Endo Revolution is committed to respecting the personal privacy of our customers. All personal information held or collected by Running Room is protected. If you have any questions about the protection of your personal information, please contact us at [mailprivacy@runningroom.com](mailto:mailprivacy@runningroom.com) or by postal mail to Running Room, 9750 47 Avenue, Edmonton, AB, Canada T6E 5P3. To view our privacy policy visit web site: www.runningroom.com.

**RACE KIT PICKUP:**

**109 Street Running Room**

8537 109 Street, Edmonton AB

Ph. 780-433-6062

Friday, June 15, 2018 – 4:00 pm – 8:00 pm

Pick up for friends allowed with their email confirmation.

Transfer from 5K - 1K if needed, by email request before pickup

No Race Day Pickup at this time.

**EVENT DATE:**

Saturday, June 16th, 2018

**START TIME:**

10:00 am – 1K and 5K walkers

10:30 am – 5K runners

**LOCATION:**

Emily Murphy Park

11904 Emily Murphy Park Road NW, Edmonton

**EVENT FEES**

There will be FREE T-Shirts and finisher’s medals for all participants. Please note that only those registered prior to May 18, 2018 will be assured of their shirt size.

**Until Apr 15, 2018:**

1K Walk, 5K Walk, 5K Run $25.00\*

Children 2-11 any distance $20.00\*

**Until Jun 12, 2018:**

1K Walk, 5K Walk, 5K Run $30.00\*

Children 2-11 any distance $20.00\*

\*All fees are subject to applicable sales taxes, no refunds or transfers.

**REGISTRATION:**

Register online at [www.events.runningroom.com](http://www.events.runningroom.com)

Online registration ends Jun 12st, 2018 at 11:59pm.

Register in person at the 109 Street Running Room only until Jun 8th, 2018, Cash or Cheque only. (Chq payable to: The Endometriosis Network Canada)

Questions:

Race Organizers – Brenda or Mikayla

[runtoendendo@outlook.com](mailto:runtoendendo@outlook.com)

**Event Information**

**REGISTER**

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