

Registration Form

Select one event:

- FULL MARATHON HALF MARATHON
 10 Km RACE (Timed) 10 Km FUN WALK

First Name: _____

Last Name: _____

Address: _____

City: _____ Prov./State use 2 letter abbreviation _____

Postal/Zip Code: _____

Country: _____

Telephone (Residence) () _____

Telephone (Business) () _____

Email address: _____

Date of Birth: Year _____ Month _____ Day _____

Age on race day _____

- Male Female

Pre-Race Pasta Dinner

Treherne Community Centre

Saturday, September 12th, 2008 (5-8 p.m.) \$10.00

T-Shirt Size

Adult: S M L XL

WAIVER: I know that running or walking a road race is a potentially hazardous activity. I should not enter or participate in this event unless I am medically able and properly trained. I realize that the event is physically strenuous, that there may be adverse weather conditions and that there may be vehicles present on the course and at intersections. I nevertheless wish to compete and assume any and all risks associated with running or walking this event, including but not limited to, falls, contact with other participants, the effect of weather, including high heat/or humidity, the condition of roads and the presence of traffic, all such risks being known and appreciated by me.

Knowing these facts and in consideration of acceptance of my entry, I hereby for myself, or for anyone else who may claim on my behalf, agree not to sue and to waive, release and discharge all persons participating in the operation of this event including without limitation the Treherne Chamber of Commerce, Athletics Manitoba, Sport Manitoba, the Running Room Sports Inc., the Town of Treherne, the Rural Municipality of South Norfolk, the Province of Manitoba, and any and all other organizations, sponsors and participating organizations and their personnel whether volunteer or otherwise, and anyone acting on their behalf (the Release's) for any and all claims, demands, causes of action, damages, or injuries, whether caused by the negligence of the Release's, or by any other cause, which may arise as a result of, or out of my participation in this event.

I also indemnify and hold harmless the Release's from any liability incurred by them and caused by myself. I attest that I am physically fit, and sufficiently trained for this event. I hereby grant permission for the use of my likeness participating in this event without obligation or compensation to me. As part of this Waiver and Release, I allow Athletics Manitoba to use my personal information (name and age only) to be used for final results that will be posted on our website and acknowledge that I have read and understood all of the above.

Signature _____ Date _____

Signature of Parent or Guardian if under 18 years of age _____



Treherne is located in south-central Manitoba half way between Brandon and Winnipeg on Highway 2, about an hour drive from either city.

The race route takes the runners into the eastern-most edge of the Tiger Hills situated just off the south side of Treherne ... beautiful and scenic, especially at this time of the year. The rolling landscape, trees and color of the fields are sure to make this ... a run to remember!

Water and Aid stations are to be set up along the route to assist the runners.

A massage area will be set up and available

The **Treherne Chamber of Commerce** is the organizer of this Run for the Hills.

The race officially ends 6 hours after the start and all runners must be off the course.

Age divisions are ...

**19 and under • 20-29 • 30-39 • 40-49
50-59 • 60-69 • 70+**



General Information from Race Director...
email: trehernemarathon@mts.net
Gary at The Times 1-204-723-2542

Printed in Canada

Treherne ^{5th Annual} Marathon

RUN FOR THE HILLS



Sunday, Sept. 13 2009

8:00 a.m. to be official time start only

**MARATHON
HALF MARATHON
10 KM. RACE (TIMED)
10 KM. FUN WALK**

All Marathoners, Half Marathoners and 10 Km. Racers will receive a medal upon finishing.

Special award for overall fastest male or female in each race.

Special medals awarded to top finishers in each age category, male and female.

Awards Ceremonies 3 and 5 hours after race start. Please wait for presentations of medals or pick up later in Treherne.

**Race Headquarters:
TREHERNE COMMUNITY CENTRE**

We are a walker friendly route



Where to Stay...

accommodations include:

- **Creekside Hideaway Motel**
- **The Birch Motel**
- **Whispering Woods Cabins**
- **The Cottonwood Campgrounds**
(Treherne Aquatic Centre)

Info on Treherne web site: www.treherne.ca

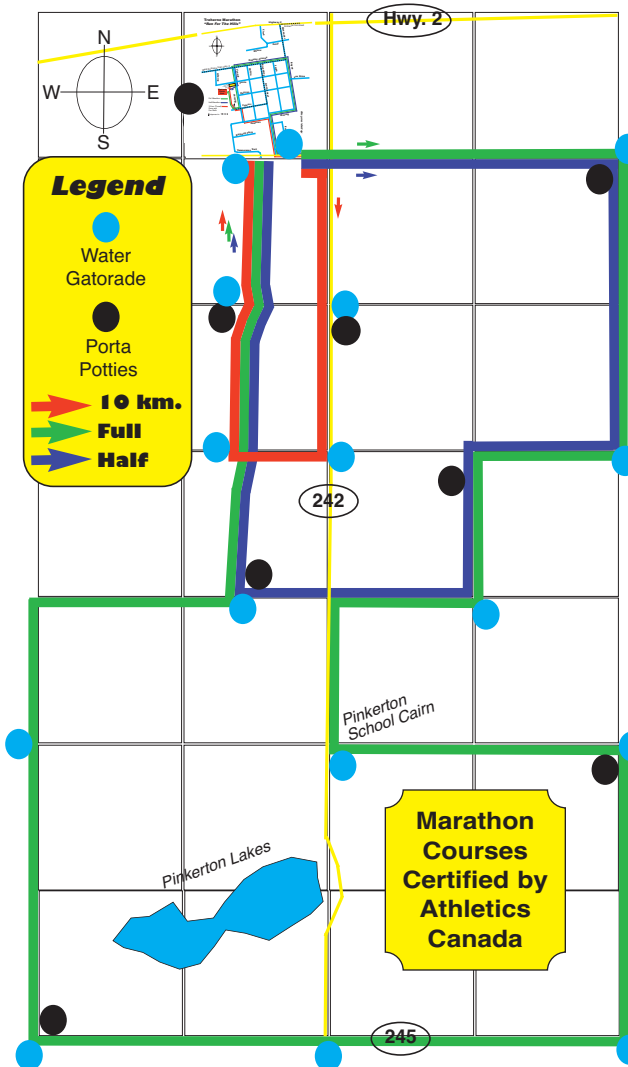


Race Kit Pickup...

Shirt, Bib, etc. may be picked up at the Kenaston Running Room Store Thursday evening, September 10th or at the Treherne Community Centre Saturday evening September 12th, 5:00-8:00 p.m., or before the race start.

Late entries not guaranteed a T-Shirt
Pre-Race Pasta Dinner Saturday Night

Treherne Marathon "Run For The Hills"



Registration Fees:

FULL MARATHON

by July 15th ... **\$50.00** by Aug. 25th ... **\$70.00**
by day of race ... **\$80.00**

HALF MARATHON

by July 15th ... **\$40.00** by Aug. 25th ... **\$60.00**
by day of race ... **\$70.00**

10 Km. RACE (Timed)

by July 15th ... **\$30.00** by Aug. 25th ... **\$40.00**
by race day ... **\$50.00**

10 Km. FUN WALK ... \$30.00

Registration Fees are non-refundable and non-transferrable

How to Register:

Credit Cards accepted on-line through the Running Room web site

www.runningroom.com

— OR —

Entries (cash or cheques) may be made in person at the following Winnipeg Running Room Locations

1875 Grant Ave.

2095 Pembina Hwy.

400B-1615 Regent Ave.

— OR —

at **The Times**

194 Broadway Street

Treherne, Manitoba R0G 2V0

Cheques to be made payable to the Treherne Chamber of Commerce

Entries and race pack pickup may be made at the Kenaston Running Room store on Thursday, Sept. 10th from 5:00 p.m. until 8:00 p.m.

or Saturday, Sept. 12th at the Treherne Community Centre

Final entries will be accepted at the Treherne Community Centre September 13th (race day early)

Privacy Policy - The Running Room Inc. is committed to respecting the personal privacy of our customers. All personal information held or collected by the Running Room is protected under the Personal Information Protection and Electronic Documents Act (PIPEDA). We support PIPEDA and the provincial privacy laws and comply with PIPEDA and all applicable provincial privacy laws. If you have any concerns or questions about this privacy policy or the protection of your personal information, please write to us at mail@privacy@runningroom.com or by postal mail to: Running Room Inc., 9750 - 47 Ave., Edmonton, AB, Canada T6E 5P3. To view our privacy policy visit web site: www.runningroom.com