



ROCKY MOUNTAIN  
SOAP COMPANY

100% Natural Bath & Body

Winnipeg - Women's Run & Walk

# An unforgettable experience for Women of all ages and fitness levels



Our Women's Run was initially created in Canmore, AB to bring women of all running levels together for a safe, fun, and inclusive event. Make it a great day out with the women in your life!

Join us for our 3rd annual  
Winnipeg Women's Run/Walk.

Register Today!

## Sunday, August 21, 2011

5 km Run/Walk | 10 km Run | 9am - ASSINIBOINE PARK, WINNIPEG, MB

Receive value of entry in fabulous swag!

Early Bird (until May 31): \$50 Regular: \$60 (additional \$10 directly to charity)

The Rocky Mountain Soap Company Women's Run/Walk is more than just a race. It's all about women, a healthy balance in life and FUN!



“Events like this show me the strength and beauty of all women. It's been a wonderful experience and truly rejuvenating.”

- Dagmar K.

[www.rmswomensrun.com](http://www.rmswomensrun.com)

for event details, sponsor opportunities & registration  
[volunteersneeded@rmswomensrun.com](mailto:volunteersneeded@rmswomensrun.com)

In Support of:



2011



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SOAP COMPANY

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# Entry Form

Registration Date: \_\_\_\_\_

Last Name, First Name: \_\_\_\_\_

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

City/Town, Prov./State: \_\_\_\_\_

Country, Postal Code: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Phone Number: \_\_\_\_\_

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

Emergency Contact: \_\_\_\_\_

Emergency Phone: \_\_\_\_\_

Athletics Manitoba Number: \_\_\_\_\_  
(qualifies you for discounted rate: \$47)

Race Distance: 5km Walk: \_\_\_\_ 5km Run: \_\_\_\_ 10km Run: \_\_\_\_

Age (on race day): \_\_\_\_\_

## Please sign the following waiver:

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 and/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 Rocky Mountain Soap Company Inc., www.rmswomensrun.com, magma.event.marketing., Athletics Manitoba, Sport Manitoba, Assiniboine Park Conservancy, the City of Winnipeg, 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. Additionally I agree that the Rocky Mountain Soap Company Inc. exclusively owns the right, title and interest in any collection of footage in connection with the race and further agree that they may use this material in relationship with any promotion, publicity, marketing or advertisement for the event in any manner.

Signature: \_\_\_\_\_

(Signature of Parent/Guardian if under the age of 19)

**Payment: Cheque or cash (No refunds or cancellations!)**

Early Bird (until May 31): \$50 | Regular (after May 31): \$60 (additional \$10 directly to charity)

Rocky Mountain Soap Company

Re: RMSWomensRun-Winnipeg

Polo Park Shopping Centre

Unit B003 1485 Portage Ave. (near Sport Chek Entrance)

Winnipeg, MB R3G 0W4

