



It's time for the Annual Mother's Day Walk Walk/Run

Sunday, May 12

PARTICIPANT NAME: _____ **I am walking for:** _____

Dear Potential Sponsor,

I am participating in the **Mother's Day Walk/Run** in Selkirk, Manitoba on May 12, 2019. All proceeds will help fund **the Selkirk Community Renewal Corporation**. You can sponsor me for any amount and can name a maximum amount that you are willing to contribute. Make cheques payable to **Selkirk Community Renewal Corporation**. Thank you!

| # | Name of Sponsor | Pledge Amount (Example: \$10.00) | Amount Collected |
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Participants:

To reach our goal, we hope that each participant finds 10 sponsors.

Please bring this form to the registration table on the walk-a-thon day, **Sunday, May 12, 2019**. The Event registration is at 11am and walk begins at 12pm.

Rules

1. Participants may start collecting pledges as soon as they receive the pledge sheets. **Reminder: Pledge sheets need to be turned in on walk-a-thon day, Sunday, May 12.**
2. Pledges may be made by anyone. However, participants may not ask for pledges from any of the staff members of **Mother's Day Walk/Run. Please ask everyone who pledges if their company has a matching gift fund policy.**
3. **Each sponsor making a pledge should write their own name and maximum pledge.** Participants may collect the pledge in advance but must keep pledges until all are collected.
4. **Please return pledge sheets with the money to Mother's Day Walk/Run by Sunday, May 12.**
5. Running or jogging will be allowed. Participants are encouraged to wear hats and sunscreen if it's sunny or bring rain gear if it's rainy.

We look forward to all our participants having a great time! For questions or concerns, or to volunteer, **call the Selkirk Community Renewal Corporation at 204-492-0701 or email at scrc@selkirkcrc.ca.**

Mother's Day Walk/Run 2019

RELEASE AND WAIVER-AWARENESS OF RISK

I acknowledge and agree that running in a road race is a potentially hazardous activity and that I should not enter and run unless I am medically able and properly trained. I also acknowledge and agree that although traffic control will be provided there will be traffic on the course route and accordingly I assume the risk of running in traffic. I also assume any and all other risks associated with running in the Race including, but not limited to, slips and falls, contact with other participants, the effects of the weather, including rain and high heat and the condition of the roads, all such risks being acknowledged and appreciated by me.

Acknowledging these facts, and in consideration of your accepting my entry, I hereby, for myself, my heirs, executors, administrators or anyone else who might claim on my behalf, covenant not to sue, and hereby waive, release and discharge The Event Co-coordinator, the committee, officials and volunteers working at the Run & Walk, Race Sponsors, the RM of St Andrews, the Selkirk Police Department, St. Andrews Fire Department, St. Andrews Community Services, the Selkirk Health Services and other participants in the Race and all their agents, employees, assigns or anyone else acting for or on their behalf (collectively, the "Indemnities"), from and against any and all claims for death, personal injury or property damage of any kind or nature whatsoever arising out of, or in the course of my participation in this Race other than as a result of the gross negligence of the Indemnities'. This Release and Waiver extends to all claims of every kind or nature whatsoever, foreseen and unforeseen, known or unknown. Applications for minors (those under the age of 18) will be accepted only with the minor's and one of his/her parents signatures. I hereby grant full permission to Mother's Day Run/Walk Committee and/or its authorized agents, to use any photographs, video tapes, motion pictures, recordings, or any other record of this Race and/or of me or my minor child as participant in this Race, and for any legitimate purpose. I hereby acknowledge having read this Release and Waiver and by accepting a race number I understand and accept its terms and conditions.

Signature of participant&/or signature of parent/guardian (if participant if 18 or under)

Signature: _____ **Date:** May 12, 2019