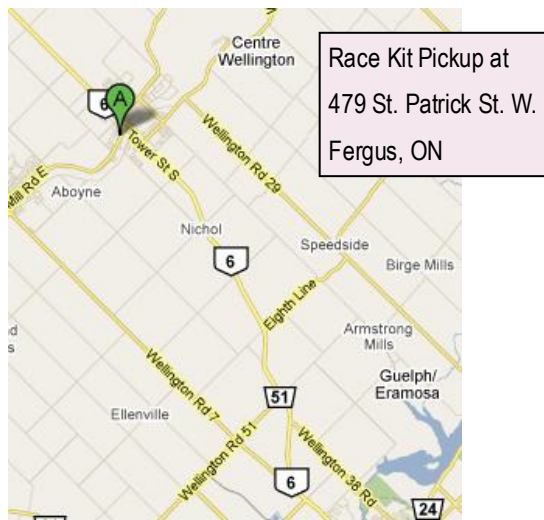


Guelph-Wellington Women in Crisis Mother's Day Run 2010

Join us this Mother's Day, Sunday May 9th for a 5K run in Fergus, Ontario followed by snacks, refreshments and awards at Beatty Park.

This run will benefit Guelph-Wellington Women in Crisis, helping women on their journey from crisis to confidence.



Race Kit Pickup at
479 St. Patrick St. W.
Fergus, ON

Registration Form

Name: _____

Address: _____

City: _____ Postal Code: _____

Phone number: _____

Email: _____

Gender: Female Male Prefer not to say

Age on Race Day: _____

Registration Fees:

- Single \$20 (\$25 May 7th-9th)
- Family of 3* \$55 (\$65 May 7th-9th)
- Family of 4* \$70 (\$85 May 7th-9th)

*if registering as a family, all runners must complete and sign a registration form

Long Sleeved Race Shirt \$10

- small med. large extra large

Total: \$ _____

- VISA Mastercard Cash Cheque

Card Number: _____ - _____ - _____ - _____

Expiry Date: ____/____/____

Signature: _____

*no refunds will be provided

I am participating at my own risk and waive all claims of every nature against the organizers, officials, sponsors, and any other participating agencies in respect to any personal loss, illness, bodily injury or death resulting from participation in these activities. I also fully understand the rigors of such a competition and have prepared myself physically for the race. At the time of registration, I will inform the race organizers regarding any relevant medical condition. I agree to follow the rules which govern road racing. I, the undersigned, have read the above waiver and release, and understand that I have given up substantial rights by signing it, and sign it voluntarily.

Signature: _____ Date: _____
(signature of parent/guardian if under 18 years of age)

Fees:

| <u>Before May 7th:</u> | <u>May 7th – 9th:</u> |
|------------------------|-----------------------|
| Single Runner - \$20 | Single Runner - \$25 |
| Family of 3 - \$55 | Family of 3 - \$65 |
| Family of 4 - \$70 | Family of 4 - \$85 |

Men, women and children (this is inclusive of transgender people) are welcome to run. Awards will be given out to fastest runners in each category, as well as to the runner that brings in the most pledges on race day.

Registration Information

Online: www.eventsonline.ca

Or In Person:

Guelph-Wellington Women in Crisis

38 Elizabeth St. Guelph, ON

519-836-1110 x 221

www.gwwomenincrisis.org

Grand River Running

105 Queen St. W. Fergus, ON

519-843-8858

www.grandriverrunning.ca