

Waiver & Release

IN CONSIDERATION OF THE ACCEPTANCE OF THIS ENTRY IN **RUN WITH PORTER I**, FOR MYSELF, MY HEIRS, EXECUTORS, ADMINISTRATORS AND ASSIGNS, WAIVE ANY CLAIMS TO WHICH I MAY BECOME ENTITLED FOR INJURY OR DAMAGE AND RELEASE ALL SPONSORS, SPONSOR REPRESENTATIVES, THEIR AGENTS AND EMPLOYEES AND ANY OTHER PERSON OR ORGANIZATION ASSISTING IN THIS EVENT, INCLUDING THE MANITOBA RUNNERS' ASSOCIATION, THE PROVINCE OF MANITOBA, BIRDS HILL PARK, THE EVENT ORGANIZERS, AND OTHER PARTICIPANTS AND VOLUNTEERS IN THE RUN WITH PORTER, FROM ANY CLAIMS FOR DAMAGES OR INJURY SUFFERED BY ME AS A RESULT OF MY PARTICIPATION IN THIS EVENT.

I FURTHER STATE THAT I AM IN PROPER PHYSICAL CONDITION TO PARTICIPATE IN THE EVENTS AND I AM AWARE THAT ROAD RUNNING IS A POTENTIALLY DANGEROUS ACTIVITY AND AM AWARE THAT PARTICIPATION COULD, IN SOME CIRCUMSTANCES, RESULT IN PHYSICAL INJURY. I GIVE MY PERMISSION FOR THE FREE USE OF MY NAME AND PICTURE IN BROADCAST, TELECAST OR WRITTEN ACCOUNT OF THIS EVENT.

SIGNATURE

DATE

(MUST BE SIGNED BY PARENT/GUARDIAN IF UNDER 18 YEARS OF AGE)

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Seedling Foundation

THE RUN WITH PORTER SEEDLING FOUNDATION

THE RUN WITH PORTER SEEDLING FOUNDATION HAS BEEN FORMED TO CREATE A FUND TO BOTH HONOUR THE LOVE OF OUR BOY AND SUPPORT MANITOBA CHARITIES THAT COMBINE THE ELEMENTS OF CHILDREN/YOUTH WITH NATURE AND THE ENVIRONMENT.

THE FIRST ANNUAL RUN WITH PORTER ECO-FRIENDLY RUN/WALK SUPPORTED THE MANITOBA SUNSHINE FUND WITH \$10,000 SENDING UNDERPRIVILEGED CHILDREN TO SUMMER CAMP.

THIS YEAR'S SEEDLING FOUNDATION RECIPIENT IS WINNIPEG HARVEST'S NEW BLUE BOX GARDENS PROGRAM EDUCATING INNER CITY YOUNGSTERS HOW TO GROW A TRADITIONAL THREE SISTERS GARDEN: THE CORN WHICH PROTECTS THE BEANS, THE BEANS WHICH USE THE STALKS FOR SUPPORT AND THE SQUASH THAT GROWS IN THE SHADE OF THE OTHERS. WHILE TEACHING YOUTH THAT THE GROCERY STORE IS NOT THE



ONLY PLACE FOOD COMES FROM, THE BLUE BOX GARDEN PARTICIPANTS ALSO LEARN THE CONNECTIVITY BETWEEN EARTH AND FOOD AND COMMUNITY.

Race Location

PROVINCIAL PARK VEHICLE PERMITS WILL NOT BE REQUIRED FOR THE 2010 SEASON.



2ND
ANNUAL



A CELEBRATION OF
LOVE, LIFE, AND NATURE

SUNDAY, JUNE 6, 2010
8:00 A.M. • BIRDS HILL PARK
5 KM. & 10 KM. RUN AND WALK

Organic Breakfast
and Sunrise Yoga

WWW.RUNWITHPORTER.COM
ECO-FRIENDLY EVENT

REGISTER ONLINE AT:
WWW.RUNWITHPORTER.COM
OR MANITOBA RUNNERS' ASSOCIATION
WWW.MRAWEB.CA

EARLY-BIRD
REGISTRATION
CLOSES
APRIL 30TH



Part of the
asics
Grand Prix Series



Porter's Story



OUR SON, PORTER FRANCIS, POSSESSED GREAT JOY AND FREELY SHARED IT WITH EVERYONE HE MET DURING HIS BRIEF, SIX-MONTH LIFE.

AT HOME, HE SPENT DAYS SNUGLING AND GIGGLING, AND DURING HIS TIME IN THE WINNIPEG CHILDREN'S

HOSPITAL, BRAVELY BATTLING A RARE IMMUNODEFICIENCY DISEASE, HIS SMILE WAS BOTH WELL KNOWN AND TREASURED.

ALTHOUGH HIS LIFE ON THIS EARTH WAS FLEETING, HIS INCREDIBLE SPIRIT WILL LIVE ON IN ALL THE BEAUTIFUL WAYS HIS FAMILY HONOUR HIM. **RUN WITH PORTER** IS A TRUE GIFT TO OUR FAMILY AS IT CLEARLY CONNECTS PORTER WITH NATURE. ONE OF OUR PROMISES TO PORTER WAS TO ALWAYS SEEK HIM OUT IN NATURE, AS HE WAS NEVER GIVEN THE OPPORTUNITY TO FULLY APPRECIATE THE BEAUTY THAT SURROUNDS US.

SUPPORTING **WINNIPEG HARVEST'S BLUE BOX GARDENS** FURTHER CONTINUES PORTER'S JOURNEY OF SHARING JOY WHILE ENCOURAGING OTHERS TO CHERISH THEIR ENVIRONMENT.

WE ASK THAT AT SOME POINT DURING THE WALK/RUN YOU TAKE A MOMENT TO APPRECIATE THE SURROUNDING BEAUTY THAT BIRDS HILL PARK OFFERS. BE AWARE OF YOUR BREATH AND THE BREEZE, LISTEN FOR THE BIRDS, OR LOOK TO THE WOODS.

Celebrate Porter and Celebrate Life!

Race Description

TO BEGIN THE MORNING, A PRE-RACE YOGA STRETCH LED BY **MOKSHA YOGA** WILL BE OFFERED – RAIN OR SHINE!

THE **MANITOBA RUNNERS' ASSOCIATION** INVITED RUN WITH PORTER 2010 TO BE A PART OF THE **ASICS GRAND PRIX RACE SERIES**. YOU MUST BE A MEMBER OF THE MRA AND RUN THE 10 KM DISTANCE TO QUALIFY FOR ASICS GRAND PRIX POINTS. DUE TO THE OVERWHELMING SUPPORT OF CHILDREN AT LAST YEAR'S EVENT, A 100-METER KIDS DASH HAS BEEN ADDED.

AFTER THE RUN/WALK, ALL PARTICIPANTS WILL BE TREATED TO A DELICIOUS ORGANIC BREAKFAST THAT INCLUDES LOCALLY ROASTED, ORGANIC, FAIR-TRADE COFFEE, **TALL GRASS PRAIRIE** BAKING, ORGANIC FRUIT, AND JUICE. ON-COURSE WATER AND POWERADE WILL ALSO BE MADE AVAILABLE.

IN AN EFFORT TO MINIMIZE WASTE, ALL PLATES/CUPS/ UTENSILS WILL BE COMPOSTABLE. COMPOSTING AND RECYCLING WILL BE MADE AVAILABLE ON SITE. PARTICIPANTS ARE STRONGLY ENCOURAGED TO BRING THEIR OWN WATER BOTTLES TO FURTHER REDUCE WASTE.

FOR MORE INFORMATION AND UPDATES PLEASE VISIT: **WWW.RUNWITHPORTER.COM**

RACE KIT PICKUP WILL TAKE PLACE:
KILDONAN-EAST COLLEGIATE
845 CONCORDIA AVE.
BACK PARKING LOT
THURS. JUNE 3, 5-8PM
FRI. JUNE 4, 5-8PM

Race Day:

- 8:00 : YOGA STRETCH
- 8:30 : KIDS DASH
- 8:45 : 10 KM. RACE
- 9:00 : 5 KM. RACE
- 9:30 – 11:00 : BREAKFAST

Entry Form

5KM RUN 5KM WALK 10KM ASICS GRAND PRIX RACE

MALE FEMALE

NAME

ADDRESS

CITY / PROV / POSTAL CODE

EMAIL

PHONE

BIRTH DATE M / D / Y

AGE AS JUNE 6, 2010

MANITOBA RUNNERS' ASSOCIATION NUMBER

[WAIVER MUST BE SIGNED, SEE NEXT PAGE]

MANITOBA RUNNERS' ASSOCIATION WWW.MRAWEB.CA

I AGREE TO HAVE MY INFORMATION GIVEN TO THE MRA

EARLY BIRD REGISTRATION FEES (BEFORE APRIL 30)

ADULT INDIVIDUAL \$30 (\$27 IF MRA MEMBER)

CHILD (12 AND UNDER) \$15

EARLY BIRD REGISTRANTS ARE GUARANTEED AN ECOFIBER RACE SHIRT EXTRA SHIRTS (\$15) MAY BE ORDERED IN ADVANCE FOR NON-RUNNERS PLEASE CIRCLE YOUR SIZE CHOICE/S

FITTED FEMALE SIZES: XS S M L XL XXL

MALE SIZES: S M L XL XXL

CHILD SIZES: 3-5 6-8 9-11 12-13

REGULAR REGISTRATION (MAY 1 – MAY 31)

** NO RACE DAY REGISTRATION

INDIVIDUAL \$35 (\$32 IF MRA MEMBER)

CHILD (12 AND UNDER) \$15

FEES INCLUDE PARTICIPANT INSURANCE AND BREAKFAST VOUCHER. ADDITIONAL BREAKFAST VOUCHERS CAN BE PURCHASED IN ADVANCE FOR \$5.

REGISTRATION CAN BE COMPLETED IN ONE OF THE FOLLOWING THREE WAYS:

- ONLINE – WWW.RUNWITHPORTER.COM (\$3.50 PER REGISTRANT FEE APPLIES)
- MANITOBA RUNNERS' ASSOCIATION WEBSITE: WWW.MRAWEB.CA
- SEND CHEQUE (PAYABLE TO **RUN WITH PORTER**) & SIGNED WAIVER TO: **RUN WITH PORTER**
153 HAZEL DELL AVENUE
WINNIPEG, MB R2K 0P6