

 PRESENTS
MOVEMENT CENTRE OF MANITOBA
PEROGY RUN
 all inclusive wheel/walk/run

featuring
BP's Spicy Perogy Pizza
Sevala's Ukrainian Deli Perogies
 for participants



50/50 raffle •
 games & activities •
 mascots • PEROGIES!

Sunday, June 28
Kildonan Park
 2K/4K/6K wheel/walk/run

Program Starts @ 9:30 am
Run Starts @ 10:30 am



100% of the funds raised help Manitobans living with physical challenges gain independence, mobility, and confidence through conductive education programs at the Movement Centre of Manitoba.

Our goal is to raise \$100,000, so every dollar raised counts!

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• All donations of \$20 or more will receive a tax receipt issued by the Movement Centre of Manitoba (Charitable #867999898RR001)

• Make cheques payable to Movement Centre of Manitoba

PLEASE PRINT CLEARLY

Participant Name:	Phone:	Email:		
Name:	Phone:		Total Pledge:	
Address:	City:	Province:	Cash	Cheque
Email:			Paid (V/N):	
Name:	Phone:		Total Pledge:	
Address:	City:	Province:	Cash	Cheque
Email:			Paid (V/N):	
Name:	Phone:		Total Pledge:	
Address:	City:	Province:	Cash	Cheque
Email:			Paid (V/N):	
Name:	Phone:		Total Pledge:	
Address:	City:	Province:	Cash	Cheque
Email:			Paid (V/N):	
Name:	Phone:		Total Pledge:	
Address:	City:	Province:	Cash	Cheque
Email:			Paid (V/N):	



MOVEMENT
 CENTRE OF MANITOBA

Thank you for your support!
 Mail or drop off at:
 Movement Centre of Manitoba
 1080 Waverley St, Suite 13
 Winnipeg, MB R3T 5S4



REGISTRATION FORM

PLEASE PRINT CLEARLY

Name: _____

Address: _____

City: _____ Province: _____ PC: _____

Phone: _____

Email: _____

Date of Birth (DD/MMM/YYYY): _____

Team Name (if applicable): _____

Shirt Size*: Adult Youth XS S M L XL XXL*

*unisex sizing · †only available in adult

ENTRY FEES <small>Youth 6-12</small>	Until Apr 12 Adult/Youth	Until Jun 14 Adult/Youth	Until Jun 26 Adult/Youth
2K / 4K / 6K Wheel/Walk/Run	\$25/\$20	\$30/\$25	\$40/\$30
Kids Under 6 Run	\$5	\$10	\$10

Entry Fee: \$ _____ Donation: \$ _____

Total: \$ _____ Payment Method:
 Cash Cheque Credit Card

Card # (MC/Visa): _____

Exp: _____

Signature: _____

Cheques payable to Movement Centre of Manitoba

Waiver of Liability and Indemnity Agreement I know that participating in physical fitness events is a potentially hazardous activity. I agree not to participate unless I am medically able and properly prepared. I should not participate without my physician's approval. I acknowledge that I am solely responsible for my own medical well-being. I undertake to have available my medication and medical information when and if I have a medical event requiring attention. "Event" shall include, but is not limited to, all activities, events or services in any way provided, organized, sponsored or authorized by the Event Organizers. On my own behalf, any minors or third parties for whom I am registering, I agree that (a) we will abide by any decision of an event official concerning our ability to safely participate; (b) we will assume any and all risks associated with the Event; including but not limited to, falls, contact with other persons or objects, the effects of weather, traffic and course conditions; (c) we hereby consent to permit, and accept responsibility for emergency treatment in the event of injury or illness; (d) we understand if the Event cannot be held as scheduled, we may not be entitled to a refund of any money paid. As a condition of entering this Event, I for myself, any minors, or any third party for whom I am acting, waive and release Running Room Canada Inc., Running Room (U.S.A.) Inc., and any associated or related entities, their directors, officers, employees, agents, representatives, sponsors, volunteers, and organizers ("Event Organizers"), from present and future claims and all liabilities of any kind, known or unknown, arising out of our participation in this Event or related activities, even though such claim or liability may arise out of negligence or fault on the part of the Event Organizers. We agree that (a) the Event Organizers shall not be liable for any personal injury, death or property loss, and we release the Event Organizers and waive all claims with respect thereto, and (b) to hold harmless and indemnify the Event Organizers, from any and all liability from any property damage or personal injury to any third party resulting from my participation in the Event. We grant permission to Event Organizers to use or authorize others to use our personal information, including but not limited to, any photographs, images or documentation of our participation in this Event or related activities without remuneration being provided to us. There are no refunds or cancellations. In the case of inclement weather or any conditions that may endanger the participants, it is at the discretion of the Race Director to cancel the event. In that case, there is no re-scheduling of the event or refund of entry fee. I represent and warrant (a) I am over eighteen (18) years of age, and that if I am registering a minor, that I am the parent or guardian of such minor, (b) if I am registering third parties, I have been duly authorized to act on behalf of such parties; and (c) that the terms of this registration shall apply equally to me, any minor and to any third parties for whom I am acting. The

I have read this Waiver of Liability and Indemnity Agreement and

Date: _____

Signature: _____

Thank you for registering! Send or drop off registration forms to any Running Room location.

MOVEMENT CENTRE OF MANITOBA

PEROGY RUN

all inclusive wheel/walk/run

EVENT DETAILS

Sunday, June 28

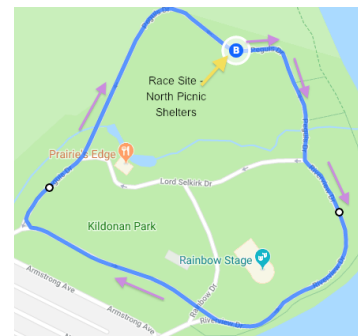
PROGRAM STARTS AT 9:30 AM
ALL RACES START AT 10:30 AM

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Kids Under 6 Run	\$5	\$10	\$10

- TEAMS**
- No min or max Team Members to register
 - Each Team Member pays individual prices
 - TEAM CAPTAIN must register first & invite members (captains will be sent a password to invite members to join their team)

RACE KIT PICKUP
Saturday June 27 from 10 am—2 pm
 Running Room (Regent Location)
 1615 Regent Ave West, Suite 400B
 Winnipeg, MB
(no pickup on Race Day)

The race will be held at Kildonan Park.



Start and Finish lines are at the North Shelters.
 Participants choose the number of laps they wish to wheel/walk/run around Kildonan Park. (each lap is 2K)

This is a family-friendly event in support of the Movement Centre of Manitoba and its conductive education programs. Everyone is welcome to participate!

- t-shirt included with registration
- 50/50 raffle
- games & activities
- Winnipeg's favourite mascots
- AND...

All registered participants will be treated to Boston Pizza's Spicy Perogy Pizza or Sevala's Ukrainian Deli Perogies following the event!

In addition to registration, participants can raise pledges to help MC provide conductive education programs to Manitobans with physical disabilities.

Our goal is to raise \$100,000, so every dollar raised counts!

Movement Centre of Manitoba sincerely thanks everyone, including our volunteers, sponsors, donors and participants.

Check for updates at movementcentre.ca/perogyrun
 No refunds or transfers
QUESTIONS?

Call: 204-489-2679 or email chelsea@movementcentre.ca

Thank you to our sponsors



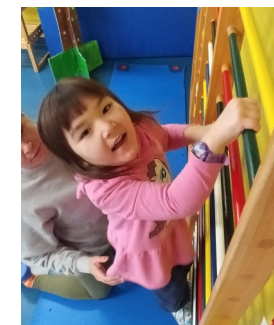
Charitable #86799 9898 RR0001

WHO YOU'RE HELPING

The Movement Centre is a **privately funded** registered charity working with children and adults living with mobility challenges. We provide conductive education rehabilitation programs to Manitobans—enabling physical mobility, functional independence, and confidence!



We help children and adults with neurological motor disorders such as stroke, cerebral palsy, MS, acquired brain injury, spina bifida, and Parkinson's.



In order for Manitoba families to afford our services, we rely on donations and fundraising.

