

Run for Rights Waiver Form

WAIVER: I know that participating in either a race, fun run or walk is a potentially hazardous activity. I should not enter and participate unless I am medically able and properly trained. I realize that the events are physically strenuous, that there may be adverse weather conditions and that there may be vehicles present at intersections. I nevertheless wish to participate and assume any and all risk associated with this event, including (but not limited to) falls, contact with other participants, the effect of weather including high heat/and or humidity, the conditions of roads and the presence of traffic, all such risks I acknowledge and understand. Knowing these facts in consideration of your accepting my entry, I hereby for myself or for anyone else who may claim on my behalf, agree not to sue, and waive, release and discharge all persons participating in the operation of this event including without limitation the Afghan-Canadian Women's Organization, City of Winnipeg, Province of Manitoba and any and all organizers, sponsors and participating organizations, their personnel, whether volunteer or otherwise, and anyone acting on their behalf (the Releasees) for any and all claims, demands, causes of action, damages or injuries, whether caused by the negligence of the Releasees, 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 Releasees from any liability by them and caused by myself. I attest that I am physically fit and sufficiently trained for these events. I hereby grant permission for the use of my likeness participating in this event without obligation or compensation to me. As part of the Waiver and Release, I acknowledge that I have read and understood all of the above.

(18 or over) Signature

(Under 18) Signature of parent/guardian

Date

Route Map



WALK CYCLE RUN WHEEL OR BLADE

the 5 or 10 km route along
the Red River on Scotia Street
(Kildonan Park to St. John's Park and back)

Run for Rights participating organizations:

- Accountable Development Works
- Afghan-Canadian Women's Organization
- Amnesty International
- Winnipeg Haiti Solidarity Group
- Canada-Palestine Support Network
- Community Unemployed Help Centre
- Engineers Without Borders
- Fazhan International Program
- Guatemala Relief Foundation
- Institute for Community Peacebuilding
- LITE (Local Investment Toward Employment)
- Manitoba Interfaith Immigration Council (Welcome Place)
- Solidarity Committee for Ethiopian Political Prisoners
- Winnipeg Anarchist Black Cross
- Winnipeg Copwatch

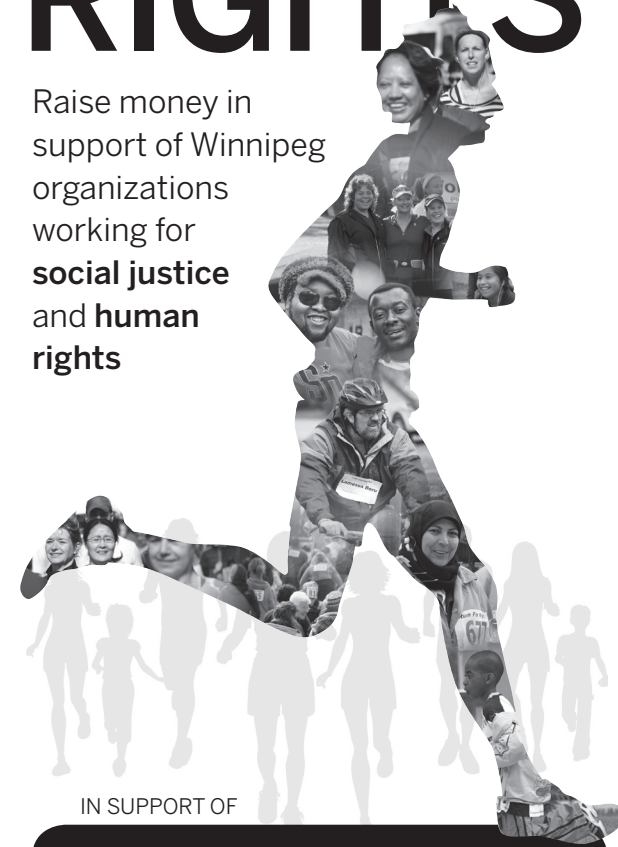
**Afghan-Canadian
Women's Organization**
999-2858

WWW.RUNFORRIGHTS.ORG

The 9th Annual

RUN FOR RIGHTS

Raise money in
support of Winnipeg
organizations
working for
social justice
and **human**
rights



IN SUPPORT OF

**Afghan-Canadian
Women's Organization**

Saturday, June 5th 2010

Kildonan Park Registration 8:30 - 9:00 AM
Start time 9:30 AM

Sponsor and Pledge Sheet

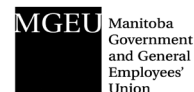
Afghan-Canadian Women's Organization

Funds raised will be used for the cost of printing of an Afghan cookbook. This is the first production of the cookbook and it will be a way for Afghan women to share their food and culture with mainstream Canadians. Make cheques payable to the Afghan-Canadian Women's Organization.

FULL NAME & EMAIL ADDRESS (if available)	STREET ADDRESS	POSTAL CODE	PHONE	AMOUNT PLEDGED	PLEDGE PAID?
TOTALS					

Participants who raise \$200 or more receive a free Run for Rights t-shirt. Please contact your organization for additional pledge forms.

The Run for Rights would like to thank our sponsors:



Registration

Please complete this registration form and sign the waiver (on reverse).

Participants in the Run for Rights can collect pledges **or** make a donation to support their chosen organization.

Collect your pledges using the form at left. If you need additional pledge forms please contact your organization (listed on the back of this brochure). All pledges will be collected the day of the race.

To make a donation instead, please download our donation form from **runforrights.org**.

Registration: Saturday June 5th from 8:30 to 9:00 a.m. at Kildonan Park. Please bring this registration form, your pledge form, signed waiver, and your pledge money or donation.

Please bring your own water bottle. Water refills will be provided along the route.

Name: _____

Address: _____

Phone number: _____

Email: _____

Emergency contact #: _____



This run is sanctioned by Athletics Manitoba.