

COLOUR FUN RUN!

Ste. Rose du Lac (June 17, 2018)

MEET AT BURNSIDE PARK @ 12:45pm (RUN @ 1:00PM)

NAME OF WALKER/RUNNER: _____ AGE: _____

PHONE & EMAIL: _____

AGE 14+ (\$10/person)

AGE 6-13 (\$5/person)

AGES 5 AND UNDER (Free)

ALL PROCEEDS WILL BE GOING TO THE ARENA ACCESSIBILITY PROJECT & FOR REC PROGRAMMING

GENERAL EVENT INFORMATION:

- This is a 5km route that participants may either walk, run, skip, whatever!
- Please wear comfortable running shoes and old white clothing.
- The route varies in terrain, and participants are reminded to watch where they are walking/running. When travelling over ridges/walk ways please stay in the middle of the path to avoid accidents. The Ste. Rose Recreation Commission may not be held accountable for any injuries that may ensue.
- Please follow the outlined route markers and watch out for cars/pedestrians when on paved surfaces.
- The dye will not stain skin, but may leave a coloured residue on white clothing/shoes after washing. Please wear clothes you don't want stained!
- This is just for FUN! You can make it as competitive as you want it to be, but there are no winners or losers.
- If there are a lot of registered participants, we will run the route in waves/heats.

Signature: _____

Waivers may be collected on-site, or in advance by dropping off (or sliding under the door) of the Arena Office. **Please let us know in advance how many people you are registering so that we can purchase enough supplies for everyone!** recdirectormb@outlook.com , (204) 447-2154.

Registration fees may be mailed or dropped off in person to the Ste. Rose Recreation Commission Office (PO 748, 555 Maillard Street, Ste. Rose du Lac MB, R0L1S0) or at Burnside Park 15-20 minutes before the run!