



Run Your Heart Out 2017

SUNDAY, APRIL 30th 9:30 AM ST. VITAL PARK, SITE 4



5KM Fun Run/walk

Family \$90
(up to 2 adults and 3 children)

Adult* \$35

Child* (12 & Under) \$15

8KM Fun Run/walk

Family \$115
(up to 2 adults and 3 children)

Adult* \$40

Child* (12 & Under) \$20

*MRA members receive \$5 registration discount

**Online and paper registration available,
links can be found on MMDR website**

**For questions, paper registrations and pledge forms
please email msutherland@manitobamutts.org**

Main sponsors:



In consideration of the acceptance of this entry in the Manitoba Mutts 2017 Run Your Heart Out 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 organizers, sponsors, representatives, their agents and employees and any other person or organization assisting in this event, including the Manitoba Runners' Association, Athletics Manitoba, the Race Director, the City of Winnipeg, the Province of Manitoba, and their employees and agents and other participants and volunteers in the Manitoba Mutts 2017 Run Your Heart Out, 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 event 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 or this event.

Name: _____

Signature: _____

Date: _____



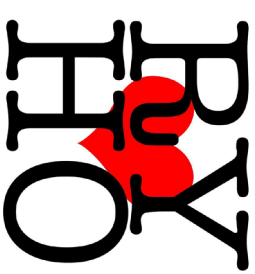
RoadID
It's Who I Am.

This event is sanctioned

by the Manitoba Runners' Association.

For more information on becoming a member and for upcoming race events.

Visit the website at www.mrweb.ca.



Run Your Heart Out 2017

IN SUPPORT OF THE
MANITOBA MUTTS DOG RESCUE



SUNDAY APRIL 30, 2017 9:30AM

Race Director: Michelle Sutherland

Tel: 204-995-3393

Email: msutherland@manitobamutts.org

Manitoba Mutts Dog Rescue Inc.
is now a registered charity!

Registration Number: 812122711RR0001

Receipts will be given for donations of \$20 (or new items valued at \$20) or more.

This includes brand new item donations such as supplies and food.

Receipts will be sent out by email or mail.



About the MMDR...

The MMDR operates 100% on donations to continue the work they do. They care for over 100 dogs of all ages and types available for adoption at any given time. Since MMDR does not have a facility, it relies on 60-80 active foster homes to care for the adoptable dogs and approximately 10-20 dogs are taken into care every week. On average, MMDR adopts out about 50 dogs per month has over 1200 adoptions to date! The rescue runs with the help of over 200 foster homes and volunteers.

MMDR's Mission

1. Reduce overpopulation of dogs in Manitoba.
2. Increase dog adoption and encourage responsible pet guardianship.
3. Rehabilitate sick or unsocialized dogs.
4. Reduce and ultimately eliminate euthanasia of adoptable dogs.
5. Advocate for dogs in need and create awareness on the importance of animal rescue.



Interested in saving the life of a Manitoba Mutt?

Browse the website for opportunities to volunteer, adopt, foster and donate.

Visit www.manitobamutts.org

for more information.

THANK YOU FOR YOUR SUPPORT!

When: Sunday April 30, 2017

Where: St. Vital Park, site #4

Time: 9:30 AM

Distance: 8km and 5km

Registration Fee:

\$90.00 — Family 5km walk or run

\$35.00 — Adult 5km walk or run*

\$15.00 — Child 5km(12 and under)*

\$115.00 — Family 8km walk or run

\$40.00 — Adult 8km walk or run*

\$20.00 — Child 8km(12 and under)*

*MRA members receive \$5 registration discount

Event Schedule:

08:30 AM — Registration/Race kit pick up

09:30 AM — 8K Run: Start

09:35 AM — 5K Run: Start

09:40 AM — 8K Walk: Start

09:45 AM — 5K Walk: Start

10:00 AM — Post Run/Walk Snacks

11:00 AM — Awards and Prizes

Net proceeds from the event will be donated to the Manitoba Mutts Dog Rescue.

Name: _____

Address: _____

Phone: _____

Email: _____

Birth Date: _____

Sex: Male Female

MRA/AM # _____

Cash Cheque

Agree to release information to the Manitoba Runners Association.

Cheques can be made payable to:

Manitoba Mutts Dog Rescue

Mailing info: MMDR Inc. PO Box 34040 7 Killarney Avenue Winnipeg, MB R3T 5T5

OR

Register online at

<https://raceroster.com/events/2017/11757/>

manitoba-mutts-2017-run-your-heart-out



Run Your Heart Out 2017



I _____ am participating in this year's RYHO for Manitoba Mutts Dog Rescue on **Sunday April 30th, 2017** at **St. Vital Park**. All pledges raised will be donated to the rescue.

For more information, please visit www.manitobamutts.org.

Mailing info: Manitoba Mutts Dog Rescue Inc. P.O. Box 34040 7 Killarney Ave Winnipeg, MB R3T 5T5

For questions and paper registrations please email msutherland@manitobamutts.org.

| NAME | CASH | CHEQUE | PLEDGE AMOUNT | MAILING ADDRESS | EMAIL |
|--------------|--------------------------|--------------------------|---------------|-----------------|-------|
| | <input type="checkbox"/> | <input type="checkbox"/> | | | |
| | <input type="checkbox"/> | <input type="checkbox"/> | | | |
| | <input type="checkbox"/> | <input type="checkbox"/> | | | |
| | <input type="checkbox"/> | <input type="checkbox"/> | | | |
| | <input type="checkbox"/> | <input type="checkbox"/> | | | |
| | <input type="checkbox"/> | <input type="checkbox"/> | | | |
| | <input type="checkbox"/> | <input type="checkbox"/> | | | |
| | <input type="checkbox"/> | <input type="checkbox"/> | | | |
| | <input type="checkbox"/> | <input type="checkbox"/> | | | |
| | <input type="checkbox"/> | <input type="checkbox"/> | | | |
| | <input type="checkbox"/> | <input type="checkbox"/> | | | |
| | <input type="checkbox"/> | <input type="checkbox"/> | | | |
| TOTAL | | | | | |

THANK YOU FOR YOUR SUPPORT!

Manitoba Mutts Dog Rescue Inc. is now a registered charity! Registration Number: 812122711RR0001

Receipts will be given for donations of \$20 (or new items valued at \$20) or more. Receipts will be sent out by email or mail.