

THE 37th ANNUAL GREAT GRAIN WELLNESS RELAY

THE RACE is 2 hours total - the team going the farthest wins. Each team member must run 4 laps (800m) continually on each turn. Each member must run it's sequence as per their submitted list to the lap counter.

THE COURSE is the indoor 200 meter track of Max Bell Centre, at the University of Manitoba.

BEER MILE RELAY* is a 2 person relay after the main relay event and before the awards ceremony. \$40/team entry fee. For more information contact Dave Hooper at david.hooper@colliers.com

Indicates interest in the BEER MILE RELAY

email contact address

AWARDS AND PRIZES

- Cabin Fever Cup to overall corporate winner
- Individual prizes to all members of winning teams
- Team awards to 1st, 2nd, and 3rd place teams in each category
- Spot prizes through the race
- All teams receive complimentary t-shirts
- Massage therapist on site

* Please always drink responsibly

REQUIREMENTS

- Each team must have their own lap counter
- All lap counters must be registered with the team entry and must report in by 11:00 am on race day for training with their team

ALL TEAM DIVISIONS AND REQUIREMENTS

All Teams Must consist of 5 members. Each team must provide one additional person to act as lap counter.

Corporate Members must be full-time employees of the firm they represent. All government employee teams must consist of employees from the same department.

Friends & Neighbors Open to anyone.

High School Open to students, teachers, and employees of specific high school.

Company Name

Address

City

Postal Code

Company Contact Person

Phone

Email

\$150.00

per team until **March 18, 2019**

\$175.00

per team after **March 18, 2019**

METHOD OF PAYMENT

Cheque Mastercard Visa

Credit Card #

Exp. Date

Signature

CHEQUES PAYABLE TO:

Great Grain Relay

MAIL TO:

Great Grain Relay
Attn: Richard Huybers
86 Fordham Bay
Winnipeg, MB
R3T 3B7

In consideration of the acceptance of this entry in the Great Grain Relay, I, for myself, my heirs, executors, administrators, and assigns, waive any claims to which I may become entitled for injury or damage and release the Great Grain Relay organizing Committee and all other organizers, sponsors, representatives, heir agents, and other participants and volunteers in the Great Grain Relay 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 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.

TEAM NAME

DIVISION

Corporate Friends & Neighbors

High School Masters

CATEGORIES

Male Female Mixed

NAME

SIGNATURE

EMAIL

NAME

SIGNATURE

EMAIL

NAME

SIGNATURE

EMAIL

NAME

SIGNATURE

EMAIL

NAME

SIGNATURE

EMAIL

LAP COUNTER

EMAIL

ENTRY DEADLINE

March 23, 2019

\$150/team

ENTRY AFTER DEADLINE

\$175/team

Register online at:

www.events.runningroom.com

SPECIAL EVENT:

2 person Beer Mile Relay*
(after main relay event)

\$20.00/person



**SATURDAY
MARCH 23, 2019**

12:00 pm - 2:00 pm

**Max Bell Centre
University of Manitoba**

www.greatgrainrelay.ca

**Please always drink responsibly*

