

# THE 38<sup>th</sup> 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**

**\$175.00**

per team until **April 1, 2020**

**\$200.00**

per team after **April 1, 2020**

## 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

April 1, 2020

**\$175/team**

## ENTRY AFTER DEADLINE

**\$200/team**

Register online at:

[www.events.runningroom.com](http://www.events.runningroom.com)

## SPECIAL EVENT:

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

\$20.00/person



**SATURDAY  
APRIL 4, 2019**

**12:00 pm - 2:00 pm**

**Max Bell Centre  
University of Manitoba**

[www.greatgrainrelay.ca](http://www.greatgrainrelay.ca)

*\*Please always drink responsibly*

