



The Winnipeg Grain Industry  
is Proud to Sponsor

## The 30<sup>th</sup> Annual Great Grain Relay

### A Little Bit About the Run

- All teams: The team must consist of 5 members. Each team must provide one additional person to act as a lap counter. **Lap counters must report on race day at 11:00 a.m.**
- Corporate: Members must be full-time or retired employees of the firm they represent. All government teams must consist of employees from the same department.
- Friends & Neighbours: Open to anyone.
- High School: Open to students, teachers and employees of specific high school.
- The Race: 2 hours total time - the team going the farthest wins. Each team member must run 4 laps (800 meters) continually on each turn. Each member must run in sequence as per their submitted list to the lapcounter.
- The Course: Indoor 200-meter track of the Max Bell Centre, University of Manitoba.

Runners: There are four Divisions:

1. Corporate
2. Friends & Neighbours
3. High School
4. Masters (all over 40)

There are three Categories in each division:

1. Male
2. Female
3. Mixed (2 of opposite sex)

Awards and Prizes:

- Cabin Fever Cup to overall corporate winner
- Individual prizes to all members of winning teams
- Team awards to 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place teams in each category
- Spot prizes throughout the race

Post-race Festivities:

- Awards Presentation
- Post race reception at Max Bell Centre (2-4 p.m.)

### REQUIREMENTS

- Each team must have a lap counter on race day!
- Lap counters will receive a complimentary T-shirt.
- All lap counters must be registered with the team entry and must report in at 11:00 a.m. on race day for training.

For further information contact

Race Director:  
**Rob Tisdale**  
832-5829  
tisdale@mts.net

Assistant Race Director:  
**Kerri Chase**  
789-3617  
chase@cc.umanitoba.ca



### Entry Form—Great Grain Relay

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, their agents and employees and any other persons or organizations assisting in this event, including Max Bell Centre, The University of Manitoba and their employees and 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.

Company Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

Postal Code \_\_\_\_\_

Company Contact Person \_\_\_\_\_

Phone \_\_\_\_\_

Email Address \_\_\_\_\_

\$100.00 per team until February 19, 2012  
\$125.00 after February 20, 2012

Method of Payment

Cash

Visa

Cheque

MasterCard

Credit Card # \_\_\_\_\_

Exp. date \_\_\_\_\_

Signature \_\_\_\_\_