

SOUTHWEST RUN FOR SHELTER

SATURDAY, JUNE 8, 2019



Participants

- Participants will be capped at 200 runners.
- The Run is open to any age, marathoners, runners, walkers, blades, strollers, wheelchairs.
- Prizes will be awarded to the:
 - best time in each category
 - individual who brings in the most pledges

Run Registration

- The minimum pledge (see below as dependent on distance), per participant, must accompany the registration and waiver form. **Note there is an early bid minimum pledge if registration is received prior to May 10, 2019.**
- Children, aged 12 and younger, who are participating with family are not required to collect pledges.
- Registrants will receive email confirmation of registration.
- Pledges will be accepted up to the morning of the Run.
- Receipts will be issued for all pledges of \$20 or more, when the information provided is complete and legible.

Minimum Pledge per Participant

- 2 km - \$30 regular; \$25 early bird
- 5 km - \$35 regular; \$30 early bird
- 10 km - \$40 regular; \$35 early bird
- Half Marathon - \$45 regular; \$40 early bird
- Full Marathon - \$50 regular; \$45 early bird

Run Times

- Staggered start
- 8:30 am start for 10 km, half and full marathon
- 10:00 am start for 2 km and 5 km

Check-In

- All participants must check in to the registration table at least 20 minutes prior to the applicable start time in order for run time to be clocked.

How to Register

- Mail: Southwest YES Box 103 Swift Current, SK S9H 3V5
- Email: southwestyes@gmail.com (fillable PDF available at southwestyes.com)
- Hand-Deliver: MNP LLP, Attn: Nicole Dzuba, 50 1st Avenue NE

Any Questions?

- Email southwestyes@gmail.com; we will respond promptly.