

Western Manitoulin 5&10 Event

Gore Bay 5k walk

Saturday July 24, 2010
Smith Park on the Waterfront

Date: Saturday, July 24, 2010
Location: Smith's Park, Gore Bay
Start Time: 10:15 a.m.
Distance(s): 10k and 5k walk/run
Entry Fee: \$25 per person
\$20 - 15 and under

Mail in Registration: Greg Bond - P.O. Box 137 Gore Bay, On POP 1H0 (must be received 2 weeks prior to race day)

Same day Registration

8:30 to 10:00 a.m. T-shirts supplied to the first 70 registered participants
Awards for top 3 finishers in 10k, 5k and 5k walk

Make cheque or money order payable to: Greg Bond c/o Gore Bay 5&10

Name: _____ **Female:** **Male:**

Address: _____ **Circle one:** 10km 5km 5k walk

City: _____ **Province:** _____ **Age:** _____ **Race #:** _____

Emergency Contact Info: _____ **Shirt size:** S/M/L/XL
Name & phone #

Waiver and Release:

RELEASE WAIVER AND INDEMNITY CONSIDERATION of the acceptance of my application and the permission to participate as an entrant or competitor in the Gore Bay 5&10, 10km or 5km running or 5km walk event, I, for myself, my heirs, executors, administrators, successors and assigns HEREBY RELEASE, WAIVE AND FOREVER DISCHARGE the organisers of the Gore Bay 5&10 and all other associations, municipalities, sanctioning bodies and sponsoring companies, and all their respective agents, officials, contractors, representatives, successors and assigns of and from all claims, damages, costs, expenses, and actions and causes of action, whether in law or equity, in respect of debt, injury loss or damage to my person or property how so ever caused, arising or to and notwithstanding that same may have been contributed to or occasioned by the negligence of any of the aforesaid.

I FURTHER HEREBY UNDERTAKE TO HOLD AND SAVE HARMLESS and AGREE to INDEMNIFY all of the aforesaid from and against any and all liability incurred by any or all of them arising, as a result, of or in any way connected with my participation in the said event BY SUBMITTING this ENTRY, I ACKNOWLEDGE HAVING READ, UNDERSTOOD AND AGREED to the above WAIVER, RELEASE and INDEMNITY. I WARRANT that I am physically able to participate in this event.

te _____ **Print Name** _____ **Signature (if under 18 years of age, Parent of Guardian to sign below)** _____ Da

te _____ **Print Name** _____ **Signature of Parent or Guardian** _____ Da