

ENTRY FORM: Coho 14k Road Run

Check if you require transportation from Ambleside to Kits Beach \$5_____

PLEASE PRINT CLEARLY

First Name: _____ Last Name: _____

(*Each team member must complete an application form, please send them in together)

Birthdate: DD_____ MM_____ YR_____ Age on Race Day _____

Phone: _____ Email: _____

Street Address: _____

City: _____ Prov. _____ Postal Code _____

Male/Female: _____ Age: 19 & under _____ 20-24 _____ 25-29 _____ 30-34 _____ 35-39 _____

40-44 _____ 45-49 _____ 50-54 _____ 55-59 _____ 60-64 _____ 65-69 _____ 70-74 _____ 75-79 _____ 80+ _____

GARMENT SIZE: (Unisex) S _____ M _____ L _____ XL _____ XXL _____

Entry Fees: (Before Sept 1st, 2010) Single \$40 _____ Couple (2 People) \$70 _____

After Sept 1st: Single \$50 _____ Couple \$90 _____

RACE DAY: Single \$60 _____ Couple \$110 _____

TOTAL ENCLOSED \$ _____ Cash _____ Cheque _____ Visa _____ M/C _____ Debit Card _____

Card# _____ Expiry (mm/yy): _____ / _____

Name on card: _____ Signature: _____

Release and Indemnity: (must be signed)

I know that running/walking a road race is a potentially hazardous activity. I should not enter and run/walk unless I am medically able and properly trained. I assume any and all other risks associated with running/walking the event including, but not limited to, falls, contact with other participants, the effects of the weather including high heat and/or humidity, the conditions of the roads, all such risks being known and appreciated by me.

Knowing these facts, in consideration of the Coho Festival Society, North Shore Athletics event sponsors, volunteers and organizers accepting this entry. I hereby for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages sustained by me as a result of this run/walk event. For any cause whatsoever, including negligence. It is expressly understood by the undersigned that this run/walk event is entered into at the sole risk of the undersigned and that the organizers and sponsors of the run are exempt from liability for any and all damages sustained and any and all Applications for minors will be accepted only with a parent's signature and should also be signed by the minor. I hereby acknowledge having read this Release and Waiver and I understand and accept its terms. I hereby authorize the Coho Festival Society to debit my above credit card account for the amount stated on this form.

SIGNATURE: _____ **DATE:** _____