

# ENTRY Form for Coho 14k 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 \_\_\_\_\_

Daytime phone#: \_\_\_\_\_ Evening phone # \_\_\_\_\_

Email address: \_\_\_\_\_

Street Address: \_\_\_\_\_

City: \_\_\_\_\_ Prov. \_\_\_\_\_ Postal Code \_\_\_\_\_

Male: \_\_\_\_\_ Female: \_\_\_\_\_

Age Category: 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 September 2, 2009)

Single \$40 \_\_\_\_\_

Couple (2 people) \$70 \_\_\_\_\_

After September 2, add \$10/person \$ \_\_\_\_\_

**TOTAL ENCLOSED** \$ \_\_\_\_\_

Cash \_\_\_\_\_ Cheque \_\_\_\_\_ Visa \_\_\_\_\_ M/C \_\_\_\_\_ Debit Card \_\_\_\_\_

Card# \_\_\_\_\_ Expiry (mm/yy): \_\_\_\_\_ / \_\_\_\_\_

Name on card: \_\_\_\_\_ Phone: \_\_\_\_\_

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 the 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.

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Signature: (signature of parent/guardian if entrant under 19)

Date: \_\_\_\_\_