

Sheila Poole 10km Race
July 16th, 2011
Official Registration Form

REGISTRATION BY MAIL ONLY

Please make all cheques payable to:

The Sheila Poole 10K Race
PO Box 565, Yarmouth, NS
B5A 4B6

Registration Fees

Run Nova Scotia member	\$20.00
3 rd , 4 th , etc. RNS family member (same address)	\$8.00
Non-member	\$25.00
3 rd , 4 th , etc. family member (same address)	\$10.00

Early Registration

Registrations received by July 10, 2011 will be entered into a draw that will refund the registration fee!

Late Registrations

Race day registrations will be accepted, however, ALL RUNNERS will be charged an additional late fee of \$10.00 per runner.

Please Complete

Total Race Registration(s) \$_____

Registration Fees are not refundable

For Office Use Only

Amount Received \$_____

Date Received __/__/__

Official Entry Form

Run NS #: _____

Gender: Male Female

Name: _____

Address: _____

Postal Code: _____

Birth Date: _____

Age on July 16, 2011: _____

Email Address: _____

Resident of Yarmouth:

Resident of Yarmouth County:

Is this your first 10K race?

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**Waivers of Responsibility for 2011 Sheila Poole Race for
the 1761 Cup**

Run Nova Scotia

Understanding of Risk and Release of Responsibility

I understand that participating in a road race is a potentially dangerous event. Further, the weather, footing and vehicle traffic conditions may be adverse and greatly increase the danger. I certify that I am medically fit to participate without risk to myself or others. I understand that I am totally responsible for my own safety.

In consideration of my being permitted to participate in the Race, I hereby remise, release and forever discharge, waive and save harmless, protect and indemnify the Race Organizers, Athletics Canada, Athletics Nova Scotia, Sport Nova Scotia, Run Nova Scotia, any and all clubs, associations, sanctioning bodies, sponsors, participants, competitors, entrants and all respective agents, officials, volunteers, servants, and representatives from and against any and all kinds of action claims, costs and expenses and demands in respect of death, injury, loss or damage to my person or property howsoever caused as a result of my being permitted to attend or in any way take part prior to, during or subsequent to the Race, whether as an entrant, competitor, spectator or otherwise, notwithstanding that some may have been contributed to or occasioned by the negligence of any of the aforesaid, their agents, officials, servants or representatives. Further, I hereby grant permission to any of the above to disseminate photographs or other race result information to the public, through any medium they so choose, from time to time. All participants become event members of Run Nova Scotia for the duration of this event.

By submitting this entry, I acknowledge having read, understood and agreed to the above. This document will bind my heirs, executors, administrators, successors, and assigns.

Signature: _____

Date: _____

(Parent or Guardian, if runner is under 18 years of age)

Sheila Poole 10K

I, for myself, my executors, administration and assigns to hereby release and discharge all sponsors and the race officials for any claims, damages, actions, and anything in any matter rising from my participation in the 2011 Sheila Poole Race for the 1761 Cup.

Signature: _____

Date: _____

(Parent or Guardian, if runner is under 18 years of age)

** Children under the age of 12 must be accompanied by an adult on the race course.*

Please Note:

Both Waivers MUST be signed and dated.