



7th Annual LSLBO Bird 5K or 10K Fun Trail Run/Walk



Sunday, June 5, 2011
At the Boreal Centre for Bird Conservation
 (off Hwy. 88, 18 kms north of Slave Lake)
10:00 am Start

Entry Fee: \$10/person (Deadline: 9:30 am, Sunday, June 5th)
Entry Fee includes refreshments during/after event and a certificate for an adopt-a-bird from the Boreal Forest. Check out the BCBC and Songbird Festival afterwards!

Please make cheque payable to the Lesser Slave Lake Bird Observatory
 Entries can be mailed to: BCBC, Box 1076, Slave Lake, AB T0G 2A0
 Fax: (780) 849-8239 Phone: (780) 849-8240

Entry Form—7th Annual LSLBO 5K or 10K Fun Trail Run/Walk

Name: _____
 Address: _____ City/Prov/Postal Code _____
 Phone: _____ Email: _____
 Gender (circle one): **M** or **F** Birthdate/Age: _____
 Event (circle one): **5K** or **10K**

Waiver: I know that physical fitness events have potentially hazardous activities associated with them. I should not participate prior to approval by my physician. I assume any and all risks associated with the event including but not limited to falls, contact with other participants, the effects of 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 Lesser Slave Lake Bird Observatory, event sponsors, volunteers and the 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 event, for any cause whatsoever, including negligence. I further state that I give permission for the free use of my name in picture, broadcast or written account of this event.

Signature: _____ Date: _____

Parent's Signature (if under 18): _____