

### WAIVER, RELEASE & INDEMNIFICATION

In consideration of the acceptance of my registration and the permission to participate as an entrant or competitor in The Cambridge Mill Race, to be held on May 1, 2016, I for myself, my heirs, executors, administrators, successor and assigns, hereby release, waive and forever discharge The Corporation of The City of Cambridge, The Regional Municipality of Waterloo, The Cambridge Mill Restaurant (Landmark Group), The Cambridge Harriers running club and all other associations, sanctioning bodies and sponsoring companies and all their respective directors, officers, agents, officials, servants, contractors, representatives, successors and assigns of all and from all claims, demands, damages, costs, expenses, actions and causes of action, whether in law or equity, in respect of death, injury or loss of damage to my person or property howsoever caused, arising or to arise by reason of my participation in the said event, whether as a spectator, participant, competitor or otherwise; whether prior to, during or subsequent to the event 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, save harmless and agree to indemnify all of the aforesaid from and against 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.

I also consent to the reproduction of any photographs of myself in any advertising and promotions.

### ATTESTATION

I attest and verify that I am fully aware of the physical risk of injury or death in participating in this event and voluntarily agree to accept full responsibility and legal liability for same and that I am physically fit and have trained sufficiently for this event. I am also aware that the weather conditions on race day may be unpredictable, thus posing an increased physical risk.

By submitting this entry, I acknowledge having read, and understood, and agreed to the above waiver, release and indemnification.

### BIB NUMBER (for office use only)

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# SPONSORS:



A portion of the proceeds from this race will be donated to  
**The Cambridge Memorial Hospital**



## Sunday, May 1, 2016

8 km race

**NEW!** 8 km - TWO PERSON RELAY race

1 km kids run



*not your everyday  
run-of-the-mill*



[cambridgemillrace.ca](http://cambridgemillrace.ca)

# RACE INFORMATION AND HIGHLIGHTS

## FREE race buff headgear to the first 300 - 8 km registrants!

- Post-race lunch provided by **The Cambridge Mill** **NEW!** • Additional friends and family lunch tickets available for purchase (see registration form)
- Post-race massage compliments of **Coronation Chiropractic and Massage**

## DATE, TIME AND LOCATION

Sunday, May 1, 2016

8:00 am - 10:00 am: On-site Registration (cash only)

10:00 am: 1 km Chipmunk Chase Kids Run

10:30 am: 8 km Race / Relay Race

### Highland Public School:

125 Salisbury Avenue, Cambridge, Ontario, N1S 1J8

## 8 KM RACE

This challenging and scenic course “runs” through the historic West Galt area of Cambridge and along the Grand River, shown in a scene from the movie “Saint Ralph”.

### NEW! 8 km Relay Race

Two person relay event, with each runner doing a 4km distance. Participants can be male/male, female/female or male/female.

**8 km race and relay race are chip timed**

## 1 KM CHIPMUNK CHASE KIDS RUN

The 1 km kids run is for ages 1-12. Course consists of an out-and-back on Salisbury Avenue, along scenic Victoria Park.



## BAGGAGE CHECK

Baggage check will be available in the registration area.

## PARKING

Parking is available to the east, south and north of Salisbury Avenue on various side streets. NO parking on Salisbury Avenue as it is closed for the race. For more information, refer to the course map on our website at [cambridgemillrace.ca](http://cambridgemillrace.ca)

## HOW TO REGISTER

1. Online at [cambridgemillrace.ca](http://cambridgemillrace.ca)
2. By Mail, using the attached registration form

## AWARDS

### 8 km Race

Awards to top three male and female overall. Age group winners, top three for male and female.

### Age Categories:

14 & under		
15-19	30-39	50-59
20-29	40-49	60+

### 8 km Relay Race

Awards to overall top three teams (combined fasted time), gender-based Male/Male, Female/Female and Male/Female.

### 1 km Chipmunk Chase Kids Run

Medals for all finishers.

## REGISTRATION FEES (per person)

Race:	Before April 1	After April 1
<b>8 km / Relay:</b>	\$40	\$45
<b>1 km Kids:</b>	\$15	\$20

(Cash only on race day)

**NEW!** \$5 discount on 8 km race applies for participants under 18 and over 60 years of age.

## REGISTRATION FORM

Please fill out and return to address below or visit [www.cambridgemillrace.ca](http://www.cambridgemillrace.ca) to register.

Name: \_\_\_\_\_

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

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

Race Day Age: \_\_\_\_\_  Male  Female

Birth Day: \_\_\_\_/\_\_\_\_/\_\_\_\_/  
(mm) (dd) (yy)

Signature: \_\_\_\_\_

### 2nd Participant (8 km Relay Only):

Name: \_\_\_\_\_

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

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

Race Day Age: \_\_\_\_\_  Male  Female

Birth Day: \_\_\_\_/\_\_\_\_/\_\_\_\_/  
(mm) (dd) (yy)

Signature: \_\_\_\_\_

Relay Team Name (required): \_\_\_\_\_

Additional Lunch Tickets (\$10 each): Quantity \_\_\_\_

Registration Total: \_\_\_\_\_

Lunch Tickets Total: \_\_\_\_\_

Grand Total: \_\_\_\_\_

### Mail to:

Cambridge Mill Race, 224 Main St., Cambridge ON, N1R 1W8  
Please make cheques payable to Cambridge Harriers. No post-dated cheques.  
Cash only on race day. Photocopies of form are accepted.  
By submitting this entry, I acknowledge having read and agreed to the Waiver, Release, Indemnification and Attestation attached to this entry form. In compliance with the Privacy Act, please note your registration information may be shared with our sponsors. \*If not sold out.