

INSTRUCTIONS:

1. Complete form
2. Mail completed form and entry fees to the address at the bottom of the page.

PLEASE CHECK ONE:

5k Run 5k Walk

First Name: _____ **Last Name:** _____

Sex (M/F): _____ **Age:** _____ (On Race Day Sept 10/16)

Shirt Size: XS S M L XL (Note: sizes cannot be guaranteed)

Address: _____ **Apt#:** _____

City/Town: _____

Province/State: _____ **Postal/Zip:** _____ **Country:** _____

Email: _____

Day Phone: _____ **Ext:** _____



Please let us know if you have any medical conditions that we should be aware of:

ENTRY FEES (NO REFUND ON ENTRY FEES)

	By June 30/16	By July 31/16	By Aug 31/16	After Aug 31/16
5K Walk/Run	\$40	\$45	\$50	\$60

Please make cheques/money orders payable in Canadian Funds (foreign entrants in U.S. funds only) to:

Running First Ltd, PO Box 1240, Uxbridge, ON L9P 1N5

If written confirmation is required please include a stamped self-addressed envelope.

By including your email address above, an electronic confirmation will be emailed to you upon receipt.

IN CONSIDERATION of the acceptance of my application and the permission to participate as an entrant, competitor or volunteer in the Toronto 5K on Saturday, September 10th, 2016 and any other 2016 Toronto 5K activities that take place prior to or after the event, including the use of my photograph/picture for promotional purposes. I, for myself my heirs, executors, administrators, successors and assigns, HEREBY RELEASE, WAIVE AND FOREVER DISCHARGE the City of Toronto, The Toronto Board of Commissioners of Police, The Toronto Police, The Toronto Auxiliary Police Force, The Chief of Police, The Toronto Transit Commission, The Ministry of Transportation of Ontario, Sidan Traffic Control Services, Running Room Canada Inc., SickKids Hospital Foundation, and their volunteers and employees, All sponsors and contributors, Running First Ltd., Jay Glassman, The Toronto 5K Organizing Committee, and all other associations, sanctioning bodies and sponsoring companies, and all their respective agents, officials, servants, contractors, representatives, elected and appointed officials, successors and assigns OF AND FROM ALL claims, demands, damages, costs, expenses, actions and causes of action, whether in law or equity in respect of death, injury, loss or damage to my person or property HOWEVER CAUSED, arising or to arise by reason of my participation in the said event, whether as a spectator, participant, competitor, volunteer 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 AND SAVE HARMLESS and AGREE TO INDEMNIFY all of the aforesaid from and against any and all liability incurred by all of them as a result of, or in any way connected with, my participation in the said event. BY SUBMITTING THIS ENTRY I ACKNOWLEDGE HAVING READ, UNDERSTOOD AND AGREED TO THE ABOVE WAIVER, RELEASE AND INDEMNITY I WARRANT that I am physically fit to participate in this event.

PRINT NAME: _____

SIGNATURE: _____ **DATE:** _____