

## ENTRY FORM CarrotFast 5k Run/Walk 2009

Entry Fee:	until July 31st	until Aug. 20th	Aug. 21st, 22nd
5K RUN	\$25.00	\$30.00	\$35.00
2.5 K Walk	\$15.00	\$20.00	\$25.00
Under 10yrs old	\$15.00 anytime		
Family of 4 2.5k Walk	\$50 + \$15 each extra	\$60 + \$20 each extra	\$70 + \$25 each extra

First Name: \_\_\_\_\_  
Last Name: \_\_\_\_\_  
Street Address: \_\_\_\_\_  
City: \_\_\_\_\_ Prov. \_\_\_\_\_ Postal Code: \_\_\_\_\_  
E-mail: \_\_\_\_\_  
Daytime Phone #: \_\_\_\_\_  
Evening Phone #: \_\_\_\_\_  
Birthdate: day \_\_\_\_ month \_\_\_\_ year \_\_\_\_\_ Sex: F ~ M ~  
T-shirt size XS S M L XL

**Entry Fee:** Cheques payable to Holy Trinity High School

**Team Registration**— each team member must submit a separate registration form and entry fee.

Team Name: \_\_\_\_\_  
Other team members names:  
1. \_\_\_\_\_  
2. \_\_\_\_\_  
3. \_\_\_\_\_

See [www.carrotfast.com](http://www.carrotfast.com) for info on the team competition.

### **Office Use Only:**

Amount Paid: \_\_\_\_\_ Circle: Cash/Cheque/Online

Mail in registrations must be received by Wed. Aug. 19 @  
331 Parkwood Ave., Bradford, ON, L3Z 2W9

### **CarrotFast 5k Run/Walk 2009 Release Waiver & Indemnity**

In consideration of the acceptance of my application and the permission to participate as an entrant or competitor in the CarrotFast Run/Walk, I, for myself, my heirs, executors, administrators, successors and assigns, HEREBY AGREE TO INDEMNIFY, and I HEREBY RELEASE, WAIVE, AND FOREVER DISCHARGE The Town of Bradford West-Gwillimbury, Holy Trinity High School, Mercy House, Running Room, raceworks.ca, RRRe-sults.com and their directors, officers, employees, volunteers, agents, sponsors or sponsoring companies, representatives, organizers and any other person or organization assisting in this event from any and all claims, demands, damages, costs, expenses, action and causes of action whether in law or equity, in respect of death, injury, loss or damage to myself or any other person or property HOWEVER CAUSED, arising out of 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 NOT WITHSTANDING any or all liability incurred by any or all of them arising as a result of or in any way connected with my participation in this event. BY SUBMITTING THIS ENTRY, I ACKNOWLEDGE HAVING READ, UNDERSTOOD, AND AGREED to the above WAIVER RELEASE and INDEMNITY.  
I WARRANT that I am in proper physical condition to participate in this event.

SIGNATURE: \_\_\_\_\_

DATE: \_\_\_\_\_

SIGNATURE OF PARENT/GUARDIAN IF UNDER 18 YRS OLD: \_\_\_\_\_