



Ramsey Tour

1/2 Marathon and 5km 42nd Annual Run

Sunday, September 8, 2019
at the
Laurentian University Track and Stadium

Ways to Register:

1. On Site Meet Registration - Sept. 8, 8:30-9:45am
2. Online at <https://www.events.runningroom.com/>
3. By mail or scan (must be in by Sept. 6)

Louis Moustgaard
323 Sandra Blvd
Sudbury, Ontario
P3C 3K8
PHONE: (705) 674-2293
Scan:jesseawinters@gmail.com

Join us for...

For two fun and challenging courses
Refreshments after each race
Age group awards
Tons of Draw Prizes
And to support your local Laurentian
University and Cambrian College Cross
Country Teams!!

Waiver

RELEASE WAIVER AND INDEMNITY CONSIDERATION of the acceptance of my application and the permission to participate as an entrant or competitor in the Sudbury Ramsey Tour, I, for myself, my heirs, executors, administrators, successors and assigns HEREBY RELEASE, WAIVE AND FOREVER DISCHARGE the Sudbury Masters Running Club, all other associations, sanctioning bodies and sponsoring companies, and all their respective agents, officials, servants, contractors, representatives, successors and assigns OF AND FROM ALL claims, demands, damages costs, expenses, and actions and causes of action, whether in law or equity, in respect of debt, injury loss or damage to my person or property HOWSOEVER CAUSED, arising or to 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 form and Against any and 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 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.

FIRST NAME: _____ LAST NAME: _____

BIRTHDATE (DD/MM/YYYY): _____ AGE ON RACE DAY: _____ SEX: MALE FEMALE
 OTHER

ADDRESS: _____ CITY: _____ PROV: _____

P/C: _____ PHONE: _____

EMAIL: _____

Events

1/2 Marathon: \$40 Children (13 years or younger) \$15
5km: \$35

T-Shirt Size

XSM SM MED
 LG XLG

Start Times:

8:30am 1/2 Marathon Walk
10:00am 1/2 Marathon Run & 5km Run/Walk

*Age on race date

**All cheques can be made payable to Sudbury Masters Running Club

Proudly brought to you by



Participant Signature _____

Date _____

Parent / Guardian Signature (If participant is under 18 years of age) _____