



Family, Fun & Fitness Too!
Sudbury Fitness Challenge Mountain Bike Tour
Walden Mountain Bike Club Trails - Naughton (XC Trails)
Sunday, August 15th, 2010

Come on out and participate in a fun event on the Walden Mountain Bike Club trails!
 There are distances for everyone:

8:00 a.m. – 11:00 am, Bike Check & Plate Pick Up

Start times: 9:00 AM Children's Events
 10:00 AM 4 km, 8 km, and 16 km races begins
 12:30 PM Advanced course race begins

HELMETS ARE MANDATORY FOR ALL PARTICIPANTS

Entry Fees:

\$5 for Children
 \$25 for Adults (15 years of age and up)
 \$40 for Family (3 or more living in the same household)
 Late entries - Friday and Saturday Pinnacle Sports only - \$fee x2

NO ENTRIES ACCEPTED RACE DAY

Participation awards for Children
 Event participants, age group awards, Prizes
 Catered by - Pappa Joe's Chipstand
 GRAND PRIZE: Gift certificates from Pinnacle Sports and Ramakko's Source For Adventure
 \$100 cash award to elite Male and Female Advanced course winners
 For more information visit <http://waldenmbc.ca/>

Generously sponsored by



Caverson Associates Ltd

Mail registration form to: **Walden Mountain Bike Club, 224 4th Ave. Lively Ont. P3Y 1M4** before August 10th 2010 or drop off at Pinnacle Sports, 2121 Long Lake Rd, Sudbury Ont.

Drop off your entry form at Pinnacle Sports until Thursday, August 12, 2010

Registration Form

Last Name: _____ First Name: _____ Sex: M F
Address: _____ Birth Date _____ (DD/MM/YYYY)
City: _____ Postal Code: _____ Phone: _____ Race Distance: Under 6 Yrs
 1 KM (7-9 Yrs) 4KM (10-12 yrs) 8 Km 16 km 20 Km Advanced Course
Email: _____

**INFORMED CONSENT
WARNING! PLEASE READ CAREFULLY!**

I _____, desire to participate voluntarily in the **SUDBURY FITNESS CHALLENGE MOUNTAIN BIKE TOUR 2010**.

I understand and have been advised that some of the activities I will undertake may involve physical exertion.

I understand and have been advised that some of the activities I will undertake involve the potential for injury, falls, collisions, etc.

As well I have been duly informed that while participating I should use caution and wear appropriate clothing and protective equipment (helmet, protective pads, etc)

I have been informed that during my participation, it is my complete right and responsibility to decrease or stop should at any time I believe it to be unsafe to continue doing so and that it is my obligation to inform the program volunteers of my concerns or my symptoms.

It is my understanding and I have been informed that there exists the remote possibility of injury including abnormal blood pressure, fainting, and disorders of the hearth rhythm and, in very rare circumstances, heart attack or even death as well cuts, infections, bruises and broken bones. I have been told that every effort will be made to minimize these occurrences through proper supervision and by my own careful control of efforts as well the use of proper personal safety equipment. I understand there are risks, known and unknown, including a risk of injury, heart attack or even death as a result of my participation, but knowing those risks, it is my desire to participate as indicated herein.

I UNDERSTAND, AGREE AND ACKNOWLEDGE that I have read this document in its entirety and that I fully understand and accept its contents:

- a) Choosing to participate in the Program brings with it the assumption by me of the above stated potential **RISKS** and **I ASSUME FULL RESPONSIBILITY** about these **RISKS**.
- b) I am free to withdraw from the Program at any time. I agree to voluntarily withdraw from the Program if I begin to experience any signs of light-headedness, fainting, chest discomfort, leg cramps, nausea or other ailments affecting my health.

I declare that I have read, understood and agree to the contents of the **INFORMED CONSENT** form in its entirety this _____ day of _____, 2010.

(Signature)

Witness (Signature)

(Print Name)

Witness (Print Name)

Date

Date