



age13+

sudbury fitness challenge

DAIRY QUEEN YOUTH CHALLENGE

<http://www.sudburyfitnesschallenge.com>

<http://www.sudburyrocks.ca/Images1/Fitness%20Challenge/Sudbury%20Fitness%20Challenge.htm>

age 0-12

The 6th event in the Sudbury Fitness Challenge is on August 23rd!

BEATON CLASSIC

AUGUST 23 9:30 AM (adult), youth at 12:00

helmets
are mandatory
for all
participants!

**Swim, Bike, Paddle, Run
solo, pair, or 4 person teams
4 different age-based distances for youth**



*youth participation awards, age group awards, prizes and refreshments
BBQ fundraiser to improve event*

DETAILS

- Sunday August 23
- Moonlight Beach
- 9:30 start for adults
- 12:00 start for youth
- registration, bib pick-up 7:30-9:00
- entry forms must be submitted to Outside Store by August 20th
- SINGLE \$ 5 youth \$20 adult
- TEAM \$30 pair \$40 4 person team

DISTANCES

ADULT	UNDER 7	YOUTH 7-9	YOUTH 10-12	YOUTH 13-16
750m	50m	100m	150m	200m
15km	1/2-1km	3km	5km	7.5km
3km	around field	1km	1.5km	2.5km
5km				

Contact:

Jeff Pafford: Jeff.Pafford@city.greatersudbury.on.ca or Sara McIlraith: saramcilraith@sympatico.ca

Drop off your entry form at the Outside store until Thurs. Aug.20th /09

Beaton Classic Registration Form

Registration Form:

Name: _____ M F (please circle one) Age: _____

Address: _____

Phone #: _____ Email Address: _____

Race Distance: Circle your event

Kids: 6 and under, 7-9 yrs, 10-12yrs, 13- 16 yrs

Adults: Solo Two man team Four man team

Waiver

In consideration of the acceptance of my application and the permission to participate as an entrant or competitor in the Sudbury Fitness Challenge Beaton Classic, I for myself, my heirs, executors, administrators, successors and assigns, hereby release, waive and forever discharge the following: Sudbury Fitness Challenge Executive, Race Organizers, Volunteers assisting them, race sponsors, their employees and agents, other race participants, City of Greater Sudbury 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 howsoever caused, arising or to arise by reason of my participation in the Sudbury Fitness Challenge Beaton Classic events, 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 acknowledge that each event has risks (both known and unknown) inherent in it, and it is my intention to accept the risks and all consequences thereof, for myself alone.

I understand that in the event of cancellation due to natural causes such as thunderstorms, etc., the entry fee is non-refundable. I am physically fit to participate in said events and have been medically certified to participate.

By submitting this entry, I acknowledge have read and understood this release and agree to be bound by its terms and I am signing it voluntarily and without duress or influence from anyone.

Participant or Parent/Guardian Date _____

(If participant under 18 years of age, parent or guardian must sign)

I give my permission to publish my results and use any pictures of myself participating in the 2009 SFC BC

Signature: _____