



DSBN Road Race!

Entry Form

Sponsored by:



Race Date: Sunday, April 26th, 2015

Location: DSBN Education Centre, 191 Carlton Street, St. Catharines, ON L2R 7P4

Race day check-in / registration is between 7:30 a.m. and 9:30 a.m.

Events: 1km Fun Run (10:00 a.m.), 5km Road Race (10:30 a.m.)

Cost: \$10 per race entry under 20 years of age, \$20 for adults 20+. Please make your cheque payable to: Education Foundation of Niagara. Sorry, no refunds.

Pre-registration deadline is Fri. March 20th, 2015. (Runners may also register at the check-in on race day)

The event is open to DSBN students, employees, family and friends with proceeds to support the Education Foundation of Niagara and Niagara Nutrition Partners.

Prizes:

Exclusive DSBN Road Race t-shirt for every runner who registers before March 20th 2015

The first three 5km Road Race runners (male & female) in each age category receive a medal

The overall top male and female runners receive plaques

Participation award for the school with the most entries

5km Road Race Categories: 9 & under, 10-11, 12-13, 14-15, 16-17, 18-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55 & over

For the safety of runners, no roller blades, scooters, skateboards, bicycles, or similar conveyances will be permitted on the course.

Limited parking is available at the DSBN site. Access parking by 9:00 am. No exiting until after the second race finishes, approximately 11:30 am.





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Please return entry form completed for each participant (along with a cheque payable to the Education Foundation of Niagara) to your school's DSBN Road Race coordinator or send the entry form and payment via courier / mail to: Dara Goulet at the Education Foundation of Niagara, Education Centre, 191 Carlton St, St. Catharines, L2R 7P4

Adults (20 and older): \$20 Students (under 20 years): \$10

Family members can use one entry form with individual information completed.

*****Entry forms must be received by Friday, March 20th 2015 to receive a free t-shirt*****

Participant Information

Runners who pre-register receive a free t-shirt. The following sizes are available:

Child S M L XL Adult S M L XL

First Name	Last Name	Age	Gender	Race 1km or 5 km	School	Shirt Size	Fee
1 km Fun Run: 10:00 am 5km Race: 10:30 am						Total	\$

Contact Information

Please provide your email or phone number in case we need to contact you: _____

Please confirm your registration information on the website: www.efnniagara.ca

All participants must sign the following waiver. Students under 18 on race day must have a parent or guardian sign for them.

In consideration of your accepting my entry or the entry of my child, I hereby for myself and my child (if applicable) waive and release any and all rights and claims for loss or damage to my person or property I may have against the District School Board of Niagara or the Education Foundation of Niagara, Niagara Nutrition Partners, or the sponsors, or any other involved in this event.

I hereby give consent to the inclusion of my name and age category on the website, and in the posting of the race standings.

By submitting this entry and signing below, I acknowledge having read, understood, and agreed to the above release waiver and consent for inclusion of my name and age category on the website. I agree that I; and my child (if applicable) are physically prepared to participate in this road race and will follow the rules that govern road racing.



 Signature of Participant Date
 (Signature of parent / guardian if participant is under age 18)

