

Participation and Release Agreement

I, _____, (please print full name) acknowledge and agree that the Cavan Hill Country Run hosted by St. John's Anglican Church, Ida (herein after referred to as the "Program") is a potentially hazardous physical training , exercise and running and/or walking program and that my participation in the program may subject me to risks or serious physical injury or illness.

Initials

I acknowledge and warrant that I have been advised to consult my own physician on my ability to participate in the Program, that I am medically fit to do so, and that I will be solely responsible for my own safety while engaged in any activities related to the Program.

Initials

In consideration of being allowed to participate in the Program, I hereby expressly assume all risks- including serious injury, illness, and death-associated with the Program or related activities, including without limitation, all risks related to training, race participation, weather/atmospheric conditions, course conditions, travel to or from the Program events or activities, and other assistance made available to me in the Program.

Initials

I agree to act responsibly as a participant in the Cavan Hills Country Run.

Initials

Having read and understood this agreement and waiver, and for myself, my heirs, executors and administrators, I hereby waive, release, discharge and hold harmless St John's Anglican Church, Ida and its corporation the Anglican Diocese of Toronto, the Corporation of the Township of Cavan Monaghan, Woodleigh Farms Ltd., Rob and Mary Ellen McCamus Farms, the Running Room Ltd. and all of their affiliated offices, and their respective officers, directors, employees, volunteers, and agents and all sponsoring organizations and businesses associated with the Program and their respective officers, directors, employees, volunteers and agents, (all of whom are hereinafter referred to as the "Releasees") from any and all claims, liabilities, demands, expenses and causes of actions that I may have or that may hereafter accrue to me, that in any way relate to or arise from my participation in the Program or its related activities and including with out limitation all claims for medical expenses or treatment, personal injury, illness, death or property damage.

Initials

The aforementioned waiver, release and discharge applies notwithstanding that any such claims, liabilities, demands, expenses and/or causes of action may have resulted from, in whole or in part, the negligence of the Releasees.

Initials

I further hereby undertake to hold and save harmless and agree to indemnify all of the aforesaid Releasees from and against any and all liability incurred by any and all of the arising as a result of or in any way connected with my participation in the Program.

Initials

I agree and acknowledge that I am over 18 years of age, that I have read this agreement and understand its terms and conditions; and that if any portion of it is held invalid, the balance shall continue in full force and effect*.

Initials

I have initialed each of the above paragraphs to acknowledge that I have understood and agreed to them.

Initials

Participant's Signature

Date

* Registrations for minors will require a parent/guardian's signature on the waiver at the Race site on Race day.



**St. John's
Anglican Church,
Ida**

Begun in 1819, St. John's Anglican Church is the oldest worshipping congregation in Cavan Township. The church itself is located on Peterborough County Road 10, just south of Ida.

St. John's has been home to generations of Cavan families, some of whom are welcoming us on, across, through and around their family farms on our run/walk (and, some of whom are running the 10 km and 4 km with us).

St. John's is fondly referred to as the little church on the hill. Although it may be little by some standards, St. John's does mighty work, reaching out to help others through a number of exciting initiatives.

Some of the programs we support are listed below on our runner's path.

We welcome you to stop by St. John's, visit our quiet garden, enjoy the view, come and see our beautiful church. We thank you for your support. Thank you for joining us in the Cavan Hills.

*May the Lord watch over your going out
and your coming in this day
and forever more.*

The people of St. John's, Ida



**10K RUN
10K WALK
4K RUN/WALK**

hosted by
St. John's Anglican Church, Ida

*Supporting **Homegrown Homes,**
Millbrook Food Share and other
charitable organizations*

**Saturday
September 29th, 2012
Cavan, Ontario**

Register at
www.runningroom.com
Email: **cavanrun@yahoo.ca**
Phone: **705-745-0583**

TIME AND DATE:

Saturday, September 29th, 2012

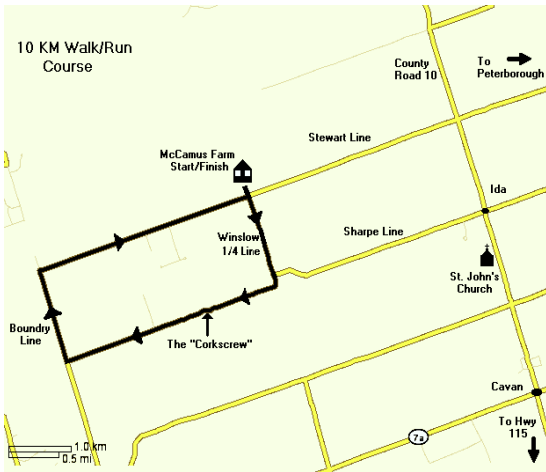
10K Walkers start 9:00 am

10K Runners start 9:45 am

4K Run/Walk starts 10:00 am

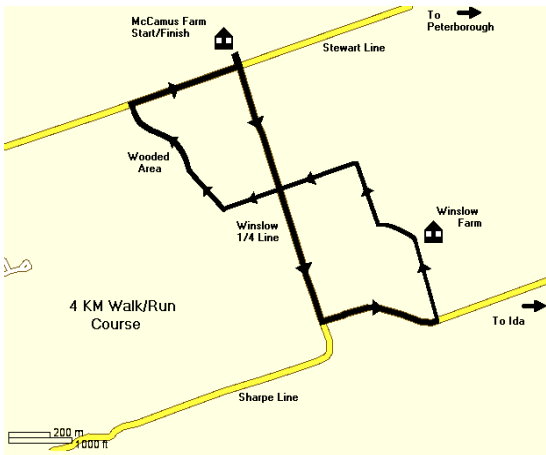
10 KM RUN /WALK:

A beautiful loop through the hills of Cavan on township roads, with lots of ups and downs.



4KM RUN/WALK:

Begins on township roads and crosses through farmland and forests, looping back to the start/finish.



START/FINISH LOCATION:

McCamus Farms, the intersection of Winslow 1/4 Line and Stewart Line, 3km west of Peterborough County Rd. 10. On site parking is available.

RACE KIT:

Race Kit pick-up opens at 8:00 am at the **Start / Finish** location on Race day.

▶▶▶ **ADVANCE RACE KIT PICK-UP** at the Running Room, Peterborough, 210 Hunter St. W. on Wednesday Sept. 26th, 2012 from 4:00—8:00pm

The first 200 registered participants will each receive a gift bag.

HOSPITALITY:

At the end of the run/walk a light snack will be provided for all registered race participants. Bathroom facilities will be located at the Start/Finish and 10K loop. Water stations will be available on both loops.

DIRECTIONS:

Cavan is located just west of Peterborough, about 1+1/2 hours from Toronto, and about 1/2 hour north of Port Hope. From Highway 115, exit at Peterborough County Road 10, proceed north on County Road 10, crossing highway 7A at Cavan. Continue north on County Road 10, past St. John's Church, through Ida. About 1.5 km north of Ida, turn west (left) off of County Road 10 onto Stewart Line. Proceed west on Stewart Line about 3 km, to the Winslow 1/4 Line, McCamus Farms.

MEDALS AND PRIZES:

Will be awarded to the 1st, 2nd and 3rd place adult female, adult male, and youth (under 18) in each of the three races. All participants will have a chance to win one of many draw prizes.

DONATIONS AND PLEDGES:

Pledges are gratefully accepted, and will be shared by Homegrown Homes, a non-profit organization committed to providing decent, affordable housing to all low-income families in our community, and Millbrook Food Share.

Please make cheques payable to: St. John's Anglican Church, Ida.

Tax receipts will be issued upon request for minimum donations and pledges of \$10.00. A pledge sheet is attached or available online, if family and friends would like to sponsor your run/walk.

▶▶▶ AGAIN THIS YEAR:

Adults: Submit \$100 or more in pledges

Youth: Submit \$ 50 or more in pledges and your registration fee will be refunded.

Please submit full pledge amount on Race Day, and a refund cheque will be mailed to you.

3 WAYS TO REGISTER:

1. On line at www.runningroom.com
2. By mail, returning attached form to:
Cavan Hills Country Run
1462 Stewart Line, Cavan, ON
L0A 1C0
3. In person at your local Running Room store.

(Race Day registrations will be available for a limited time at Start/Finish site.)

REGISTRATION FORM (PLEASE PRINT)

One form must be filled out for each participant.

Name: _____

Phone: _____

Address: _____

City: _____

Prov: _____ Postal Code: _____

Email: _____

Date of Birth (mandatory): ____/____/____
mm / dd / yyyy

Gender: _____

PRICE REMAINS THE SAME!

EARLY BIRD REGISTRATIONS (BEFORE SEPT. 1ST)

10K Walk	\$25.00	_____
10K Run	\$25.00	_____
4K Run/Walk	\$20.00	_____
Youth (under 18)	\$10.00	_____

REGISTRATIONS (SEPT. 1ST & AFTER)

10K Walk	\$30.00	_____
10K Run	\$30.00	_____
4K Run/Walk	\$25.00	_____
Youth (under 18)	\$10.00	_____

PAYMENT:

Please note there are no refunds

MAIL OR IN-PERSON REGISTRATIONS:

Cheques only please, made payable to:
St. John's Anglican Church, Ida.
Do not send cash in the mail.

ONLINE REGISTRATIONS: www.runningroom.com

Payment can be made by credit card.

* A processing fee is charged by The Running Room for online registrations.

Please read and sign the participation and Release Agreement located on back of page.

