

# WALK

# Run

## REGISTRATION FORM

Bib #

Name

Address

City

Prov/State

Postal Code

Phone

E-mail

Age

M/F

Open  
5K

Category

*Paying by cheque: Make cheques payable to **Road Race***

**DO NOT SEND CASH BY MAIL**

### Release, Waiver and Indemnity

In consideration of the acceptance of my application and the permission to participate as an entrant or competitor in the 12th Annual Sainte Irish Pub St. Patrick's 5K Run/Walk, and any or all of the pre and post race activities on March 13, 2010, I, for myself, my heirs, executors, administrators, successors and assigns, hereby release, waive and forever discharge Race Director(s), all sponsors and contributors and all other associations, sanctioning bodies and sponsoring companies, and all their respective agents, official servants, contractors, representatives, successors and assigns of and from all claims, demands damages, costs, expenses, actions, cause of action whether in law or equity. In respect of death, injury or loss or damages in my person or property however causes, arising or to arise by my participation in the said event, whether as a spectator, participant, competitor or other wise, whether prior to, during or subsequent to the event, and notwithstanding that the same may have been contributed, or occasioned by, the negligence of any of the aforesaid. I further hereby undertake to hold and save harmless and agree to indemnify the aforesaid from and against any and all liability incurred by all of them as a result of, or in any way connected with, my participation in the said event. I give permission for my autograph to be taken and used for future promotion. By submitting this entry I acknowledge having read, understood and agreed to the above waiver, release and indemnity.

Print Name

Signature (of Parent or Guardian if under 18)

Date

***Waiver must be signed to be accepted***

**ML** MICHAEL LAMONT  
PERSONAL INJURY LAW

Running Series

In support of St. Joseph's  
Healthcare & Hamilton  
FOUNDATION



Saturday, March 12, 2011 ~ 1 p.m.

# St. Patrick's Day 5km Race



Canada's Fastest Course

For more information:

[www.downhillrunningseries.com](http://www.downhillrunningseries.com)

[www.runningroom.com](http://www.runningroom.com)

 **EASTGATE**  
DENTAL CENTRE

 **Running Room**  
Runningroom.com

 **Go Physio**  
PHYSIOTHERAPY • MASSAGE • CHIROPRACTY

 **Imperial**  
Glass

 **Nestle**  
Good Food, Good Life

LotsofDoorPrizes • FreeBeer • LiveBand • HotFoodBuffet