

## Registration Information & Fees

Registration Fees:

\$100.00 if received before Jan. 15 2010

\$125.00 Late registration Jan.15-30th

Cheques payable to **Ceevacs Roadrunners**

Mail or deliver to :

**Cowichan Sportsplex**

5847 Chesterfield Street Duncan BC V9L 3M3

(Drop slot available for after hours)

All participants are required to submit the 'Fitness Evaluation' page prior to January 30<sup>th</sup> in order to place you in the appropriate group. This is available for download on the Ceevacs website. [www.ceeivacs.com](http://www.ceeivacs.com)

### **Ceevacs Roadrunners Running & Walking Clinic 2010**

Please print CLEARLY

Name: \_\_\_\_\_

Gender: \_\_\_\_\_ Date of Birth (M/D/Y) \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Email : \_\_\_\_\_

Home Ph; \_\_\_\_\_ Work or cell ph \_\_\_\_\_

Release: In consideration of your accepting this registration I hereby for myself, my heirs, executors, administrators waive & release and & all rights or claims to damage I may have against the organizers holding this walking and running clinic, their agents, representatives, successors and assigns for any and all injuries I may sustain during this clinic.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Must be signed by a parent or guardian if participant is under 19 years of age. Participants under 15years accepted only with prior approval of head coach.