

2023 Ceevacs Roadrunners Run & Walk Clinic

NAME \_\_\_\_\_ LAST NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ PROV \_\_\_\_\_ POSTAL CODE \_\_\_\_\_

HOME PHONE # \_\_\_\_\_ CELL # \_\_\_\_\_

E-MAIL \_\_\_\_\_ BIRTHDATE (m/d/y) \_\_\_\_\_

Please circle the Clinic group that you wish to join:

**FtitWalk, Learn to Run, 5Km, 10 km Step: 1, 2, 3 & 4, Combo (5 km + 10 KM) Amount pd: \_\_\_\_\_** \*. Cheque payable to: Ceevacs Roadrunners. Etransfer to [ceevacsdeposits@gmail.com](mailto:ceevacsdeposits@gmail.com)

Current fitness Routine:

Do you have a current or past injury or health issues that may flare-up due to walking or running?

1. **\$65.00 to April 1, 2023 – 5 pm**
2. **\$75 to June 1, 2023 – 5 pm**
3. **\$85 to September 4, 2023 – 5 pm (online) or 2 pm (printable drop-off at the Sportsplex office)**
4. **\$100 dollars on start date of September 5, 2023**

- **Up to April 1, 2023, the 2022 Ceevacs Run and Walk participants receive a \$10 dollar discount**

RELEASE WAIVER AND INDEMNITY I know that participating in physical fitness events is a potentially hazardous activity. I agree not to participate unless I am medically able and properly prepared. I should not participate without my physician's approval. I acknowledge that I am solely responsible for my own medical well being. I undertake to have available my medication and medical information when and if I have a medical event requiring attention. "Event" shall include, but is not limited to, all activities, events or services in any way provided, organized, sponsored, or authorized by the Event Organizers. On my own behalf, any minors or third parties for whom I am registering, I agree that (a) we will abide by any decision of an event official concerning our ability to safely participate; (b) we will assume any and all risks associated with the Event; including but not limited to, falls, contact with other persons or objects, the effects of weather, traffic and course conditions; (c) we hereby consent to, permit, and accept responsibility for emergency treatment in the event of injury or illness. As a condition of entering this Event, I for myself, any minors, or any third party for whom I am acting, waive and release The Ceevacs Roadrunners Club, and any associated or related entities, their directors, officers, employees, agents, representatives, sponsors, volunteers, and organizers ("Event Organizers"), from present and future claims and all liabilities of any kind, known or unknown, arising out of our participation in this Event or related activities, even though such claim or liability may arise out of negligence or fault on the part of the Event Organizers. We agree that (a) the Event Organizers shall not be liable for any personal injury, death, or property loss, and we release the Event Organizers and waive all claims with respect thereto, and (b) to hold harmless and indemnify the Event Organizers, from any and all, liability from any property damage or personal injury to any third party resulting from my participation in the Event. We grant permission to Event Organizers to use or authorize others to use our personal information, including, but not limited to, any photographs, images, or documentation of our participation in this Event or related activities without remuneration being provided to us. I represent and warrant (a) I am over eighteen (18) years of age, and that if I am registering a minor, that I am the parent or guardian of such minor; (b) if I am registering third parties, I have been duly authorized to act on behalf of such parties; and (c) that the terms of this registration shall apply equally to me, any minor and to any third parties for whom I am acting.

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

Parent or guardian sign for age 12 to 19 \* with head coach approval [coach@ceevacs.com](mailto:coach@ceevacs.com)