



2010 KRRA Race Series Event #2

Twosome 5km Run

Sunday, February 14, 2010, 11:00 am

Winston Churchill Public School

Earl and MacDonnell Streets



Saturday Feb 13	(12-4 pm)	Early race kit pickup at Runners' Choice, 260 Princess Street
Sunday Feb 14	(9:45 am)	Registration and race kit pickup at Winston Churchill P.S.
	(11:00 am)	5km Race Begins
	(12:00 pm)	Awards/Draws/Food & Beverages sponsored by Tim Hortons

Medals to Top 3 Twosome Teams (Male/Female) Overall and in each Combined Age Category (under 40, 40-49, 50-59, 60-69, 70-79, 80-89, 90-99, 100-109, 110+)

“Onesomes” qualify for Race Series but are not eligible for medals

**** Many Great Draw Prizes - All registrants are eligible for Draw Prizes ****

Technical Socks guaranteed for first 150 registered

See www.krra.org for full details

Volunteers: please contact Jane Howe at jane_k_howe@yahoo.ca or 613-545-2321

<p>Male Participant Age on Jan 1 2010 _____</p> <p>Name: _____</p> <p>Address: _____</p> <p>City: _____ Postal Code: _____</p> <p>Phone: _____ Email: _____</p> <p>Please Sign Waiver Below</p> <table> <tr> <td>Check Price Category</td> <td>Before Feb 14</td> <td>Race Day</td> </tr> <tr> <td><input type="checkbox"/> KRRA Member Prices:</td> <td>\$25</td> <td>\$30</td> </tr> <tr> <td><input type="checkbox"/> Non Member Prices:</td> <td>\$30</td> <td>\$35</td> </tr> </table> <p>*** NO REFUNDS ***</p> <p>Check Requested Sock Size:</p> <p><input type="checkbox"/> Small (F5-8) <input type="checkbox"/> Medium (M7-9, F8.5-10.5)</p> <p><input type="checkbox"/> Large (M9.5-11.5, F11-13) <input type="checkbox"/> X-Large (M12+, F13+)</p>	Check Price Category	Before Feb 14	Race Day	<input type="checkbox"/> KRRA Member Prices:	\$25	\$30	<input type="checkbox"/> Non Member Prices:	\$30	\$35	<p>Female Participant Age on Jan 1 2010 _____</p> <p>Name: _____</p> <p>Address: _____</p> <p>City: _____ Postal Code: _____</p> <p>Phone: _____ Email: _____</p> <p>Please Sign Waiver Below</p> <table> <tr> <td>Check Price Category</td> <td>Before Feb 14</td> <td>Race Day</td> </tr> <tr> <td><input type="checkbox"/> KRRA Member Prices:</td> <td>\$25</td> <td>\$30</td> </tr> <tr> <td><input type="checkbox"/> Non Member Prices:</td> <td>\$30</td> <td>\$35</td> </tr> </table> <p>*** NO REFUNDS ***</p> <p>Check Requested Sock Size:</p> <p><input type="checkbox"/> Small (F5-8) <input type="checkbox"/> Medium (M7-9, F8.5-10.5)</p> <p><input type="checkbox"/> Large (M9.5-11.5, F11-13) <input type="checkbox"/> X-Large (M12+, F13+)</p>	Check Price Category	Before Feb 14	Race Day	<input type="checkbox"/> KRRA Member Prices:	\$25	\$30	<input type="checkbox"/> Non Member Prices:	\$30	\$35
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<p>WAIVER: In consideration of your accepting my entry, or the entry of my child or ward, I, for myself, my heirs, my child or ward, my executors, and administrators of those of my child or ward, do hereby release and forever discharge the Corporation of the City of Kingston, the Kingston Road Runners Association, Kingston Police Volunteers, Limestone District School Board, the race directors and race committee, sponsors or their representatives, agents and employees, competitors and persons associated with the event from and against any kind of actions, claims and costs with respect to death, injury, loss or damage, occurring prior to, during or subsequent to the event, to my person or property however caused and not withstanding that the same may have contributed to or occasioned by the negligence of any of the aforementioned.</p>																			
<p>Signature: _____ Date: _____</p> <p>(Male Participant)</p> <p>Signature of Parent/Guardian (if entrant is under 18 years)</p> <p>_____</p>	<p>Signature: _____ Date: _____</p> <p>(Female Participant)</p> <p>Signature of Parent/Guardian (if entrant is under 18 years)</p> <p>_____</p>																		

- Please make cheques payable to “KRRA” and mail to KRRA, PO Box 1412, Kingston, Ont. K7L 5C6 or drop off at Runners’ Choice, 260 Princess Street, Kingston