



## 2018 KGH TRAUMA 10K REGISTRATION

(BIB # \_\_\_\_\_)

Please PRINT CLEARLY using block letters

KRRRA MEMBER: Yes \_\_\_ No \_\_\_ (KRRRA members deduct \$5 until Apr. 26)

GENDER: Male: \_\_\_ Female: \_\_\_

SHIRT SIZE: S M L XL

Unisex souvenir race shirt for entries received by April 13, 2018

RACE KIT PICK UP: Sat., Apr. 28 at MacDonald Park (at the foot of Emily St.) starting at 3:00 pm

Race starts at 5:00 pm.

FEES: April 1 - 26 Apr 28

10K Run:

KRRRA Members	\$45	\$50
Non-members	\$50	\$50

**PLEASE ATTACH CHEQUE ONLY (Payable to: KRRRA)**

Last Name \_\_\_\_\_ First Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ Prov/State \_\_\_\_\_ Postal Code \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

DOB: \_\_\_\_\_ Age on Jan. 1, 2018 \_\_\_\_\_  
Day Month Year

EMERGENCY CONTACT: Name: \_\_\_\_\_ Phone: \_\_\_\_\_

### RELEASE WAIVER AND INDEMNITY:

I hereby for myself, executors and administrators, waive, release and forever discharge any and all rights and claims that I may have, or which may hereafter accrue to me, City of Kingston, Kingston Road Runners Association, Runners' Choice, Kingston City Community Police Volunteers, Kingston City Police, Royal Military College, the race directors and race committee, sponsors or their representatives, agents and employees, competitors and persons associated with the event arising from any injuries suffered by me in conjunction with these races. I also attest that I am physically fit to participate in these events.

**NO REFUNDS AND NO TRANSFERS BETWEEN SATURDAY RACES AND SUNDAY RACES**

Check to agree to waiver: \_\_\_\_\_

Signature of Parent or Guardian if entrant under 18 years)

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<http://www.krrra.org/half/half.php>