



# LIMESTONE RACE WEEKEND

2016 APRIL 23&24



## 10K RUN REGISTRATION

BIB # \_\_\_\_\_

KRRR MEMBER: Yes \_\_\_ No \_\_\_ (KRRR members deduct \$5 until Apr. 21 )

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

SHIRT SIZE: S M L XL

Unisex souvenir race shirt for entries received by April 8, 2016

RACE KIT PICK UP: Sat., Apr. 23 at MacDonald Park (at the foot of Emily St.) starting at 3:00 pm  
Race starts at 5:00 pm.

| FEES:        | pre Jan 31 | Feb 1 - Mar 31 | April 1-21 | April 22-23 | April 24 |
|--------------|------------|----------------|------------|-------------|----------|
| 10K Run      |            |                |            |             |          |
| KRRR Members | \$25       | \$35           | \$45       | \$50        | \$55     |
| Non-members  | \$30       | \$40           | \$50       | \$50        | \$55     |

**PLEASE ATTACH CHEQUE, payable to: "KRRR". (Sorry, cash only on race day registration).**

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

Address \_\_\_\_\_

City \_\_\_\_\_ Prov/state \_\_\_\_\_ Postal code/zip \_\_\_\_\_

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

DOB: \_\_\_\_\_ Age on Jan. 1, 2016 \_\_\_\_\_  
Day Month Year

### 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.

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

Signature of Parent or Guardian if entrant under 18 years)

\_\_\_\_\_

Visit the website: [www.krrr.org/events/krrr-limestone-race-weekend-kids-3k-10k-trauma/](http://www.krrr.org/events/krrr-limestone-race-weekend-kids-3k-10k-trauma/)  
Submitted race registrations are final and non-refundable.  
No transfers between Saturday and Sunday races.

Drop off at Runners' Choice 56 Brock St. or mail to: KRRR PO Box 1412, Kingston ON K7L 5C6