



HOWE ISLAND HUSTLE

SATURDAY MAY 11 2019, 11AM ST. PHILOMENA'S PARISH HALL



RACE REGISTRATION

RACE: MEN: WOMEN: KID'S under 14: 1-MILE KID: (check one)

KRRRA MEMBER: Yes No (KRRRA members deduct \$10 until Friday May 10th, 2019)

GENDER: Male: Female:

ENTRY FEE: \$45 per runner until April 30th; \$50 until May 10th. \$10 KRRRA membership discount applies until Friday May 10th, 2019. Add \$5 on Race Day. No discount for KRRRA members on Race Day registrations.

Kids 1-Mile Race fee is \$5. The Kids race is available only to ages 12 and under.

Please make cheques payable to "KRRRA".

Join the **Kingston Road Runners Association** before July 1st, 2019 to be eligible for the KRRRA Race Series cash prizes and awards. KRRRA Membership pays for itself in two races.

I'd also like to register myself (\$30) _____ or my family (\$40) _____ as a **KRRRA Member** and am adding the additional amount to my race fee. (Please add "membership paid" on cheque).

Last Name _____ First Name _____

Address _____

City _____ Prov/State _____ Postal Code _____

Phone _____ Email _____

DOB: _____ Age on Jan. 1, 2019 _____
Day Month Year

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 Township of Frontenac and the Islands, Howe Island Fire & Rescue, 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.

Check to agree to waiver: _____
Signature of Parent or Guardian if entrant under 18 years)

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



Township of Frontenac Islands
Howe Island Fire & Rescue



CHARITY INITIAL