

REGISTRATION FORM:

INDOOR TRACK CHALLENGE

12 h & 6h _____

| | | |
|----------------------------------|---|--|
| Please select your desired event | | |
| 12 hour | \$ CDN 80.00 (after July 30, 2010 \$100.00) | |
| 6 hour | \$ CDN 60.00 (after July 30 2010 \$ 80.00) | |

(Payable to Markus Wiaderek)

Name: _____

Adresse: _____

City: _____ Prov./State _____

Postal/Zip: _____

Phone: _____

Email: _____

Date of Birth: _____ Sex: Female: _____ Male: _____

Shirt Size: S M L XL

Previous Best Marathon/Ultra event and time: _____

Release Waiver and Indemnity

I am aware that a run of the distance and conditions for the "INDOOR TRACK CHALLENGE" maybe extremely difficult and hazardous even for well-conditioned athletes under the most favorable conditions. I am also aware of the risk of adverse weather conditions, which may accompany the event on the day of my participation. I understand that I should not participate in this event unless: 1. I am in excellent physical condition, 2. I have trained adequately for this event, 3. I have no medical condition which might be worsen by vigorous activity. Knowing these facts, and in consideration of you accepting this entry, I herby, release and discharge the race organizer and all its officials from any or all claims of liability, for any and all injuries to me (including, but not limited to death) , or my property arising out of, or in connection with it, this event and covenant not to sue for damages with respect thereto. This release extends to all claims of every kind and nature weather foreseen or unforeseen, known or unknown. I declare that I have sufficiently trained to participate in this event and assume all risk associated with such participation in such an event. The race management hold the right to cancel the event should weather or any other condition make it unsafe for the participants and volunteers.

Date _____ Signature _____

Mail to: Markus Wiaderek, 3047 Rue Cherrier, Ile'Bizard, Quebec, H9C1C8