

Competitive Run/Walk

(Electronic Timed Results)

- **Pledges of \$75.00 or more** - Free Entry and a Free T-Shirt & Cloth Bag*
- Entry Fee **\$35 by May 15, \$40 May 16-July 6; \$45 Day of Race**
- Receive a Free T-Shirt & Cloth Bag
Only 300 participant T-Shirts and bags available – first come first served.

Children's 1K Fun Run

Free for Ages 12 and under. Register day of race. Run starts at 8:30 a.m. sharp.

REGISTER BY MAY 15 FOR A CHANCE TO WIN THE EARLY BIRD DRAW PRIZE!

***Limit of 300 T-Shirts & Bags**

Prizes

Prizes will be presented to participants with the highest pledges turned in the day of the race.



229 Nelson Street West,
Meaford ON N4L 1A3
(519) 538-1311, ext. 4208
Email: mghf@bellnet.ca

more information
call Brian Renken
(519) 538-3524



Pledge Sheets & Entry Forms

WEBSITE: www.mhfoundation.ca

MEAFORD: Meaford Hospital Foundation Office,
Shoe Tree and L.C.B.O.

THORNBURY: Thornbury Pharmasave

OWEN SOUND: Runner's Den

Bibs from  **RoadID**
It's Who I Am.

21st ANNUAL

Meaford Harbour

5km Run/Walk

Supporting Meaford Hospital Foundation

SATURDAY
JULY 8, 2017

On-Line Pre-Registration & Pledging

www.onlineregistrations.ca/meafordharbour

Electronic Chip Timing by
www.chiptimeresults.com

Register by May 15: \$35 - and name goes in for the Early Bird Draw prize. Save \$10 Off registration fee.

Register from May 16 – July 6 (close of online registration): \$40

Day of Race Registration: \$45

Race Day Registration 7:45 -8:45 a.m.

RACE STARTS AT 9:00 a.m. SHARP

Children's 1K - Start: 8:30 a.m.

Meaford Harbour Pavilion

Goal for 2017

\$50,000

To support cancer care and equipment needs in our local community hospitals.



Supporting Our Community Hospital
Saturday, July 8, 2017 at 9:00 a.m.
 On-Line Pre-Registration and Pledging | www.onlineregistrations.ca/meafordharbour
 Electronic Chip Timing by | www.chiptimeresults.com

21ST ANNUAL

Registration starts at 7:45 a.m. at Meaford Harbour Pavilion

NAME: _____
 Print Last Name _____ Print First Name _____

ADDRESS: _____
 Street _____ City _____

 Postal Code _____ Telephone Number _____ Email Address _____

ENTRY OPTIONS: **Gender** Male Female Run Walk
Event Category _____
Bib # _____

Age On Race Day
 12 & Under Age 13 – 19 Age 20 – 29 Age 30 – 39 Age 40 – 49 Age 50 – 59 Age 60+

T-Shirt Size: Small Medium Large X-Large XX-Large

ENTRY FEE:

Competitive Run/Walk Fee: Pre-Reg by May 15 - **\$35**; May 16-July 6 - **\$40**; Race Day - **\$45** _____ \$
Receive Free T-Shirt & Cloth Bag* (Competitive Walk is a timed event. **No Running Allowed.**)

Pledges - \$75.00 or more - No Entry Fee Required. Receive Free T-Shirt & Cloth Bag* _____ \$

Children's 1K Fun Run - Register day of race - Ages 12 and under. FREE. Run starts at 8:30 a.m.
 I would like to make a tax deductible donation to the Hospital in the amount of _____ \$
 Donations of \$10.00 or more will receive a receipt.

Please make cheques payable to Meaford Hospital Foundation _____ **TOTAL** \$
**Only 300 participant T-Shirts and bags available – first come first served.*

REGISTER EARLY (by May 15) FOR A CHANCE TO WIN THE EARLY BIRD DRAW PRIZE

WARNING: ALL RUNNERS/WALKERS PARTICIPATE AT THEIR OWN RISK. A physical examination is not necessary in order to qualify. However, if you are in doubt of your ability to engage in an event as strenuous as a km Run/Walk, we urge you to consult your physician.

WAIVER In consideration of the acceptance of my application and the permission to participate as an entrant or competitor in the Meaford Harbour Run/Walk event, I, for myself, my heirs, executors, administrators, successors and assigns hereby **RELEASE, WAIVE and FOREVER DISCHARGE** all rights and claims against the Race Directors, Race Organizers, Volunteers and Sponsors, their associates and/or subsidiaries, all other sanctioning bodies: The Municipality of Meaford, Meaford Hospital Foundation, Grey Bruce Health Services, or any or all involved organizations, officers, representatives, successors and/or members for any/all damages, claims, expenses, actions and causes of action whether in law or equity in respect to death, injury, loss or damage to my person or property **HOWSOEVER CAUSED** arising or to arise by reason of my participation in said event, whether as a spectator, participant, competitor or otherwise, while travelling to, participating in or returning from the said event **AND NOTWITHSTANDING** that the same may have been contributed to or occasioned by the negligence of any of the aforesaid.

I **FURTHER HEREBY UNDERTAKE TO HOLD AND SAVE HARMLESS and AGREE to INDEMNIFY** all of the aforesaid from and against any and all liability incurred by any or all of them arising as a result of or in any way connected with my participation in the said event **BY SUBMITTING THIS ENTRY I ACKNOWLEDGE HAVING READ, UNDERSTOOD AND AGREE to the above WAIVER, WARNING RELEASE AND INDEMNITY.**

I **WARRANT THAT I AM PHYSICALLY FIT TO PARTICIPATE IN THIS EVENT.**

I acknowledge that the Meaford Harbour 5km Run/Walk may use my name and/or photo in future publications and announcements, including Facebook or other social media.

This is a Legal Document. If you do not understand or are in doubt about its effect, consult your lawyer before signing. I **AM SIGNING THIS IN FULL KNOWLEDGE OF THE WARNING AND WAIVER.**

SIGNATURE _____ **SIGNATURE OF GUARDIAN (IF UNDER 18)** _____ **DATE** _____

In case of emergency please notify _____ **Tel #** _____