

PLEASE PRINT CLEARLY AND COMPLETE ALL OF THE FOLLOWING INFORMATION:

Race Participant's Name

Mrs. ____ Mr. ____ Miss ____ email: _____

FIRST: _____ LAST: _____

Sex (M/F) ____ AGE (on race day) ____ T-Shirt Size (adult) SM ____ MD ____ LG ____ XL ____

Address _____ City _____

Province ____ Postal Code _____ Phone # _____

PLEASE READ CAREFULLY * RELEASE & WAIVER * AWARENESS OF RISK

I acknowledge and agree that running in a road race is a potentially hazardous activity and that I should not enter and run unless I am medically able and properly trained. I also acknowledge and agree that although traffic control will be provided there will be traffic on the course route and accordingly I assume the risk of running in traffic. I also assume any and all other risks associated with running in the Race including but not limited to slips and falls, contact with other participants, the effects of the weather, including rain and high heat and the condition of the roads, all such risks being acknowledged and appreciated by me. Acknowledging these facts, and in consideration of your accepting my entry, I herby, for myself, my heirs, executors, administrators and anyone else who might claim on my behalf, covenant not to sue, and hereby waive, release and discharge The Coal Country Run and all of its subsidiaries, the committee, officials and volunteers working on the event day, Race Sponsors, and other participants in the Race and all their agents, employees, assigns and anyone else acting for or on their behalf (collectively, the "Indemnities"), from and against any and all claims for death, personal injury or property damage of any kind or nature whatsoever arising out of, or in the course of my participation in this Race other than as a result of the gross negligence of the Indemnities. This Release and Waiver extends to all claims of every kind or nature whatsoever, foreseen or unforeseen, known or unknown. Applications for minors (those under 18 years of age) will be accepted only with the minor's and one of his/her parents' signatures. I herby grant full permission to The Coal Country Run to use any photographs, video tapes, motion pictures, recordings, or any other record of this Race and/or of me or my minor child as a participant in this Race for any legitimate purpose. I herby acknowledge having read this Release and Waiver and by accepting a race number I understand and accept its terms and conditions.

Signature of participant

Date

Signature of parent/guardian (if participant is 18 or under)

AMOUNT PAID OR ENCLOSED \$ _____

(Please refer to Registration Information for fee structure and deadlines)

Payment Method: Cash ____ Cheque ____ Visa ____ Mastercard ____

I AM ENTERING: ____ 10 K Road Race (timed)

____ 5 K Road Race (timed)

____ 5 K or ____ 10 K Walk

____ Mini Mile

We Prefer that you pay with Check or Cash, unless registering on line.

Card Holder's Name: _____ Signature _____ Expiry: ____/____



10 K – 5 K

Walk / Run

&

“Kids Mini Mile”

Proceeds go to 2016

Saskatchewan Summer Games

Committee

May 9, 2015

Estevan Woodlawn Park

Start/Finish @ Souris Valley Theatre



THREE EASY WAYS TO REGISTER

1. Google **Runningroom.com**
 - races in Saskatchewan
 - races in May, 2015
 - click on "Coal Country Run"
2. Complete the form on back and drop off at:
 - 1454 Nicholson Rd. Estevan
 - Henders Drugs
3. Complete and mail your entry and signed waver to:

Coal country Run
Debby Knight
1454 Nicholson Rd.
Estevan, SK S4A 1T8



INDIVIDUAL FEES FOR 5K & 10K

REGULAR \$35.00

(until April 20)

LATE \$50.00

(all entries after April 20)

- **5K & 10K participants under age 16 years \$20.00**
(until April 20)
- **Youth LATE fee \$35.00**
(all youth entries after April 20)

T-Shirt order cut off—April 20th.

(t-shirts may be available - size choice not guaranteed)

Your Fee Gets You:

- Commemorative T-Shirt (if registered by April 20)
- Post Race Brunch
- Race Pkg. with Bib Number & Goodies
- Door Prizes
- A chance to win medals—top 3 finishers awarded in your age & gender category:

Under 16 16—30

31—44 45-55

Over 55



Coal Country Run 2015

May 9

“Kids Mini Mile”

You must be 15 or younger participate in the Kids Mini Mile

Every participant in the “Kids Mini Mile” will receive;
Finisher’s Medal
Free T-Shirt
Free lunch
Door Prize Chance