



OCEANSIDE MOTHER'S DAY RACE

10K RUN AND 5K RUN / WALK

Registration Form and Waiver

Sunday May 12, 2019

10:00am

Parksville, BC

\$25 January 1 to February 28. \$30 March 1 to May 9. RACE DAY: \$40 (Cash or Cheque only)

Entry fee is non-refundable and non-transferrable

REGISTRATION FORM, WAIVER AND PAYMENT MUST BE RECEIVED BY MAY 9, 2019

Make cheques payable to Oceanside Running Club Association and mail to:

Donna de Bellefeuille, 2-5300 Gainsberg Rd, Bowser, BC, V0R 1G0

***Required**

First Name*	Middle Initial	Last Name*
Date of Birth* (yyyy/mm/dd)	Gender* (M or F)	Age on Race Day*
Address*	City, Province*	Postal Code*
Phone*	Email*	Date* (mm/dd/yyyy)
Sub Event: Check one only* - 10k or 5k		
10k For runners only	Or 5k For runners, walker, strollers	Volunteer
Donations:		
Haven Society	Forward House	Mid Island Distance Club
\$	\$	\$
Entry Fee	Donation	Total* (Entry Fee + Donation)
\$	\$	\$

THE WAIVER ON THE FOLLOWING PAGE MUST BE READ, SIGNED AND ACCOMPANY THIS REGISTRATION FORM WITH PAYMENT



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RELEASE OF LIABILITY, WAIVER OF CLAIMS AND ASSUMPTION OF RISKS

By signing this document, you waive certain legal rights, including the right to sue.

I know that participating as a runner, jogger, walker or in a wheelchair or with a stroller in a road and trail race is a potentially hazardous activity and that one should not participate unless medically able and properly trained. I also know that there may be traffic on the course route. I assume these risks.

I also assume any and all other risks associated with participating in the race, including but not limited to falls, injury, contact with other participants or persons, the effects of the weather and the condition of the roads or racing surfaces, all such risks being appreciated by me.

I consent to the use, editing, broadcast, distribution, exhibition or exploitation of any recordings, photographs, videotapes of me or other record of this event or my participation in activities or related events, in any media form, and grant full permission to Oceanside Running Club Association, and agents authorized by them, to use my name, likeness, photographs, videotapes, motion pictures, recordings, or any other record of this event, of me, for any purpose related to activities or other related events, without any compensation to me.

In consideration of you accepting my entry (and that of my child or person over whom I have control) to take part in this race, I hereby for myself, my heirs, executors, administrators and assigns (and those of my child and those over whom I have control), release, save harmless and indemnify those persons involved in any way in administering and operating the race including those persons comprising the group commonly known as the Oceanside Running Club Association and race volunteers and any and all sponsors, their respective agents, employees, assigns or anyone else acting for or on their behalf (collectively the "Releasees") from and against any and all existing and future claims, actions, costs, expenses and demands in respect of death, injury, damage or expenses to my person or property, whether foreseen or unforeseen and wheresoever and howsoever caused, arising out of or in the course of my participation in this race and related events and notwithstanding that the same may have been contributed to or occasioned by any act or failure to act, including without limitation, negligence of the Releasees or any of them.

I hereby acknowledge having read this release and waiver and by accepting a race number I understand and accept its terms.

DATED this ___ day of _____, 20__.

Signature

Name