



RUN WITH THE WILD

KRRA members will receive points for this event for the 2014 Road & Trail Series

Registration includes:

- Post race refreshments and door prizes
- Medals awarded to top runner in each category
- Prize awarded to the top male and top female runners

Name: _____ Male: _____ Female: _____

Address: _____

City: _____ Postal Code: _____ Phone: _____

Age on Jan. 1, 2014 _____ Email Address: _____



Entry Fees:

- Pre Registered (non member) \$25 or (member of KRRA) \$22
- On Race Day (everyone) \$30
- Waive the \$3 fee and donate to charity

Pledge form also available. Pledges over \$40 will get entered for a free t-shirt (must be in by September 12th to be entered)

NOTE: School teams of five or more will receive a special discount! Contact Derek at derek_web_ca@yahoo.com

Choose a t-shirt size: S M L XL (To receive a shirt, you must register by September 12)

Cheques Made Payable to the CANADIAN DIABETES ASSOCIATION

Mail registration and payment to:

Run With the Wild

555 Sackville Crescent, Kingston, Ontario, K7M 8W3

Or, drop off registration and payment to Runners's Choice, Kingston.



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 Canadian Diabetes Association, the Cataraqui Region Conservation Authority (Lemoine's Point), the Kingston Road Runners Association, the race director 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. I acknowledge that I have read and agree to the Waiver of Liability above.

Signature: _____ Date: _____

Signature of Parent/Guardian: _____ Date: _____
(if entrant is under 18)

Check out the KRRA website at www.krra.org for information on running activities in and around KINGSTON

