

Waiver, Release & Indemnification

In consideration of the acceptance of my registration and the permission to participate as an entrant or competitor in the Good Friday Road Races to be held on April 6, 2012, I, for myself, my heirs, executors, administrators, successor and assigns, **hereby release, waive and forever** discharge the City of Burlington, The Race Director, the Burlington Runners Club, Foot Tools and all other associations, sanctioning bodies and sponsoring companies and all their respective agents, officials, servants, contractors, representatives, successors and assigns **of all and from all** claims, demands, damages, costs, expenses, actions and causes of action, whether in law or equity, in respect of death, injury, loss of damage to my person or property **howsoever caused**, arising or to arise by reason of my participation in the said event, whether as a spectator, participant, competitor or otherwise; whether prior to, during or subsequent to the event AND NOTWITHSTANDING that same may have been contributed to or occasioned by the negligence of any of the aforesaid.

I further hereby undertake to hold, save harmless and agree to indemnify all 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.

Attestation

I attest and verify that I am fully aware of the physical risk of injury or death in participating in this event and voluntarily agree to accept full responsibility and legal liability for same and that I am physically fit and have trained sufficiently for this event. I am also aware that the weather conditions on race day may be unpredictable thus posing an increased physical risk.

Mailing List

By completing this waiver, you are placed on the Foot Tools Digital Mailing* List.

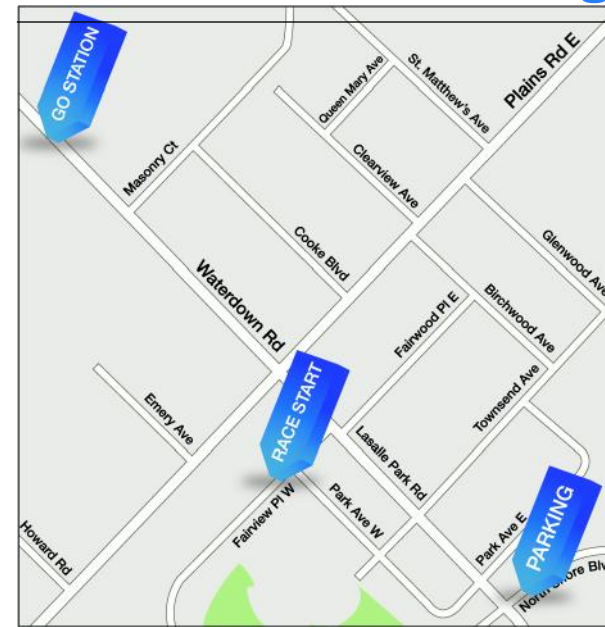
*You may unsubscribe automatically via email.

Bib Number (For Office Use Only)

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Directions & Parking



From Toronto: Follow the QEW West and take Brant Street South to Fairview Street. Turn right on to Fairview Street and follow along until you reach Waterdown Road/LaSalle Park Road, turn right to park at the Go Train parking lot (over the railway tracks) or turn left and continue to North Shore Blvd. At North Shore, turn left to LaSalle Park on your right.

From Hamilton/London: Follow the 403 East until you reach the Waterdown Road exit. At the stop light, proceed forward across Waterdown Road, the Go Train Parking Lot is ahead on the right. To park at LaSalle Park, turn right at the stop light. Continue on Waterdown Road crossing Plains Road until North Shore Blvd. At North Shore, turn left and LaSalle Park is on your right.

From Niagara Buffalo: Follow QEW Toronto until you see the Plains Road exit. Exit, go to the stop light and turn left. At Waterdown Road, turning to your right will allow parking at the Go Train Parking lot (over the Railway Tracks). To park at LaSalle Park, turn left and continue until North Shore Blvd. At North Shore, turn left to LaSalle Park on your right.

Aldershot High School is located on Fairwood Place West. No parking is available at Aldershot High School.

Bus shuttle available from the Aldershot Go Train parking lot.

Take the Go - www.gotransit.com for train schedules.

www.burlingtonrunners.com

Online registrations will close on Tuesday, April 3rd, 2012

39th Annual Good Friday Road Races April 6, 2012

1km Bunny Hop | 5 km Run | 10 Mile Run
Elementary School Team Challenge



**Burlington
Runners**

Race Cap - 900 Entrants

All Registrants receive a FREE Cyclone bag!

Race Registration

Race Information

Awards & Prizes

3 Ways to Register

Mail In Registration

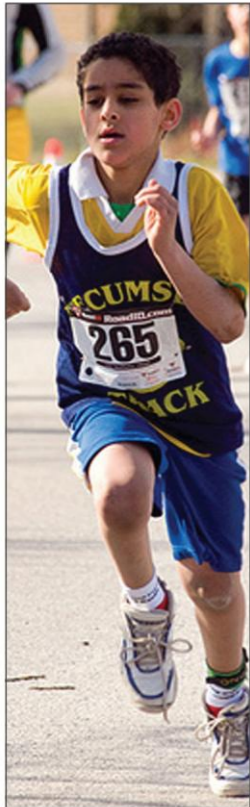
Good Friday Road Race Registration
2013 James Street
Burlington, On L7R 1H1
Payable to Burlington Runners

Drop Off Registration

Foot Tools
2013 James Street
Burlington ON L7R 1H1

Online

www.burlingtonrunners.com



Our Sponsors

Eaton
JC Bagels
Nestles Water
Saucony
Foot Tools
Road ID
MyNextRace

First 900 race registrants will receive a FREE Cyclone Cinch Bag/Backpack!



Time & Date

Friday, April 6th, 2012

8:50 a.m. - 1km Bunny Hop Kids Run
9:30 a.m. - 5km and School Team Challenge
9:40 a.m. - 10 Miler

Location

Start and Finish - Aldershot High School
50 Fairwood Place, Burlington, Ont.
See reverse side for parking and directions.

Change Facilities

Come dressed to run - there are limited change, shower and toilet facilities in Aldershot High School and Aldershot pool.

Age Categories

5km Open	10 Mile Open
14 & under	29 & under
15-19	30-39
20-29	40-49
30-39	50-59
40-49	60-69
50-59	
60+	



Proceeds from this race will be donated to the: fab foundation - "Helping young girls become strong women".

1 km Bunny Hop

Medals and goodie bags for all finishers

Overall Male & Female Winners

Medal and Saucony Apparel

Overall Masters Male & Female Winners

Medal and Saucony Apparel

Age Group Prizes

Merchandise to the winner of each age group & medals to top three in each 10-year age group

Awards ceremony and entertainment will be held in the Aldershot High School gym



Refreshments

1 km Bunny Hoppers: Receive a goodie bag at the end of their race

5km/10 Mile Runners: Aldershot High School cafeteria for light refreshments. (Must show bib number)

5km/10 Miler Race Perks!

Be one of the first 900 registrants and receive a FREE Cyclone Cinch Bag/Backpack!



Race Kit Pick Up

Wednesday April 4th (12-8) to Thursday April 5 (11-6:30) at Foot Tools

Race	1 km Bunny Hop	5 km	10 Mile	School Team Challenge <small>Min. 4 / Max. 40</small>
Entry Fee	<input type="checkbox"/> \$10	<input type="checkbox"/> \$35	<input type="checkbox"/> \$35	<input type="checkbox"/> \$15
Race Day Fee <small>(If not sold out, Cash only)</small>	<input type="checkbox"/> \$15	<input type="checkbox"/> \$40	<input type="checkbox"/> \$40	<input type="checkbox"/> \$40

Name: _____ Phone Number: _____

Address: _____ Race Day Age: _____ Gender: _____

City: _____ Prov/State: _____ Postal/Zip Code: _____

Email: _____ Birth Date: _____ / _____ / _____
(mm) (dd) (yy)

Signature: _____
Parent/Guardian (if runner is under 18 years of age)

Make cheques payable to Burlington Runners. No post-dated cheques. Cash only on race day. Photocopies of form are accepted. (No Refunds)
By submitting this entry, I acknowledge having read and signed to the Waiver, Release, Indemnification and Attestation attached to this entry form. In compliance with the Privacy Act, please note your registration information may be shared with our sponsors. *If not sold out.

Mail to:
Good Friday Road Race Registration
Foot Tools, 2013 James Street
Burlington ON L7R 1H1

Registration Forms and payment drop off:
Foot Tools, 2013 James Street
Burlington ON L7R 1H1