

34th ANNUAL GUNNER SHAW CROSS COUNTRY RACE

Saturday, Dec. 2nd, 2017

www.lgrr.com

ENTRY DETAILS

Distance (10K) _____ or (5K) _____

Name: _____

Male: _____ Female: _____ Date of Birth: _____

Address: _____

City: _____ Postal Code: _____

E-mail address: _____

Team Name: _____ (4 people needed per team)

Entry Fee:	Age:	19 and under	= \$18	}	Entry fee:	_____
		20-64	= \$25			
		65 and over	= \$20			

BC Athletics members: Subtract \$3 day-of-event insurance discount:

BC Athletics #: _____ and Discount (-\$3.00): _____

Cheques payable to "Lions Gate Road Runners" Total: _____

ATHLETE'S RELEASE AND WAIVER (must be signed)

In consideration of you permitting me to participate in this event, I hereby, for myself, executors, administration and personal representatives, release B.C. Athletics, the organizers of the event, their agents, volunteers and sponsors, from all liability, and I waive, as against the organizers, agents, volunteers and sponsors, all claims of any kind whatsoever that I might have for personal injuries or property losses suffered by participation in this event. I certify that I have full knowledge of the risks involved in this event and I am physically fit and able to participate, and that unless indicated to the contrary by the signature of the guardian below, I am 19 years or older.

Signature of athlete:

(Parent or guardian, if athlete under 19 years)

Date:
