

Presented by Run Nova Scotia
The 17th Annual



BACK TO BASICS 8 MILER

It's a fun event – not part of regular series.
Organized and presented by the Management Board of
Run Nova Scotia

Sunday, March 7, 2010 Start Time: 10:00 a.m.

Race Location: Goffs Fire Hall. Goffs is located at the back corner of the Halifax International Airport. From Halifax, take the exit before the airport into the industrial park then follow the signs to Goffs. From Truro, take exit 7, Enfield. Turn right just past the Irving Big Stop and follow the Oldham Road to Goffs. Fire Hall is at the intersection on the left.

Course Description: An out and back course on paved secondary highway with some rolling hills. Run on left hand side facing traffic. **Expect winter running conditions!**

Registration:

Before March 5: in person at Aerobics First 6166 Quinpool Rd. Or by mail: make cheque payable to Run Nova Scotia, #262-1096 Queen Street, Halifax, N.S. B3H 2R9

On Race Day: Goffs Fire Hall at 9:00 am

Fee: \$5.00 per runner

Support: RCMP lead vehicle; Fire truck sweep. Water at 4 mile turn and finish.

Field: While the field is open to every registrant, we are restricted to 100 attending the post race awards (limited occupancy # in the hall).

Awards: Certificates for 1st, 2nd, 3rd Male & Female. Draw prizes galore!

Reception: Hot coffee, muffins, donuts, bananas, yogourt, juice, tea and more!

Contact: Mark Stein (902)497-3333 or info@markstein.ca

REGISTRATION/WAIVER/RELEASE

PARTICIPANT'S NAME: _____

PARTICIPANT'S AGE (on race day): _____

PARTICIPANT'S GENDER: Male _____ Female _____

EVENT PARTICULARS: **BACK TO BASICS 8 MILER** March 7, 2010
(the "Race") organized by **Run Nova Scotia** (the "Race Organizers")

Understanding of Risk and Release of Responsibility

I understand that participating in a road race is a potentially dangerous event. Further, the weather, footing and vehicle traffic conditions may be adverse and greatly increase the danger. I certify that I am medically fit to participate without risk to myself or others. I understand that I am totally responsible for my own safety.

In consideration of my being permitted to participate in the Race, I hereby remise, release and forever discharge, waive and save harmless, protect and indemnify the Race Organizers, Athletics Canada, Athletics Nova Scotia, Sport Nova Scotia, Run Nova Scotia, any and all clubs, associations, sanctioning bodies, sponsors, participants, competitors, entrants and all respective agents, officials, volunteers, servants, and representatives from and against any and all kinds of action claims, costs and expenses and demands in respect of death, injury, loss or damage to my person or property howsoever caused as a result of my being permitted to attend or in any way take part prior to, during or subsequent to the Race, whether as an entrant, competitor, spectator or otherwise, notwithstanding that some may have been contributed to or occasioned by the negligence of any of the aforesaid, their agents, officials, servants or representatives. Further, I hereby grant permission to any of the above to disseminate photographs or other race result information to the public, through any medium they so choose, from time to time.

By submitting this entry, I acknowledge having read, understood and agreed to the above. This document will bind my heirs, executors, administrators, successors, and assigns.

Signature _____
(Parent's or Guardian's, if runner is under 19 years of age)

Date: _____