

# REGISTRATION FORM

East Port of Spain Development Company Limited

November. 15, 2009

5k/10k FUN Run / Walk

Please fill out a separate form for each family member -

Male  
Female

  

\_\_\_\_\_  
First Name (Please Print) Last Name Age (on race day) Date of Birth

\_\_\_\_\_  
Address

\_\_\_\_\_  
City Phone Email

**I will participate in the following event:**

5K Fun Run/Walk

  

10k Run Open

Registration:

Race Day - \$30.00

Pre Registration - \$25.00

School/Junior (19 & Under) Registration – **Free**

T-Shirt Size (check one):    **S**     **M**     **L**     **XL**   

## WAIVER AND RELEASE STATEMENT

5K Fun Run (All Athletes must read and sign)

5K Walk I have read the accompanying event information and understand the policies of the event. I know that running and walking a road race is a potentially hazardous activity. I should not enter unless I am medically able and properly trained. I assume all risks associated with my voluntary participation in this event, including but not limited to, falls, contact with other participants, the effects of the weather, including extreme temperatures, traffic and all conditions of the road, all such risks being known and appreciated by me. Knowing these facts, and in consideration of your accepting my entry, I for myself, my heirs, executors, administrators, or anyone else who might claim on my behalf, covenant not to sue and **WAIVE, RELEASE AND DISCHARGE** East Port of Spain Development Company Limited, the Town of Laventille, all sponsors, race officials, workers or volunteers, their representatives, successors or assigns for **ANY AND ALL** claims or liability, whether foreseen or unforeseen, for death, personal injury or property damage arising out of, or in the course of my participation in this event.

I further grant full permission to the above mentioned sponsors, organizers and or agents authorized by them, to use any photographs videotapes, motion pictures, recordings or other record of the event for any reasonable purpose.

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Signature of Participant  
(or signature of Parent or Guardian if entrant is age 17 or under)

Date