



age13+

sudbury fitness challenge

DAIRY QUEEN YOUTH CHALLENGE

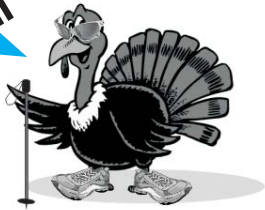
<http://waldenxc.com>

<http://www.sudburyrocks.ca/Images1/Fitness%20Challenge/Sudbury%20Fitness%20Challenge.htm>

age 0-12

The final event in the 2009 Sudbury Fitness Challenge!

8th
annual



TURKEY GOBBLER X-C FUN RUN & NATURE WALK

OCTOBER 12 11AM

Enjoy a free barbeque lunch
and draw prizes after the run!

*Come out and enjoy the fall colours.
Walk or run on Walden's
excellent all-season trails.*

Meet our enthusiastic club members.



DETAILS

- Monday October 12th
- Naughton Fitness Trails
- registration at 10:00
- race start 11:00
- kids race at 10:45
- distances: 1km kids, 3km, 6km
- cost: youth (under 17) \$5, adults \$10, family \$25
- drop off entry forms at the Outside Store until October 12th
- Sudbury Fitness Challenge (SFC) distance points:
1k - 1 point, 3k - 2 points, 6k - 3points

Sudbury Fitness Challenge overall winners will be awarded at this event!

Contact:

Patti Kittler 692-3818(pattikit@vianet.ca) or Sara McIlraith 523-6274(saramcilraith@sympatico.ca)

WCCFC Turkey Gobbler Cross Country Fun Run & Nature Walk Registration Form: October 12 - 2009

Drop off registrations at the Outside Store until Thursday Oct. 8th/09: Register by 10:00 am on Monday Oct. 12th/09

Cost: \$5 for children; 17 yrs and older \$10; Family \$25 includes barbecue

Name: _____ M F (please circle one) Age: _____

Address: _____

Phone #: _____ Email Address: _____

Race Distance: Circle your event

1km 3km 6km

Are you part the Sudbury Fitness Challenge Series, please circle one: YES NO

Waiver:

In consideration of the acceptance of my application and the permission to participate as an entrant or competitor in the Sudbury Fitness Challenge Turkey Gobbler Run and Nature Walk, I for myself, my heirs, executors, administrators, successors and assigns, hereby release, waive and forever discharge the following: Sudbury Fitness Challenge Executive, Walden Cross Country Fitness Club, Race Organizers, Volunteers assisting them, race sponsors, their employees and agents, other race participants, City of Greater Sudbury of and from all claims, demands, damages, costs, expenses, actions and causes of action, whether in law or equity, in respect of death, injury, loss or damage to my person or property howsoever caused, arising or to arise by reason of my participation in the Sudbury Fitness Challenge Turkey Gobble Run and Nature Walk events, 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 acknowledge that each event has risks (both known and unknown) inherent in it, and it is my intention to accept the risks and all consequences thereof, for myself alone.

I understand that in the event of cancellation due to natural causes such as thunderstorms, etc., the entry fee is non-refundable. I am physically fit to participate in said events and have been medically certified to participate.

By submitting this entry, I acknowledge have read and understood this release and agree to be bound by its terms and I am signing it voluntarily and without duress or influence from anyone.

Participant or Parent/Guardian Date _____

(If participant under 18 years of age, parent or guardian must sign)

I give my permission to publish my results and use any pictures of myself participating in the 2009 SFC TGFR&NW

Signature: _____