Sudbury Masters

# 

Howey Dr.

Bancroft Dr.

**Lake**

## Ramsey

**Ramsey**

**RAMSEY TOUR**

**½ Marathon and 5km Run**

**46th Run**

# Hosted by the Sudbury Masters Running Club

Ramsey Tour

Paris St.

Bush Trail

General

Hospital

**Date:** Sunday, September 8, 2024

South

Bay Rd.

**Location:** Laurentian University, Track and Stadium **Start Time:** 8:30a.m. ½ Marathon Walk, 10:00 a.m. ½ Marathon Run/5 km Run/Walk

Ramsey Lake Rd.

**Distance(s):** Half Marathon (21 km – 13.1 miles) and

5 km race (3.1 miles)

Laurentian

University

**Entry Fee:** $35 for 5 km, $40 for ½ marathon

$15 for children (13 years or younger)

**Pre-Registration** (mail-in registration must be in by September 4, 2024)

(by mail or scan**)**

Louis Moustgaard

323 Sandra Blvd

Sudbury, Ontario

P3C 3K8

PHONE: (705) 674-2293

Scan:jesseawinters@gmail.com

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Categories |  | 10&  under | 11-13 | 14-16 | 17-19 | 19 & Under | 20-29 | 30-39 | 40-49 | 50-59 | 60+ |
| 21 km | Male |  |  |  |  | A21 | B21 | C21 | D21 | E21 | F21 |
|  | Female |  |  |  |  | G21 | H21 | J21 | K21 | L21 | M21 |
| 5 km | Male | A5 | B5 | C5 | D5 |  | E5 | F5 | G5 | H5 | I5 |
|  | Female | J5 | K5 | L5 | M5 |  | N5 | O5 | P5 | R5 | S5 |

**Meet Registration** September 8, 2024 T-Shirts supplied to the first 200 registered participants

8:30 to 9:45 a.m. Awards for each category

Laurentian University Refreshments provided after the race

Track and Stadium Merchandise Draw Prizes

\* Race Kit pickup on Saturday September 7, 2024 from 10 a.m. – 4 p.m. at Running Room, 1984 Regent St, Cedar Pointe Plaza.

\* Age on the day of the meet

\* Make cheque or money order payable to: Sudbury Masters Running Club

\*\* Funds Generated by this race are directed to Laurentian University and Cambrian College Cross-Country Running Teams

# SUDBURY MASTERS/CONTINENTAL INSULATION TOUR ENTRY FORM

**Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Female: Male:**

**Address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**City: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Province: \_\_\_\_\_\_\_\_\_\_ Age: \_\_\_\_\_\_\_\_\_ Category: \_\_\_\_\_\_\_\_\_\_\_\_**

**Postal Code: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Shirt Size (XS, S, M, L, XL)\_\_\_\_\_\_\_\_\_\_**

RELEASE WAIVER AND INDEMNITY CONSIDERATION of the acceptance of my application and the permission to participate as an

entrant or competitor in the Sudbury Ramsey Tour, I, for myself, my heirs, executors, administrators, successors and assigns HEREBY RELEASE, WAIVE AND FOREVER DISCHARGE the Sudbury Masters Running Club, all other associations, sanctioning bodies and sponsoring companies, and all their respective agents, officials, servants, contractors, representatives, successors and assigns OF AND FROM ALL claims, demands, damages costs, expenses, and actions and causes of action, whether in law or equity, in respect of debt, injury loss or damage to my person or property HOWSOEVER CAUSED, arising or to 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 AND SAVE HARMLESS and AGREE to INDEMNIFY all of the aforesaid form 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 BY SUBMITTING this ENTRY, I ACKNOWLEDGE HAVING READ, UNDERSTOOD AND AGREED to the above WAIVER,

RELEASE and INDEMNITY. I WARRANT that I am physically fit to participate in this event.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Date Print Name Signature (if under 18 years of age, Parent of Guardian to sign below)

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Date Print Name Signature of Parent or Guardian**