Entry Form

(T-shirts available to the first 100 registrants)

First Name: _____Last Name:_____

Address:_____Postal Code:_____

Phone Number:_____email Address:_____

Age on Jan.1st 2009_____Sex M F I am participating in the 5KM 1KM

Circle T-shirt size: Youth Large or Small Medium Large X-Large XX-Large

Entry Fee: $25.00 cash/cheque or credit card (Visa or MasterCard),donation or pledges supporting Ks4Kids. Tax receipts are issued for donations of $10.00 or more. Make cheque payable to The Frontenac Children's Aid Society.

Credit Card information: Name on Card_____ Card Number_____ Expiry Date_____

Register by sending this form as an email attachment to register@ks4kids.ca OR in-person at Runners' Choice 260 Princess St.

Waiver: I know that running/walking is a potentially hazardous activity. I should not enter and run/walk unless I am medically able and properly trained. I also know, although police protection will be provided, there will be traffic near the course route. I assume any and all risk associated with running/walking the event including but no limted to falls, contact with other participants, the effects of the weather including high heat humidity. The conditions of the roads, and all such risks being known and appreciated by me. Knowing these facts, in consideration of the Event Sponsors, Volunteers and Organizers and Sponsors of the run are exempt from liability for any and all damages sustained and any and all injury and loss, including personal and property loss arising from any cause whatsoever, including negligence. Applications for minors will be with the parent's signature and should be signed by the minor also. I hereby acknowledge having read this release & waiver & I understand & accept it's terms.

Signature:_____ Date: _____

Pledge Form

Participant's Name_____

Cheque payable to: The Frontenac Children's Aid Society. Information must be complete and legible in order to issue a tax receipt.

Name	Address	City/Prov.	P. Code	Method of Payment	Receipt Required	Collected $ Amount

Donation Total:_____