



Wellwood **Walk | Run | Wheel**
for Colorectal Cancer Awareness
 AT McMASTER • 1K | 5K | 10K

Sunday, October 15, 2017
McMaster University Student Centre
9:30 am Kids' 1K | 10:00 am 5 & 10K

Events	By July 15	By Sept. 15	By Oct. 11	Oct. 11 – 15
Kids (12 & under only) 1K Kids' Walk/Run/Wheel (Untimed)	\$12	\$15	\$15	\$15
Youth (21 & under) 5K Walk/Run/Wheel 10K Run	\$20	\$30	\$30	\$35
Adult (22 and over) 5K Walk/Run/Wheel 10K Run	\$40	\$45	\$50	\$60

* Age as of race day

** In the interest of safety we cannot allow dogs, bikes or rollerblades on course. We can accommodate wheelchairs, strollers and assistive mobility devices ON THE 1K and 5K COURSE ONLY.

Registration Form

For directions to McMaster University, visit www.mcmaster.ca/welcome/findus.cfm. The race begins and ends at the McMaster University Student Centre, which is located near the Sterling Street entrance. **In the interest of safety we cannot allow dogs, bikes or rollerblades on course.**

Complete this form (one per participant) or register online at www.wellwood.on.ca

Name of participant _____

Address _____

City _____ Prov./State _____

Postal code _____ Phone _____

Email _____

Age _____ Male Female

Kids' 1K 5K Walk 5K Run 5K Wheel 10K Run

Circle Shirt size: **Child** S M L XL **Women** S M L XL 2XL

Men S M L XL 2XL

(Size requests cannot be guaranteed.)

If paying by cheque please make payable to: **WELLWOOD**
PLEASE DO NOT SEND CASH BY MAIL.

Paying by VISA or MasterCard

Card number _____

Expiry date _____ Amount: \$ _____

Signature of card holder _____

Name on card _____

I wish to make a personal gift of \$ _____ to support this great cause.

My cheque is enclosed Bill to my credit card

Release, Waiver and Indemnity

In consideration of the acceptance of my application and the permission to participate as an entrant or competitor in "Walk/Run/Wheel for Awareness 1K/5K/10K", and any or all of the pre and post race activities on Sunday, October 15, 2017, I, for myself, my heirs, executors, administrators, successors and assigns, hereby release, waive and forever discharge McMaster University, Wellwood Resource Centre of Hamilton, Race Director(s), all sponsors and contributors and 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, actions, causes of action whether in law or equity. In respect of death, injury or loss or damages in my person or property however caused, arising or to arise by my participation in the said event, whether as a spectator, participant, competitor or otherwise, whether prior to, during or subsequent to the event, and notwithstanding that the same may have been contributed, or occasioned by, the negligence of any of the aforesaid. I further hereby undertake to hold and save harmless and agree to indemnify the aforesaid from and against any and all liability incurred by all of them as a result of, or in any way connected with, my participation in the said event. I give permission for my photograph to be taken and used for future promotion. By submitting this entry I acknowledge having read, understood and agreed to the above waiver, release and indemnity.

Signature of participant or parent/guardian if under 18 _____

Date _____

Waiver must be signed to be accepted.