

REGISTRATION FORM



OTTAWA 10K

Presented by



EVENT	UP TO FEB 15	FEB 16-APRIL 30	MAY 1-21	AT EXPO (If available)
Marathon (Limit 4,500)	\$95	\$105	\$115	\$135
Half Marathon (Limit 10,500)	\$65	\$75	\$85	\$100
10K (Limit 9,500)	\$45	\$55	\$65	\$80
5K (Limit 8,500)	\$35	\$40	\$45	\$55
2K (Limit 3,000)	\$35	\$40	\$45	\$55
Ottawa Kids Marathon (Limit 2,000)	\$30	\$30	\$30	\$30
Under 19	\$10 discount off races excluding the Kids Marathon			
Pasta Dinner (Friday, May 28, 2010)	\$35	\$35	\$35	\$35
Pasta Dinner (Saturday, May 29, 2010)	\$35	\$35	\$35	\$35

FEES Fees are in Canadian dollars and include G.S.T. (GST# 10383 3877 RP0001)

ENTRY FEES ARE NON-REFUNDABLE AND NON-TRANSFERABLE. NO POST DATED CHEQUES.

Please Note: A \$10 administrative fee has been added to all events. Cheques must be received in our office by May 15, 2010.

Fees cover entry only. Please print clearly and ensure that all information is correct.

SELECT EVENT:

Friday

- Ottawa Race Weekend
Pasta Dinner

Saturday

- Ottawa Race Weekend Pasta Dinner
 Ottawa Family 2K
 Ottawa 5K
 Ottawa 10K

Sunday

- Ottawa Marathon
 Ottawa Marathon WALK
 Ottawa Half Marathon
 Ottawa Half Marathon WALK
 Wheelchair Marathon
 Ottawa KIDS Marathon

INFORMATION

Last Name: _____ First Name: _____
 Address: _____ City: _____ Prov/State: _____ Postal/Zip Code: _____
 Home Phone: () _____ Work Phone: () _____ Country: _____
 Email: (required for confirmation) _____
 Date of Birth: / / / / / Age on Race Day: _____ Gender: Canadian Forces:
 How many times have you run this event? _____ What is your occupation: _____
 How did you hear about this event? Newspaper: _____ Running Room (store/clinic/web) Website: _____
 Marathonguide.com Magazine: Running Times Runners World Other: _____

Corral (entries with no corral selection will be placed in the last group):

MDS Nordion 5K: Under 25 min 25 min - 30 min 30 min - 35 min 35 min - 40 min 40 min - 45 min + 45 min
 MDS Nordion 10K: Under 40 min 40 min - 50 min 50 min - 60 min 60 min - 70 min 70 min - 80 min + 80 min
 Ottawa Half Marathon: Under 1:30 1:30 - 2:00 2:00 - 2:15 2:15 - 2:30 2:30 - 3:00 + 3:00 and Walkers
 Ottawa Marathon: Under 3:00 3:00 - 3:30 3:30 - 4:00 4:00 - 4:30 4:30 - 5:00 + 5:00 and Walkers

T-SHIRT SIZE

AGE CATEGORY (Runners only)

*Prizes for 5K only

Small Large Under 10* 13-15* Under 19 25-29 35-39 45-49 55-59 65-69 75-79
 Medium Extra Large 11-12* 16-18 20-24 30-34 40-44 50-54 60-64 70-74 80+

HEALTH CONDITIONS / ALLERGIES (Please Print)

PAYMENT INFORMATION Cheque Only

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Amount: \$ _____

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AMATEUR ATHLETIC WAIVER

In consideration of the acceptance of my entry in the event(s) of the Ottawa Race Weekend, including any pre or post race activities, I freely and without duress, HEREBY FOREVER RELEASE, WAIVE, DISCHARGE, INDEMNIFY and hold harmless National Capital Marathon Inc., and its respective directors, officers, members, employees, volunteers, officials, participants, agents, and sponsors, and all other associations, sanctioning bodies and sponsoring companies and their respective directors, officers, members, employees, agents, contractors and representatives, and any of their successors and assigns (the "Releasees"), 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 person or property however caused (including without limitation by the negligence or omissions of the Releasees), arising out of or in any way connected to my participation in the said event(s). I ACKNOWLEDGE that participation in the said event(s) has inherent risks and I WARRANT that I am physically fit to participate in the said event(s). I ACCEPT to pay the sum of \$40 if I fail to return the time chip provided to me following completion of the event(s). I ACKNOWLEDGE that my image may be filmed or photographed during the event(s) and I AGREE to the use of my name, results, age category and my image from the event(s) in any form in broadcasts, newspapers, brochures, promotional material and other media without compensation. I consent to my email address being provided to the officially contracted photography and video/DVD production company(ies), and to the use of my personal information contained in this entry form for the purpose of soliciting my participation in future Ottawa Race Weekend and/or National Capital Marathon Inc. events. I AGREE that this Waiver is intended to be as broad and inclusive as permitted by the laws of Ontario and that it shall be governed and interpreted according to the laws of Ontario and that if any portion of this Waiver is held invalid by any Court of competent jurisdiction, the invalidity of such portion shall not otherwise affect its remaining provisions which shall continue in full legal force and effect. I CONFIRM that I have read and understood this Waiver prior to signing and agree that it will be binding on my heirs, executors, administrators, successors and assigns.

Signature: (of parent if under 19) _____

Date: _____

Mail entry form and entry cheque payable to National Capital Marathon Inc. (no post-dated cheques), to P.O. Box 426, Station A, Ottawa, ON K1N 8V5.

NO FAXED ENTRIES ACCEPTED.
 Event T-shirts will be provided, in various sizes, on a first-come first-serve basis.