

# ZX10K Registration Form

10K & 5K registration before April 10th for RNS and military members \$17, all others \$20.  
After April 10<sup>th</sup>, \$25 for everyone.

Aquathlon registration youth & juniors \$20, all others \$35.  
Non-TNS members must purchase one-day license, \$20.

---

Name \_\_\_\_\_

---

Address \_\_\_\_\_ Town/City \_\_\_\_\_ Province \_\_\_\_\_ Postal Code \_\_\_\_\_

---

RNS/Military Service \_\_\_\_\_

---

Phone \_\_\_\_\_ E-mail \_\_\_\_\_

Male       Female      \_\_\_\_\_ Age on race day      Event:     10K     5K     Aquathlon

Method of Payment       Cash       Cheque (make all cheque payable to "ZX Cycle-N-Run")

*Waiver must be signed to enter this event:*

***Understanding of Risk and Release of Responsibility***

*I understand that participating in a road race is a potentially dangerous event. Further, the weather, footing and vehicle traffic conditions may be adverse and greatly increase the danger. I certify that I am medically fit to participate without risk to myself or others. I understand that I am totally responsible for my own safety.*

*In consideration of my being permitted to participate in the Race, I hereby remise, release and forever discharge, waive and save harmless, protect and indemnify the Race Organizers, Athletics Canada, Athletics Nova Scotia, Sport Nova Scotia, Run Nova Scotia, any and all clubs, associations, sanctioning bodies, sponsors, participants, competitors, entrants and all respective agents, officials, volunteers, servants, and representatives from and against any and all kinds of action claims, costs and expenses and demands in respect of death, injury, loss or damage to my person or property howsoever caused as a result of my being permitted to attend or in any way take part prior to, during or subsequent to the Race, whether as an entrant, competitor, spectator or otherwise, not withstanding that some may have been contributed to or occasioned by the negligence of any of the aforesaid, their agents, officials, servants or representatives. Further, I hereby grant permission to any of the above to disseminate photographs or other race result information to the public, through any medium they so choose, from time to time. All participants become event members of Run Nova Scotia for the duration of this event.*

*By submitting this entry, I acknowledge having read, understood and agreed to the above. This document will bind my heirs, executors, administrators, successors, and assigns.*

Signature \_\_\_\_\_ Date: \_\_\_\_\_  
(Parent or Guardian, if runner is under 18 years of age)

Mail registration form to  
ZX 10K c/o Maxine Kapralik  
PO Box 595  
Middleton, NS  
B0S 1P0