

## **KINGSTON SELF-TRANSCENDENCE 6-HOUR RACE**

**Date:** Saturday, June 5, 2010

**Start Time:** 9 a.m.

**Location:** Fort Frederick, Royal Military College, Kingston.

**Course:** 840-metre paved loop along Lake Ontario and around the walls of Fort Frederick.

**Facilities:** Washrooms available trackside. Showers available at nearby Military College athletic facility.

**Aid Station:** Every loop, with medical support.

**Individual Runners:** Open to ages 18 and over.

Fee: \$60, including t-shirt, if received on or before May 24; \$75 after May 24.

**3-Person Relay Team:** Open to all ages.

Fee: \$90, including t-shirts, if received on or before May 24; \$120 after May 25.

**Deadline:** Entry deadline is 6 p.m. on Wednesday, June 2.

\*No race day registration accepted.

**Awards:** Top 3 male and female overall for a total of 6 individual prizes. Awards for top three relay teams. Certificates and photos for all participants.

**Honorary Award:** Barbara McLeod Trophy for most inspiring runner.

**Director:** Hladini Wilson

Phone: (613)-547-3089; fax: (613)-547-9945; email: oneworld@kingston.net

**Post Race:** Vegetarian home-cooked meal. Families and friends welcome.

**Race Results:** Lap counter for each runner. Results available as soon as possible after race.

**Directions:** Hwy 401 to Kingston. Exit onto Hwy 15 South. Turn right at T-junction onto Hwy 2. Turn left into entrance for Fort Henry and RMC. Take right fork past guardhouse. Turn right at t-junction onto Crerar Crescent; left at next t-junction onto Valour Drive; right onto Point Frederick Drive. Parking lot and S/F at Fort Frederick.

### **Registration:**

By mail:

Send completed form and waiver with cheque payable to Sri Chinmoy Marathon Team to:

Self-Transcendence 6-Hour Race, c/o Hladini Wilson  
1 Mowat Avenue #508, Kingston, ON, K7M 1J8

Online info and Registration: <http://ca.srichinmoyraces.org/Kingston6hr2010>

**SELF-TRANSCENDENCE 6-HOUR RACE, Kingston, June 5, 2010**

**REGISTRATION FORM**

Name: \_\_\_\_\_

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

City: \_\_\_\_\_ Prov/State: \_\_\_\_\_ Postal/ZIP: \_\_\_\_\_

Phone: (\_\_\_\_) \_\_\_\_\_ E-Mail: \_\_\_\_\_

Date of Birth: MM\_\_\_\_ DD\_\_\_\_ YY\_\_\_\_ Gender: Male\_\_\_\_ Female\_\_\_\_

ORA/OTFA #: \_\_\_\_\_ Shirt Size: S M L XL

Age group on race day (category prizes): Under 40\_\_\_\_ 40-49\_\_\_\_ 50 Plus\_\_\_\_

Age group on July 31/10 (for series points): Under 40\_\_\_\_ 40-49\_\_\_\_ 50 Plus\_\_\_\_

Best Marathon/Ultra Time: \_\_\_\_\_

**Relay Team:**

*Please fill out entry form for each team member and include with team payment.*

Team Name: \_\_\_\_\_

Team Runner 1: \_\_\_\_\_

Team Runner 2: \_\_\_\_\_

Team Runner 3: \_\_\_\_\_

## **RELEASE WAIVER AND INDEMNITY**

To participate in the SELF-TRANSCENDENCE 6-HOUR RACE in Kingston, ON, on Saturday June 5th, 2010, I accept, have read and understand all rules and regulations of the Ontario Ultra/Trail Series and of this specific event that I am entering and will comply fully with them. I am aware that a run of the distance and conditions specified for the specific event I am entering, may be extremely difficult and hazardous even for well-conditioned athletes under the most favourable conditions. I am also aware of the risks of adverse weather conditions, which may accompany the event on the day of my participation. I understand that I should not participate in this event unless: (1) I am in excellent physical condition, (2) I have trained adequately for this event, and (3) I have no medical condition that might be worsened by vigorous activity. Knowing these facts, and in consideration of your accepting this entry, I hereby for myself, my heirs, executors and administrators waive, release and discharge the Ontario Ultra/Trail Series and all its officials, the Ontario Road Runners Association, The Ontario Track and Field Association, Deerhurst Web, all of the various sponsors, the Sri Chinmoy Marathon Team, the Race Director and staff, agents, officials, volunteers, or any other person involved in this specific event, and all government or private jurisdictions in which the specific event may take place, but not limited to the City of Kingston and the Royal Military College (Her Majesty the Queen in right of Canada) from any and all claims of liability, for any and all injuries to me (including, but not limited to death), or my property arising out of, or in connection with, this event and covenant not to sue for damages with respect thereto. This release extends to all claims of every kind and nature whether foreseen or unforeseen, known or unknown. I declare that I have sufficiently trained to participate in this event and assume all risks associated with such participation in such an event. The race director (s) and/or executive members of the Ontario Ultra/Trail Series Board hold the right to cancel any event should weather or any other condition make it potentially unsafe for the participants and/or event volunteers, and reserve the right to remove any participant from a race for any reason including but not limited to infraction of rules or for medical reasons. Finally, I hereby grant my permission to the race organizers and Ontario Ultra and Trail Series sponsors to use my name, mailing address and any photographs, videotapes, recordings, or any record of my participation in this event for any purpose. My personal information will not be sold by either the Ontario Ultra and Trail Series or their sponsors.

By signing and submitting this waiver with the registration form and required fee for the event, I acknowledge having read, understood and agreed to the above waiver, release, indemnification and attestation.

Signature: \_\_\_\_\_

Date:

Parent's name if under 18 years of age:

\_\_\_\_\_