

## SRI CHINMOY SELF-TRANSCENDENCE 6-HOUR RACE, 2019

**Date:** Saturday, September 21, 2019

**Start Time:** 9:00 a.m.

**Location:** Point Frederick, Royal Military College, Kingston

**Course:** 1.1 km paved loop from start/finish on Amiens Avenue, turning right on the passageway between Yeo Hall and Fort Haldimand, left onto Point Frederick Drive, circling along Lake Ontario outside the walls of Fort Frederick and cutting across the Parade Square back to Amiens Avenue.

**Facilities:** Washrooms available trackside.

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

**Fee:** Open to ages 18 and over. \$60, including t-shirt, if received on or before September 15; \$75 after September 15.

**Deadline:** Entry deadline is 6:00 p.m. on Wednesday, September 18. \*No race day registration accepted.

**Awards:** Top 3 male and female overall for a total of 6 individual prizes. Medals for top relay team. Certificates and photos for all participants. Flowers for female runners.

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

**Director:** Hladini Wilson - Phone: (613)-547-3089; email: oneworld@kingston.net

**Post Race:** Vegetarian home-cooked meal. Families and friends \$5; please notify us in advance.

**Race Results:** Laps recorded for each runner. Results available one hour 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 Royal Military College. Take the right fork past the guardhouse. Turn right at t-junction onto Crerar Crescent; left at next t-junction onto Valour Drive; turn right onto Point Frederick Drive. Parking lot at Fort Frederick. Start/finish on Amiens Avenue at Yeo Hall.

**Registration:** Register online at:

<https://raceroster.com/events/2019/21986/sri-chinmoy-6-hour-race>

OR mail completed form, signed waiver and cheque payable to Sri Chinmoy Marathon Team to: Sri Chinmoy Self-Transcendence 6-Hour Race, 508-1 Mowat Ave, Kingston, ON, K7M 1J8

**SRI CHINMOY SELF-TRANSCENDENCE 6-HOUR RACE, Kingston, September 21, 2019  
REGISTRATION FORM**

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

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

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

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

Date of Birth: MM\_\_ DD\_\_ YY\_\_ Gender: Male\_\_ Female\_\_ Shirt Size: S\_\_ M\_\_ L\_\_ XL\_\_

**RELEASE WAIVER AND INDEMNITY**

To participate in the SELF-TRANSCENDENCE 6-HOUR RACE in Kingston, ON, on Saturday September 21, 2019, 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, 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 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: \_\_\_\_\_