

Entry Form

First Name: _____

Last Name: _____

Address: _____

City: _____

Prov: _____ Postal Code: _____

Telephone: _____

E-mail: _____

Age on Race Day: _____ Male _____ #Female _____

Indicate the race category you wish to enter:

- 10 Km Corporate Relay
- 10 Km Timex Road Race Event
- 5 km
- 3 km Junior Run - 12 & under
- #Community Walk

Circle your T-Shirt Size:

S M L XL XXL

You must be registered by the Early Bird date to be guaranteed a T-Shirt in the size you order.

Additional LUNCH tickets available—\$5.00 ea. order when registering

FEE MUST ACCOMPANY ALL ENTRIES
No fax or email entries

Make cheques payable to **The Health Foundation**

For more information contact
Race Director Ross Fisher
(306) 786.0507 or 1.800.636.3243
ross.fisher@shr.sk.ca

Entries may be dropped off in person
or mailed to

The Health Foundation
41 Betts Avenue, Yorkton, Saskatchewan S3N 1M1

Presenting Sponsor



Present the 4th Annual



Sunday, August 22, 2010
Yorkton, Saskatchewan

Race Categories

There will be male and female categories in each of the following age classes:

10km - Timex Road Race Event

5km & 3Km races

- Overall
- 19 and under
- 20 - 29 / 30 - 39
- 40 - 49 / 50 - 59 / +60

8:30 a.m. Start

Associate Sponsor



3 Km Junior Run / Community Walk



Proceeds from the Charity Road Race go toward the purchase of equipment for the operating room



PLEASE SUPPORT OUR SPONSORS

Race Route Map



 5 km & 10 km
  3 km Junior Run/Community Walk

Race Route

5 km & 10 km

From the Regional High School Parking lot east on Darlington Ave to Victoria. Turn left onto Victoria proceed to York Road turn left onto York Road towards JC Beach, watch for route signs. Continue through lake area returning to the high school parking lot.

10km requires that you complete the route twice.

10 km race is part of the Timex Road Race Series
10 km, 5 km and 3 km races are timed

3km Junior Run / Community Walk

From the Regional High School parking lot proceed north on Gladstone to York Road turning west and continuing to the other side of JC Beach. Follow route back to the high school parking lot.

Post Race Refreshments

All registered participants and race volunteers are welcome to enjoy the post race refreshments that will be served immediately following the race.



The **HEALTH**
FOUNDATION
 OF EAST CENTRAL SASKATCHEWAN, INC.

Charity Road Race

Entry Fee

(non-refundable)

Early Bird: \$30.00 must be entered by July 16, 2010
 After July 16 entry fee: \$40.00 | 17 & under \$15.00

Pledges

Participants are encouraged to collect pledges. Participants may use pledges to pay for their race registration. Sponsors will cover the cost of the race so 100% of pledges raised will be used toward the purchase of equipment. for the operating room.

Tax Receipts

Charitable income tax receipts will be issued for pledges \$10 and over. You may not pledge yourself or your spouse and receive a charitable income tax receipt.

Awards

The awards ceremony will begin at approximately 10:30 a.m. and will be held inside the Yorkton Regional High School.

Medals will be awarded to 1st place finishers in each age category for the 3 km, 5 km and 10 km races , as well as the corporate relay event.

Prizes will be awarded to 1st , 2nd and 3rd place finishers in the 3km, 5km and 10km races for both men and women.

Finishing certificates will be available on our website
www.thehealthfoundation.ca

Random draw prizes for all participants and volunteers.

Fundraising Prizes

Prizes will be awarded for the top five pledge collectors. Everyone who raises more than \$100 in pledges will go into a draw. A series of prizes will be drawn.

Registration

Includes a t-shirt, post race refreshments and lunch.

NOTE: Registrations received after 5 p.m. on July 16 will not be guaranteed a t-shirt in their size.

There will be NO race day entries.

Race entry forms and registration fees can be picked up and/or dropped off at
 The Health Foundation Office
 41 Betts Avenue, Yorkton, Saskatchewan

Registration Kit Pick-up

Saturday, August 21, 2010 ONLY at

SBR Sportstore (located on Broadway next to Tapp's) or can be picked up prior to race day (business hours) at the Health Foundation Office.

Waiver of Liability

In consideration of accepting my entry and permitting me, the undersigned, to participate in the 2010 Charity Road Race, I hereby waive and release The Health Foundation, City of Yorkton, and all sponsors and event organizers of this race and their employees and agents, from any claim or loss, damage or injury which I, or my dependants, heirs or assigns, may have in any way arising from my participation in this race, including any loss, damage, or injury resulting from the negligence of any or all of them.

I indicate my acceptance of the above waiver by signing below:

Signature _____

Date: _____

Parent/Guardian (if under 18 years of age)

Signature _____

Date: _____

