



The Ken Sykes Memorial 5K RUN/ WALK

McDougall

INSURANCE & FINANCIAL

Real people
working for you,
since 1946.

Saturday, May 1, 2010 ~ 9:00 am

Registration: 8:00 am - 8:45 am

Location: West Zwicks Park

Entry Fee: \$25

Kids 2km Run/Walk is FREE

Walkers & Children Start at 9:00 am ~ Runners Start at 9:20 am

Mail or Drop off entries with payment attention to Quinte Children's Foundation:

Quinte Children's Foundation
363 Dundas Street W
Belleville, ON, K8P 1B3

One to One Fitness Centre
269 Palmer Road, PO Box 20024
Belleville, ON, K8N 5V1

Tri & Run Sports
17538 D Hwy 2
Trenton, ON

Cheques Payable to: Quinte Children's Foundation

CRA# 892996968RR0001

Entry Form

Name: _____

Age: _____ Sex: M / F Phone Number: (____) _____

I am participating in: 5K Run _____ 5K Walk _____ 2K Run/Walk _____

Address: _____

City: _____ Prov: _____ Postal Code: _____

Email Address: _____

Waiver: In consideration of acceptance of my entry, or the entry of my child or ward, and in signing this waiver and release, I for myself, my family members or ward, heirs, executors, administrators and assigns, waive any claim to which I may become entitled for injury or damage against Quinte Children's Foundation, the race directors and race committee, sponsors, or their representatives, agents and employees, competitors and persons associated with the event, and the City of Belleville for any and all injuries that may be sustained competing or traveling to or from said event.

Participants Signature

Parent or Guardian if under 18 yrs of age