



5th Annual Dragons “Pull The Trail” XC Run

Date: Saturday September 16, 2017

Start Time: 1:30pm for 5km Run (new spike friendly course 2x2.5km loops with new entrance to forest extension)

On-site Registration opens on the day from 8:30am until 30 min before race-time please preregister to help the race day event to run smoothly.

Location: Alex Robertson Park,, 700 Sandy Beach Road, Pickering, ON L1W

DIRECTIONS: (From West) 401E exit Brock Road (x399) turn R (South) to Bayly St, **(From East)** 401W exit Brock Road (x399) turn L (South) to Bayly St, **(for both)** turn R on Bayly continue to Sandy Beach Rd. turn L at the lights continue S (1.4 km) to Alex Robertson Park (parking on both sides). To leave, just reverse directions back to the 401.

FACILITIES: Washrooms on site in 3 locations, snacks, drinks and pizza will be sold on site. Restaurants and Pickering Town Centre are nearby and a playground an easy walk distance from parking.

COURSES: Courses will start and finish in the same vicinity in an area sheltered by mature trees but within sight of the parking lots. Courses are rolling mostly grass and groomed trails and forest, with 3 small crossings of pavement per loop in the vicinity of the Waterfront Trail. This year's course is the most spike friendly (not required but recommended if the course is wet) version so far. The cross-over loop into the forest has been taken out and replaced with a new approach into the forest.

AWARDS: Top 3 fastest times and top three in each of four age groups will receive awards. Age categories are Junior (18 and Under) Senior (19-39) and Masters (40+) and Masters (50+) according to Birth Year.

ENTRY FEES: \$15 per person pre-registered participants get commemorative USB, \$5 for t-shirt (sizes not guaranteed but proceeds to go Sahadath Scholarship fund) available on the day. Online Deadline is Wednesday, September 13, 2017, at midnight. On the day registration fee will be \$20 cash and is preferably done well in advance of the 1:30 start to avoid causing last minute delays.

Waivers: Athletes without waivers will not be allowed to compete. Bring completed waiver to the registration to trade for your BIB number. Questions can be e-mailed to: **Dale Lapham,** sebcoe1984@hotmail.com

Registration is online using www.trackie.com click on “Reg” and look for event by date. Minor Track meet is hosted on the morning of and course adjustments will be made after the morning event.

THIS WAIVER FORM MUST BE SUBMITTED BY EACH ATHLETE ENTERED

In consideration of the acceptance of my application and permission to participate as an entrant of competitor in the **Dragons 'PULL THE TRAIL' Cross Country Run** scheduled for **Saturday September 16, 2017**

I, for myself, my heirs, executors, administrators, successors, and assigns **HEREBY**

RELEASE, WAIVE AND FOREVER DISCHARGE:

**Running Free
Durham Dragons Athletics Club
City of Pickering**

And all other association, sanctioning bodies and sponsoring companies, and all their respective agents, officials, servants, representatives, and assigns **OF AND FROM ALL** claims, demands, damage costs, expense actions, and causes of action, whether in law or equity, in respect to death, injury, loss or damage to my person or property **HOWSOEVER CAUSED**, arising or to arise by reason of my participation in the said event, whether as a spectator, participant, competitor, or otherwise; whether prior to, during or subsequent to the event **AND NOTWITHSTANDING** that the same may be the negligence of any of the aforesaid.

I FURTHER HEREBY UNDERTAKE TO HOLD AND SAVE HARMLESS and AGREE TO

INDEMNIFY all of the aforesaid from against any and all liability incurred by any or all of them arising as a result of, or in any way connected with my participation in the said event.

BY SUBMITTING THIS ENTRY, I ACKNOWLEDGE HAVING READ, UNDERSTOOD AND AGREE to the above **WAIVER, RELEASE AND INDEMNITY. I WARRANT** that I am physically fit to participate in this event.

_____	_____	_____
Date	Print Name of Athlete	Signature of Athlete
Birth Info (MM/DD/YY)	(/ /)	Junior / Senior / Masters 40+/Masters 50+

If participant is under 18 years of age, parent or legal guardian must sign below.

_____	_____	
Print Name of Parent/Guardian	Signature of Parent/Guardian	
_____	_____	_____
Address	City	Postal Code
_____	_____	
Email Address	Phone Contact	