

16th Annual Lunenburg World Heritage Site 5 Kilometer Road Race

Start Location:

Lunenburg War Memorial Community Centre
Green Street, Lunenburg, Nova Scotia
9:30 a.m., Sunday, June 8, 2014

Race Entry Fee:

Prior to 6:30 p.m. Friday, June 6, 2014 Run Nova Scotia Members or Lunenburg Run Nova Scotia Members pay \$16.00; County Residents pay \$18.00 ; Others pay \$20.00. Race Day Registration is \$25.00 (until 9:15 a.m.) for everyone.

Make Cheques payable to "Bluenose Striders Running Club." Entry fee is non-refundable and nontransferable.

Souvenir to first 400 pre-registered paid entries.

Computer Chip Timing:

We will use computer bib chip timing this year. You will have the race results quickly and no line up after the race. You will be timed from a "gun" start, to when you cross the finish line with your chip.

Special Draw Prizes:

Over 70 draw prizes donated by local merchants. We have also had the support of local Bed and Breakfasts who donate an overnight stay for two, Greybeards B&B have done this the past eight years. Many thanks to them and all the other B&B's for their support.

Awards and Reception:

Begins in Lunenburg Community Center, 10 minutes after the final runner finishes.

Inquiries:

Terry Morris 857-9085 (h) Race Director or Bill Roblee, Registrar, 634-8043 (h).

Register:

Enter on line at:

<http://www.atlanticchip.ca/events/>

or mail registration form to:

Bill Roblee, Box 1028, Lunenburg NS B0J 2C0

Tel. 902-634-8043 (h)

Web site: <http://striders.getalive.com/>

Thanks for the sponsors of the Run Nova Scotia race series:



Runners: Don't Miss the 50th Anniversary Bert Corkum Memorial 5-Mile Road Race on Sunday, September 7, 2014

16th Annual Lunenburg World Heritage Site 5K Road Race
Sunday, June 8, 2014
ENTRY FORM
Please Print Clearly

Name: _____
Gender (Male/Female): _____
Street: _____
Town: _____ Prov: _____ Postal Code: _____
E-mail Address _____
Run Nova Scotia # if available: _____
Lunenburg County Resident: Yes/No
Phone #: _____
Birth Date: Month: _____ Day: _____ Year: _____
Age on Race Day: _____

16th Annual Lunenburg World Heritage Site 5K Road Race (the "Race") organized by Bluenose Striders Running Club, (the "Race Organizers")

Understanding of Risk and Release of Responsibility

I understand that participating in a road race is a potentially dangerous event. Further, the weather, footing and vehicle traffic conditions may be adverse and greatly increase the danger. I certify that I am medically fit to participate without risk to myself or others. I understand that I am totally responsible for my own safety.

In consideration of my being permitted to participate in the Race, I hereby remise, release and forever discharge, waive and save harmless, protect and indemnify the Race Organizers, Athletics Canada, Athletics Nova Scotia, Sport Nova Scotia, Run Nova Scotia, any and all clubs, associations, sanctioning bodies, sponsors, participants, competitors, entrants and all respective agents, officials, volunteers, servants, and representatives from and against any and all kinds of action claims, costs and expenses and demands in respect of death, injury, loss or damage to my person or property howsoever caused as a result of my being permitted to attend or in any way take part prior to, during or subsequent to the Race, whether as an entrant, competitor, spectator or otherwise, not withstanding that some may have been contributed to or occasioned by the negligence of any of the aforesaid, their agents, officials, servants or representatives. Further, I hereby grant permission to any of the above to disseminate photographs or other race result information to the public, through any medium they so choose, from time to time. All participants become event members of Run Nova Scotia for the duration of this event.

By submitting this entry, I acknowledge having read, understood and agreed to the above. This document will bind my heirs, executors, administrators, successors, and assigns.

Signature _____ Date: _____
(Parent or Guardian, if runner is under 18 years of age)

**16th Annual
Lunenburg
World Heritage Site
5K Road Race
And Muffin Festival**



Sunday, June 8, 2014
9:30 a.m.

Open to All Runners!
Go Active RNS Running Series Event and Timex Series

