

12th 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 13, 2010

Race Entry Fee:

- Prior to 6:30 p.m. - Friday, June 11, 2010
- Delivered to Running Room or Aerobics First by 12 noon June 11, 2010
- Run Nova Scotia Members or Lunenburg County Residents \$15.00
- Others \$17.00
- Race Day Registration \$22.00 (until 9:15 a.m.)
- Cheques payable to "Bluenose Striders Running Club"
- Souvenir to first 400 pre-registered paid entries.
- Entry fee is non-refundable

Computer Chip Timing:

We will use computer chip timing again this year. You will have the race results quickly and will not have to line up after the race. A computer chip will be securely Velcro strapped to your leg. You will be timed from a "gun" start, to when you cross the finish line with your chip. Return this chip at the finish line or you may be charged \$40.00!

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 the race.

Inquiries:

Bill & Laura Roblee 634-8043 (h) or Terry Morris 857-9085 (h)

Register:

Deliver registration form to:

The Running Room, Spring Garden Road, Halifax NS

Or Aerobics First, Quinpool Rd. Halifax NS

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) billandlaura_roblee@yahoo.com

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

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



Nova Scotia
Physiotherapy
Association



I STAND CORRECTED®



**12th Annual Lunenburg World Heritage Site 5K Road Race
Sunday, June 13, 2010**

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: _____

12th Annual Lunenburg World Heritage Site 5K Road Race (the "Race") organized by Bluenose Striders Running Club, (the "Race Organizers")

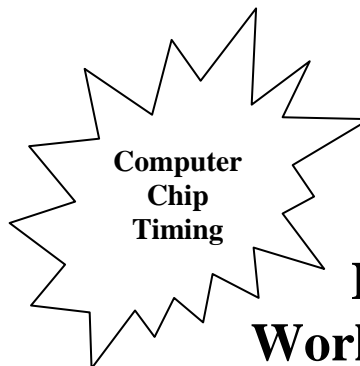
Understanding of Risk and Release of Responsibility

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, Bluenose Striders Running Club, 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, notwithstanding 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.

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's or Guardian, if runner is under 19 years of age)



**12th Annual
Lunenburg
World Heritage Site
5K Road Race
And Muffin Festival**



**Sunday, June 13, 2010
9:30 a.m.**

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



Sponsored by M&B Transmission, Halifax