

**Sri Chinmoy Self-Transcendence Annual Ultra Classic**  
**24 Hour, 12 Hour & 6 Hour Races**  
**Saturday, 27<sup>th</sup> September 2014 ~ Louis-Riel Dome, Ottawa Canada**

**Join us for the world's longest-running 24 Hour Race!**  
**Held indoors on a record setting, IAU certified, 400 metre track!**

● **ENTRY DEADLINE:** Midnight on Wednesday, 24<sup>th</sup> September 2014

● **REGISTRATION INSTRUCTIONS**

- **Complete the Registration Form**
- **Sign the Waiver**
- **Make cheques payable to: Sri Chinmoy Marathon Team**
- **Mail completed Form and cheque to: Sanchita Fleming**  
76 Cartier Street, Ottawa ON K2P 1J8  
Tel: 613-233-7475 / Fax: 613-233-8236

● **START TIMES:** 24 HOUR - 8:00 A.M.    12 HOUR - 9:00 A.M.    6 HOUR - 10:00 A.M.

● **REGISTRATION FEES**

**24 HOUR RACE:** \$160 CDN on or before September 10<sup>th</sup>; \$180 CDN between September 11<sup>th</sup> & 24<sup>th</sup>  
Fee includes pre-race dinner and T-shirt. **Cheques payable to: Sri Chinmoy Marathon Team**

**12 HOUR RACE:** \$100 CDN on or before September 10<sup>th</sup>; \$120 CDN between September 11<sup>th</sup> & 24<sup>th</sup>  
Fee includes pre-race dinner and T-shirt. **Cheques payable to: Sri Chinmoy Marathon Team**

**6 HOUR RACE:** \$70 CDN on or before September 10<sup>th</sup>; \$90 CDN between September 11<sup>th</sup> & 24<sup>th</sup>  
Fee includes pre-race dinner and T-shirt. **Cheques payable to: Sri Chinmoy Marathon Team**

● **PRE-RACE DINNER**

**Friday, September 26<sup>th</sup> from 5:00 p.m. to 7:00 p.m.** at the **Louis-Riel Dome** (race site), 1659 Bearbrook Road, Ottawa, ON **Tel: (613) 830-1993**

● **RACE KIT PICK-UP**

Race Kit pickup is available at the following times:

1) **PRE-RACE DINNER: Friday, September 26<sup>th</sup> between 5:00 pm - 7:00 pm.**

2) **RACE DAY (SEPT. 27<sup>TH</sup>):** 24 HOUR RACE: 7:00 a.m. – 7:30 a.m.  
12 HOUR RACE: 7:00 a.m. – 8:30 a.m.  
6 HOUR RACE: 7:00 a.m. – 9:30 a.m.

● **GUEST FOOD**

\$20 per guest will cover their food throughout the entire event including the Pre-Race Dinner; or \$5 per guest for the Pre-Race dinner only. Guests will be given Proof of Payment cards. Number of guests can be entered on the Registration Form. Payment can be included with Entry Fee or paid at Pre-Race Dinner or on Race Day.

● **SHORT BIO**

It is always inspiring to hear about other runners' experiences and accomplishments. We invite you to share with us a short bio or information about your running achievements that we would read out during the Award Ceremony. Kindly submit it along with your completed Registration Form.

# Sri Chinmoy Self-Transcendence Annual Ultra Classic 2014 REGISTRATION FORM

Please check (✓) the event you wish to participate in:

24 Hour [ ]      12 Hour [ ]      6 Hour [ ]

FIRST & LAST NAMES: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ PROV/STATE: \_\_\_\_\_ POSTAL/ZIP: \_\_\_\_\_

PHONE: (\_\_\_\_\_) \_\_\_\_\_ E-MAIL: \_\_\_\_\_

MALE: \_\_\_\_\_ FEMALE: \_\_\_\_\_ T-SHIRT SIZE: S M L XL (please circle)

DATE OF BIRTH: MM \_\_\_\_\_ DD \_\_\_\_\_ YY \_\_\_\_\_ AGE ON RACE DAY: \_\_\_\_\_

AGE ON JULY 31<sup>ST</sup>, 2014 (Series Points): <40 \_\_\_\_\_ 40-49 \_\_\_\_\_ 50+ \_\_\_\_\_ (Please ✓)

FIRST TIME RUNNING THIS EVENT? Yes \_\_\_\_\_ No \_\_\_\_\_

PREVIOUS BEST MARATHON/ULTRA TIME: \_\_\_\_\_

**CMAA AWARDS** (Note: Runners must be Canadian and 35 & over to qualify)

RACE DAY CMAA MEMBERSHIP (\$5): YES \_\_\_\_\_ NO \_\_\_\_\_ OR CMAA NO. \_\_\_\_\_

(Add \$5 to entry fee for a Race Day CMAA Membership)

FOOD FOR GUESTS: # @ \$20 each \_\_\_\_\_ and/or # @ \$5 each for Pre-Race Dinner \_\_\_\_\_  
(Guest food payment can be included with entry fee or paid at Pre-Race Dinner or on Race Day.)

#### Release Waiver and Indemnity

To participate in the Self Transcendence Ultra Classic 24/12/6 Hour Saturday September 27th, 2014, I accept, have read and understand all rules of the Ontario Ultra Series and the Code of Conduct of the Association of Canadian Ultramarathoners/Association canadienne des ultra-marathoniens, of which this Race is a part and will comply fully with them. I am aware that a run of the distance and conditions specified for the specific event I am entering may be extremely difficult and hazardous even for well-conditioned athletes under the most favourable conditions. I declare that I have sufficiently trained to participate in this event. I declare that I have no medical condition that might be worsened by vigorous activity. I assume all risks associated with such participation in such an event. Knowing these facts, and in consideration of your accepting this entry, I hereby for myself, my heirs, executors and administrators waive, release and discharge the Ontario Ultra Series, the International Association of Ultra Runners, the Association of Canadian Ultramarathoners/Association canadienne des ultra-marathoniens and all their officials, the Race Director(s), the Sri Chinmoy Marathon Team and their staff, agents, officials, donors, volunteers, or any other person involved in this specific event, and all government or private jurisdictions including The City of Ottawa, the Louis-Riel Dome, the Conseil des ecole publique de l'Est de l'Ontario, in which the specific event will take place from any and all claims of liability, for any and all injuries to me (including, but not limited to death), or my property arising out of, or in connection with, this event and covenant not to sue for damages with respect thereto. This release extends to all claims of every kind and nature whether foreseen or unforeseen, known or unknown. The Race Director(s), the Sri Chinmoy Marathon Team, and/or the Louis-Riel Dome hold the right to cancel or reschedule this event should weather or any other condition make it non feasible for the participants and/or event volunteers, and reserve the right to remove any participant from a race for any reason including but not limited to infraction of rules or for medical reasons. Finally, I hereby grant my permission to the Sri Chinmoy Marathon Team, the Ontario Ultra Series and their sponsors, the International Association of Ultra Runners, and the Association of Canadian Ultramarathoners/Association canadienne des ultra-marathoniens to use my name, mailing address and any photographs, videotapes, recordings, or any record of my participation in this event for any purpose. My personal information will not be sold.

SIGNATURE: \_\_\_\_\_