

KINGSTON SELF-TRANSCENDENCE 6-HOUR RACE

Date: Saturday, June 8, 2013

Start Time: 9:00 a.m.

Location: Fort Frederick, Royal Military College, Kingston

Course: 880-metre paved loop along Lake Ontario and around the walls of Fort Frederick

Facilities: Washrooms available trackside.

Aid Station: Every loop, with medical support.

Individual Runners: Open to ages 18 and over.

Fee: \$60, including t-shirt, if received on or before May 26; \$75 after May 26.

3-Person Relay Team: Open to all ages.

Fee: \$90, including t-shirts, if received on or before May 26; \$120 after May 26.

Deadline: Entry deadline is 6:00 p.m. on Wednesday, June 5.

*No race day registration accepted.

Awards: Top 3 male and female overall for a total of 6 individual prizes. Awards for top three relay teams. Certificates and photos for all participants. Flowers for female runners.

Honorary Award: Barbara McLeod Trophy for most inspiring runner.

Director: Hladini Wilson

Phone: (613)-547-3089; email: oneworld@kingston.net

Post Race: Vegetarian home-cooked meal. Families and friends welcome.

Race Results: Laps recorded for each runner. Results available one hour after race.

Directions: Hwy 401 to Kingston. Exit onto Hwy 15 South. Turn right at T-junction onto Hwy 2. Turn left into entrance for Fort Henry and Royal Military College. Take the right fork past the guardhouse. Turn right at t-junction onto Crerar Crescent; left at next t-junction onto Valour Drive; right onto Point Frederick Drive. Parking lot and S/F at Fort Frederick.

Registration:

Mail completed form, signed waiver and cheque payable to Sri Chinmoy Marathon Team to:

Self-Transcendence 6-Hour Race, c/o Hladini Wilson

1 Mowat Avenue, #508, Kingston, ON, K7M 1J8

Online: <http://ca.srichinmoyraces.org/kingston/6-hour-2013>

SELF-TRANSCENDENCE 6-HOUR RACE, Kingston, June 8, 2013

REGISTRATION FORM

Name: _____

Address: _____

City: _____ Prov/State: _____ Postal/ZIP: _____

Phone: (____) _____ E-Mail: _____

Date of Birth: MM__ DD__ YY__ Gender: Male__ Female__

ORA/OTFA #: _____ Shirt Size: S M L XL

Age group on race day (category prizes): Under 40__ 40-49__ 50 Plus__

Age group on July 31/10 (for series points): Under 40__ 40-49__ 50 Plus__

Best Marathon/Ultra Time: _____

Relay Team:

Please fill out entry form for each team member and include with team payment.

Team Name: _____

Team Runner 1: _____

Team Runner 2: _____

Team Runner 3: _____

RELEASE WAIVER AND INDEMNITY

To participate in the SELF-TRANSCENDENCE 6-HOUR RACE in Kingston, ON, on Saturday June 9th, 2012, I accept, have read and understand all rules and regulations of the Ontario Ultra/Trail Series and of this specific event that I am entering 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 am also aware of the risks of adverse weather conditions, which may accompany the event on the day of my participation. I understand that I should not participate in this event unless: (1) I am in excellent physical condition, (2) I have trained adequately for this event, and (3) I have no medical condition that might be worsened by vigorous activity. 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/Trail Series and all its officials, the Ontario Road Runners Association, The Ontario Track and Field Association, Deerhurst Web, all of the various sponsors, the Sri Chinmoy Marathon Team, the Race Director and staff, agents, officials, volunteers, or any other person involved in this specific event, and all government or private jurisdictions in which the specific event may take place, but not limited to the Royal Military College (Her Majesty the Queen in right of Canada) 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. I declare that I have sufficiently trained to participate in this event and assume all risks associated with such participation in such an event. The race director (s) and/or executive members of the Ontario Ultra/Trail Series Board hold the right to cancel any event should weather or any other condition make it potentially unsafe 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 race organizers and Ontario Ultra and Trail Series sponsors 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 by either the Ontario Ultra and Trail Series or their sponsors.

By signing and submitting this waiver with the registration form and required fee for the event, I acknowledge having read, understood and agreed to the above waiver, release, indemnification and attestation.

Signature: _____

Date: _____

Parent's name if under 18 years of age: _____