

Sri Chinmoy Self-Transcendence Annual Ultra Classic
6 Hour, 12 Hour & 24 Hour Races
Saturday, 28 September 2013 ~ 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, 25 September 2013**

● **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

● **REGISTRATION FEES**

24 HOUR RACE: \$160 CDN on or before September 11th; **\$180 CDN** between September 12th & 25th. Fee Includes pre-race dinner and T-shirt. **Cheques payable to: Sri Chinmoy Marathon Team**

12 HOUR RACE: \$100 CDN on or before September 11th; **\$120 CDN** between September 12th & 25th. Fee includes pre-race dinner and T-shirt. **Cheques payable to: Sri Chinmoy Marathon Team**

6 HOUR RACE: \$70 CDN on or before September 11th; **\$80 CDN** between September 12th & 25th. Fee includes pre-race dinner and T-shirt. **Cheques payable to: Sri Chinmoy Marathon Team**

6 HOUR RELAY RACE: \$45 CDN each person on or before September 11th; **\$55 CDN each person** between September 12th & 25th. Fee includes pre-race dinner and T-shirt. **Cheques payable to: Sri Chinmoy Marathon Team**

● **PRE-RACE DINNER**

Friday, September 27th 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 27th between 5:00 pm - 7:00 pm.

2) RACE DAY (SEPT. 28TH): 24 HOUR RACE: 7:00 a.m. – 7:30 a.m.

12 HOUR RACE: 7:00 a.m. – 8:30 a.m.

6 HOUR & 6 HOUR RELAY RACES: 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 and food preference can be entered on the Registration Form. Payment can be included with Entry Fee or paid at time of Pre-Race Dinner or on Race Day.

Sri Chinmoy Self-Transcendence Annual Ultra Classic 2013 REGISTRATION FORM

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

6 Hour [] 6 Hour Relay [] 12 Hour [] 24 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 31ST, 2013 (Series Points): <40 _____ 40-49 _____ 50+ _____ (Please ✓)

FIRST TIME RUNNING THIS EVENT? Yes _____ No _____

PREVIOUS BEST MARATHON/ULTRA TIME: _____

OCCUPATION: _____ (optional)

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.)

FOR CANADIAN 24-HOUR RACE ENTRIES ONLY - CMAA AWARDS

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

(Note: Runners must be Canadian and 35 & over to qualify for CMAA Awards. Add \$5 to entry fee for a Race Day CMAA Membership)

Release Waiver and Indemnity

To participate in the Sri Chinmoy Self-Transcendence 6/12/24 Hour Self-Transcendence Race in Ottawa on Saturday, September 28th, 2013, 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 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, all of the various sponsors, the Race Director, the Sri Chinmoy Marathon Team and their staff, agents, officials, Deerhurst Web, 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 écoles publiques de l'Est de l'Ontario, in which the specific event may 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. 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), the Sri Chinmoy Marathon Team, and/or the Louis-Riel Dome 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 Sri Chinmoy Marathon Team 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.

SIGNATURE: _____