

# DEDICATION DASH

Entry Form

5km

CHEQUE payable TO: GCAC

Entry Options:

Drop off: at GCVI c/o Rich Tremain or Running Works

Mail to: GCVI c/o Rich Tremain, 155 Paisley St.,

Guelph Ont, N1H 2P3

Race Day Registration: Sun Jan 17th, 7:30-8:45

Last Name: \_\_\_\_\_

First Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

Postal Code: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Birth Date: \_\_\_\_\_

Age on Race Day: \_\_\_\_\_ Gender (circle): male female

Adopt an Athlete Program - Name: \_\_\_\_\_

**WAIVER:** In consideration of my being permitted to participate as an entrant to this event, I myself, my heirs, executor, administrators, successors and assigns do hereby remise, release and forever discharge, waive and save harmless, protect and keep indemnified, all sponsors, organizers, the City of Guelph, the UGDSB, GCVI, any and all clubs, associations, sanctioning bodies and sponsoring companies, participants, competitors, entrants, volunteers and all of their respective agents, officials, servants and representatives from and against any and all kinds of actions, claims, costs and expenses arising out of my being permitted to attend at or in any way take part prior to, during or subsequent to this event whether as a spectator, participant, competitor entrant or otherwise and notwithstanding that the same may have been contributed to or occasioned by the negligence of any of the aforesaid, their agents, officials, servants or representatives. I hereby grant to the sponsors, and their authorized representatives the irrevocable right to use in any way it or they see fit, for the purposes of publicizing, advertising and trade, without restriction, my name and/or voice and/or physical appearance and face and/or comments concerning the event. By submitting this entry I acknowledge having read, understood and agreed to the above waiver, release and indemnification, acknowledge participating at my own risk and I hereby waive liability of any all claims against the Dedication Dash and its sponsors and partners for personal injury resulting from my participation in the event.

Signature: \_\_\_\_\_

(Parent/guardian if under 18 years)

Date: \_\_\_\_\_

# PLEASE SUPPORT OUR SPONSORS



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Guelph's running + active lifestyle specialists  
[www.therunningworks.com](http://www.therunningworks.com)



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# SUNDAY JANUARY 17TH



## 3rd Annual

# DEDICATION

# A S H

# 5km

## Sun Jan 17, 2010



# GCVI GUELPH

# DEDICATION 5km

**A  
S  
H**

**SUNDAY JANUARY 17TH, 2010**

**9:00 A.M.**

**GCVI, 155 PAISLEY STREET GUELPH**

**REGISTRATION: 7:30-8:45 A.M.**

**RACE START: 9:00 A.M.**

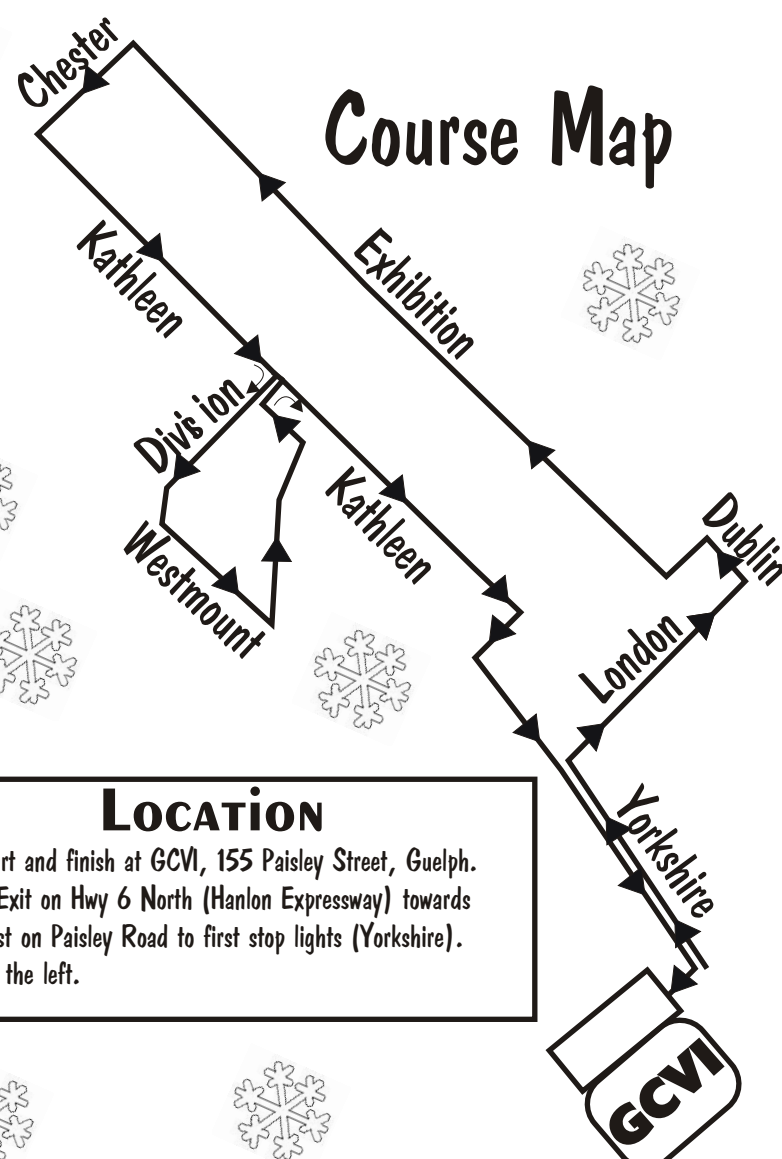
**MARSHALLED COURSE**

**T-SHIRTS GUARANTEED TO ALL**

**EARLY-BIRD ENTRANTS**

**AWARDS, FOOD & REFRESHMENTS**

**(PIZZA, BAGELS, FRUIT, TREATS & MORE!)**



**LOCATION**  
 Race will start and finish at GCVI, 155 Paisley Street, Guelph.  
 From 401: Exit on Hwy 6 North (Hanlon Expressway) towards Guelph. East on Paisley Road to first stop lights (Yorkshire). School is on the left.

## HOW TO REGISTER

1. Drop off entries to GCVI c/o Rich Tremain, M-F, 8:30am - 4:00pm
2. Drop off entries at the Running Works
3. Mail entries to: GCVI c/o Rich Tremain, 155 Paisley St., Guelph Ont, N1H 2P3
4. Race Day Registration (on site) - 7:30-8:45

## FEES

**EARLY-BIRD** (before Jan 1) - \$25  
**LATE-BIRD** - \$30  
 Students - \$20  
 Cheques payable to: GCAC.

## PRIZES/AWARDS



Awards to:  
 1st-3rd Overall Male/Female  
 1st-3rd Age categories (age on race day)  
 (<19, 20-29, 30-39, 40-49, 50+)

## REFRESHMENTS

Food & Refreshments following the race.

## RESULTS

Results will be posted on-line at:  
[www.therunningworks.com](http://www.therunningworks.com)

**PROCEEDS SUPPORT GCVI STUDENT ATHLETES**