



Sunday, May 5, 2024

Presented by



# REGISTRATION FORM

Form & Waiver **MUST** be returned to the **Campbellford Memorial Hospital Foundation**  
146 Oliver Road, Campbellford, ON K0L 1L0

Select your event:  10.55K  5K  1K Fun Run

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

E-mail Address: \_\_\_\_\_ Contact Phone: \_\_\_\_\_

Gender:  Male  Female Date of Birth: \_\_\_\_\_ Age on Race Day: \_\_\_\_\_

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

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

**Please note that you MUST be registered before April 8, 2023 to ensure you receive a T-shirt.  
1K Fun Run participants do not receive a T-shirt, but do get a medal!**

Shirt Type: Men's  Ladies

Shirt Size:  Small  Medium  Large  X-Large  XXL

## PAYMENT

Entry Fees:	Today to March 24	March 25 to May 3	May 4 & May 5 (Run Day)
10.55K & 5K	\$40	\$50	\$60
1K Fun Run	\$10	\$10	\$10

Payment Type:  Cash  Cheque (Payable to CMH Foundation)  Credit Card (Visa or M/C)

Credit Card Number: \_\_\_\_\_ Expiry \_\_\_\_\_

Name on Card: \_\_\_\_\_

## DETAILS

- **8:30 a.m.-10:00 a.m. Race Day Registration** - Check in for all runs at the Rotary Youth Hall in Campbellford, ON. EVERYONE will receive one of our Ranney Gorge Run custom medals and race kit.
- **9:30 a.m. 1K Fun Run Start Time** - The 1K Fun Run will take place in Saskatoon Ave. in front of Rotary Hall.
- **10:00 a.m. Official 10.55K & 5K Start Times** - The runs will start together on Saskatoon Avenue in front of the Rotary Youth Centre and head south into Ferris Provincial Park. The finish line will also be on Saskatoon Avenue in front of the Rotary Youth Centre.
- **11:30 a.m.-1:00 p.m. Post Race Celebration** - After the run, all participants are invited to join the post race celebration and awards ceremony in the Rotary Hall. Food and snacks will be provided to all participants. Spectators will be able to purchase food and drinks. (Subject to change)

For More Information: Campbellford Memorial Hospital Foundation,  
146 Oliver Rd. Campbellford ON K0L 1L0 705-653-1140 Ext. 2104



# WAIVER

## CONSENT, RELEASE AND ASSUMPTION OF RISK

As a participant riding in the **Ranney Gorge Run** ("the Event"), I ("the Participant") acknowledge and agree to the following terms:

1. Campbellford Memorial Hospital Foundation (collectively "the Organization") is not responsible for any injury, personal injury, damage, property damage, expense, loss of income or loss of any kind suffered by a Participant during the Event, caused by the risks, dangers and hazards associated with the Event.
2. I am participating voluntarily in the Event. In consideration of my participation in the Event, I hereby acknowledge that I am aware of the risks, dangers and hazards associated with or related to running or walking and the Event and that I may be exposed to such risks, dangers and hazards. The risks, dangers and hazards include, but are not limited to, injuries from:
  - a. Running and walking and/or exerting and stretching various muscle groups;
  - b. Vigorous physical exertion, rapid movements, turns and stops, and strenuous cardiovascular workouts;
  - c. Tripping or falling;
  - d. Tumbling or hitting any ground, surface, concrete, road, track or other surfaces;
  - e. Physical contact with other participants (including those engaged in the programs, activities and events support);
  - f. Failure to properly use any equipment, the mechanical failure of a piece of equipment or inadequate safety equipment, improper maintenance or adjustment of equipment;
  - g. Contact, collisions or being struck by other participants, pedestrians, fixed objects, spectators, equipment or vehicles;
  - h. Road conditions, terrains and vehicular traffic while cycling;
  - i. Failure to stay within the designated course area;
  - j. Extreme weather and temperature conditions which may result in dehydration, heatstroke, sunstroke or hypothermia;
  - k. Spinal cord injuries which may render me permanently paralyzed, and/or
  - l. Travel to and from the Event.
3. Furthermore, I am aware:
  - a. That injuries sustained can be severe;
  - b. That my risk of injury is reduced if I follow all rules established for participation; and
  - c. That my risk of injury increases as I become fatigued.
4. In consideration of the Organization allowing me to participate, I agree:
  - a. That the rules of participation must be followed and that the sole responsibility for my safety remains with me, including physical preparation and fitness;
  - b. To discontinue participation if I sense or observe any unusual hazard or unsafe conditions;
  - c. To assume all risks arising out of, associated with or related to my participation in the Event;
  - d. To waive any and all claims that I may have now or in the future against the Organization;
  - e. I agree that I fully understand any and all risks associated with my participation in the Event and despite such risks I wish to participate in the Event and I freely accept and fully assume all such risks and possibility of personal injury, death, property damage, expense and related loss, including loss of income, resulting from my participation in the Event; and
  - f. To forever release the Organization from any and all liability for any and all claims, demands, actions, damage (including direct, indirect, special and/or consequential), losses, actions, judgments, and costs (including legal fees) which I may have or may in the future, that might arise out of, result from, or related to my participation in the Event.
  - g. I also hold harmless the Organization and indemnify it against any and all claims, actions, suits, procedures, costs, expenses (including legal fees and expenses), damages and liability arising out of, connected with, or resulted from my participation in the Event.
5. By participating in the Event I am agreeing to abide by the rules of the road and transportation act as enforced by the Province of Ontario, Northumberland County, Municipality of Trent Hills, Rotary Club of Campbellford, Ontario Parks and Ferris Provincial Park.
6. I hereby certify to the Organization that I am in good health and do not suffer from any heart condition or any other condition or ailment which could be exasperated by my participation in the Event.

## CONSENT TO SHARE INFORMATION

The Event is a joint fundraising event supporting both the Organization. By registering for the event I am consenting to my contract information being shared with both charitable organizations. As per both Organizations' privacy policy my information will not be shared or sold to other third parties.

## PLEASE READ CAREFULLY

I have read and understand this agreement, and I am aware, that by signing, this agreement I am consenting to participating in the Event at my own risk and waiving certain legal rights which I or my heirs, next of kin, executors, administrators, and assigns may have against the releases.

I also understand that I will be required to sign this consent and release of liability in person either prior to the Event or on the day of the Event. If I am under the age of 18 I understand that I require a parent or guardian to sign on my behalf prior to the Event or on the day of the Event.

\_\_\_\_\_  
Name (Please Print)

\_\_\_\_\_  
Signature of Participant OR Signature of Parent/Guardian if under the age of 18

\_\_\_\_\_  
Date