



WALK or RUN For FUN Charity Day

SUNDAY 7 MARCH 2010

Come and enjoy a relaxed 5km or 10km walk or
challenging run through some of Shell Cove's beautiful reserves

OFFICIAL ENTRY FORM

ENTRY FEE

Early Bird: Senior \$10.00, Junior (u18) \$5.00, Family (2 adults/2 child u18) \$25.00
Entry on the Day: Senior \$15.00, Junior (u18) \$8.00, Family (2 adults/2 child u18) \$35.00
Cheques/Money Order to: Shellharbour City Festival of Sport, PO Box 105, Shellharbour City Centre NSW 2529
Enquiries: 0418 113 698 or 02 4221 6169 or visit www.shellharbourcityfestivalofsport.com.au

PLEASE USE BLOCK LETTERS

Family Name: _____ First Name(s): _____

Address: _____

Phone Number: _____ Mobile: _____ Postcode: _____

Category Senior Junior Family

Children(s) Name(s) Under 18 (1) _____ DOB _____

(2) _____ DOB _____

TOTAL COST \$ _____ BIB No/s: _____

CONDITIONS OF ENTRY

- I, the undersigned, in consideration of and as a condition of acceptance of my entry in the Shell Cove Shellharbour City Festival of Sport Walk or Run for Fun, for myself, my heirs, executors and administrators, hereby waive all and any claim, sight or cause of action which I or they might otherwise have for or arising out of loss of my life or injury, damage or loss on any description whatsoever which I may suffer or sustain in the course of or consequent upon my entry or participation in the said event.
- This waiver, release and discharge shall be and operate separately in favor of all persons, corporations and bodies involved or otherwise engaged in promoting or staging the events and the servants, agents, representatives and officers of any of them and includes but is not limited to medical and paramedical practitioners and personnel, police officers and so shall operate whether or not the loss or damage is attributable to the act or neglect of any one or more of them.
- I will abide by the competition rules.
- I will walk/run on the approved course as directed, will not accept assistance and will accept the judges decision as final.
- The organisers have the right to reject or cancel any event entry at any time.
- I acknowledge I will not be awarded a place unless I wear an official competitors chest number on my chest and the entire number and colours strip is visible throughout the event.
- I will walk/run on the left hand side of the road walking/running with traffic unless otherwise directed by police or event marshals.
- Supporters must not follow competitors; the only vehicles allowed to follow the race being police and official cars.
- The event committee reserves the right to alter without notice any of the rules and conditions that govern the event.
- Photographs of this event including people will be taken for promotional purposes and the Shellharbour City Festival of Sport Association Inc. have the right to use these photographs for promotion of the event in the future.
- I have read and understood the above Conditions of Entry and agree to abide by the rules and conditions which govern the event.
- Signed by the Entrant _____ Date _____
- If you are 18 or under, the section below must be signed by your parent or guardian.
 - I certify that I am the parent/guardian of the abovementioned entrant/s and has my consent to walk/run in this event
 - and I agree that my son/daughter and I will be bound by the above Conditions of Entry.
- Signed by the Parent/Guardian _____



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Registration: 8.15 am to 9.15 am

Start Time: 9.30am

Start and Finish: Main Park/Reserve, off Cove Boulevard, Shell Cove
(park in Sales Office car park)

Drink Stations will be located at 1.3km & 2.7km marks.

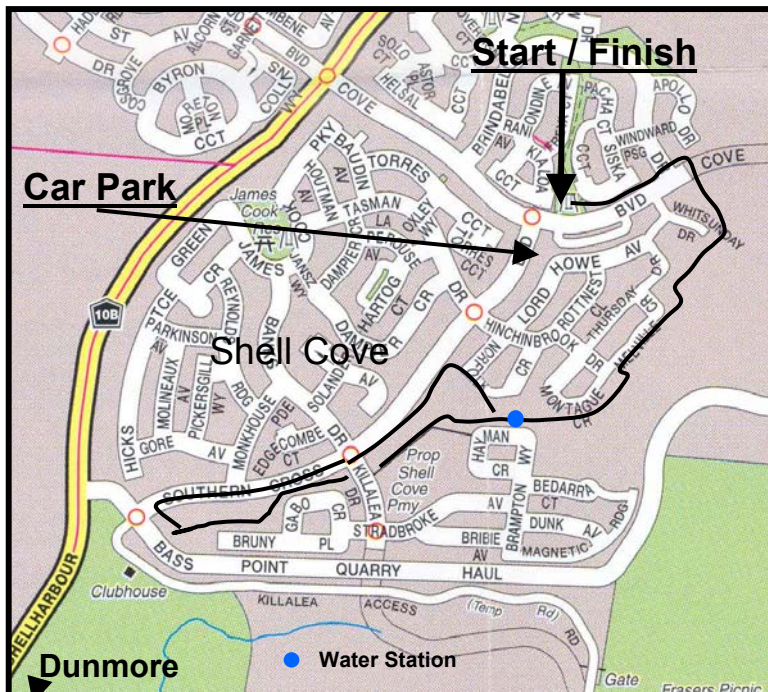
Presentation of prizes commences at 10.30am. Everyone has the chance of winning a prize.



Prams and strollers welcome

FREE drink bottle for every participant

Proceeds go to



*10km is twice the course



Come & enjoy...

- Massage to help you relax and recover after the event
 - Coffee cart
- Jumping castle for children
 - Food and Music

THANKS TO OUR SPONSORS AND LOCAL BUSINESSES THAT SUPPORT THIS EVENT



Advertiser

