

# Dairy Dash 5/10K Run/Walk and Holstein Scamper 2K Run/Walk for the Dundas County Food Bank

**Saturday, August 11, 2012**

## REGISTRATION FORM

All Participants must complete this registration form.

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Birthdate: \_\_\_/\_\_\_/\_\_\_  male  female  
yy/mm/dd

### Check All Categories That Apply:

**Registration Fee:** \$35 5K run   
\$35 10K run   
\$15 2K Holstein Scamper with shirt (10 & under)

Please note that registration fees are non-refundable and non-transferable.

**Shirt Size:**  S  M  L  XL  
(Must register by July 20, 2012 to get a shirt.)

**Age Group:**  10 & Under  11-17  18-29  30-39  40-49  
 50-59  60+

I am unable to run but would like to make a donation of: \$\_\_\_\_\_

### **Waiver of liability:**

In consideration of the acceptance of my entry, I hereby for myself, my heirs, executors, administrators, and assigns do hereby waive, release, and relinquish any and all rights and claims including but not limited to those against the Winchester Dairyfest and the Dundas County Food Bank, known and unknown, presently existing or hereafter to exist, for any and all damages, demands, and actions in any manner, I now have as a result of my participation in the Winchester Dairy Dash 5K/10K or the Holstein Scamper 2K Run/Walk events including travel to and from this event. I attest and verify that I am physically fit and have sufficiently trained for the completion of this event and a qualified medical person has not advised me otherwise. Further, I hereby grant full permission and likeness any broadcast, title cast, video or print media for the event without compensation to me.

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

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

Parent's Signature (if participant is under 18) \_\_\_\_\_

## Race Day Information Saturday, August 11, 2012

**Start Location:** Winchester Arena  
100 Club Park

**Finish Location:** Winchester Arena  
100 Club Park

**Registration Times:** 8:00 am

**Starting Times:** 8:30 am for 5/10K Run/Walk  
9:30 am for 2K Run/Walk

**Water and Medical Assistance:** There will be two (2) water stops along the course at the 2.5 and 5 kilometer mark. There will be first aid personnel on call and stationed at the 2.5 and 5 kilometer mark, and two (2) policemen present at the race. Restrooms are available in the Township of North Dundas Office and at the Winchester Arena, at the start the ½ way point and finish of the race.

**In Case of Weather:** The race will be held rain or shine. However, if there is lightning in the area, the race start may be delayed or, depending on the intensity, be cancelled. This determination will be made by the Winchester Dairyfest planning committee. Shelter will be available in the Winchester Arena should it be needed. **Please note that registration fees are non-refundable and non-transferable.**

**Race Parking:** Parking is available in the Winchester Arena parking lot.

**Route:**

