

ENTRY FORM: 5 KM RUN/WALK

13th annual

Name: _____

Address: _____

Town: _____ Postal Code _____

Date of Birth: _____ Age _____

t-shirt Size: Small _____ Medium _____
Large _____ Extra-Large _____

Runner _____ Walker _____

Division _____ Male/Female _____

() 12 & under () 13-19 () 20-29 () 30-39

() 40-49 () 50-59 () 60 and over

Special Group () Parent with son or daughter*

*Both must be registered and paid for separately as well as participating on their own.

Liability Waiver:

In consideration of the acceptance of my application and the permission to participate as an entrant or competitor in the Nipigon Five Km, I for myself, my heirs, executors, administrators, successors, and assigns hereby release, waive and forever discharge the race sponsors, promoters, organizers, the Township of Nipigon and all from all claims, demands, damage, costs, expenses or loss to my person or property howsoever cause arising or arise by my participation in the said athletic event.

By submitting this entry, I acknowledge having read, understood and agreed to the above waiver, release and indemnify, I have full knowledge of the risks involved in this event.

Date Print Name Signature (if under 18,
parent must sign.)

Nipigon

5 km Run/Walk

Friday, September 3rd, 2010

5:30pm - start time

**the course is a tour of scenic
nipigon**

Nipigon's Fall Fishing Festival

5 km run/walk

Hosted by the Township of Nipigon and the Nipigon Recreation Commission

Special Event:

Parent with Son or Daughter (both must be individually registered and participating in the event.)

Registration Race Kits:

May be picked up between 3 and 4:30 on the day of the race or on Thursday, September 2nd, between 2 and 4:00 p.m. at the arena.

Divisions: Male and Female

Youth (12 and under)	Junior (13 to 19)
Open (20-29)	Senior (30-39)
Masters (40-49)	Veteran (50-59)
Dedicated (60 and over)	

Entry Fee:

Twenty-five dollars (\$25.00) before September 1st, (\$20 if you don't want the T-shirt). If you are registering more than one immediate family member, than it is \$20 for each additional member.

Thirty(\$30) after September 1st, @ 4 p.m. (If you don't want the shirt the cost is \$25)

Due to time constraints, there will no longer be any registering after 4:00 p.m. on the day of the race.

Awards:

Awards will be presented to the overall winners in each class plus an award for the overall male and female.

Registration Forms:

Will be available from the Nipigon Swimming Pool, the Township of Nipigon, Home Hardware, and the Nipigon Community Centre

**Race begins at rear entrance of
Community Centre on Wadsworth Dr.**

Drop off entries at the Nipigon Community Centre,

or at the Nipigon Town Office or mail to:

Nipigon Community Centre-5 km Run/Walk
P.O. Box 160
NIPIGON, Ontario
P0T 2J0
Phone (807) 887-3586 or 887-3135 ext. 25
Fax: (807) 887-3564

Previous Record Times For the Course

Overall Male	Dallas Allaire Sr.	16.39	2001
Overall Female	Kim House	19.50	2003
Local Male	Dallas Allaire Sr.	16.39	2001
Local Female	Tara Allaire	19.51	2004
Combined Parent and Child	Geoff Chambers Bedard & Michel Bedard	38.56	2008

Male

12 & under	Cameron Mannila	22.16	2005
13 to 19	Sean Spenrath	17.49	2004
20 to 29	Andrew Bilz	19.27	2003
30 to 39	Dallas Allaire Sr.	16.39	2001
40 to 49	David House	17.22	2003
50 to 59	Brian Hendrickson	19.39	2004
60 plus	John Ylimaki	21.57	2006

Female

12 & under	Veronica Pellerin	24.12	2008
13 to 19	Tara Allaire	19.51	2004
20 to 29	Christie Dupuis	23.47	2001
30 to 39	Kim House	19.50	2003
40 to 49	Trish Allaire	22.07	2005
50 to 59	Rosemary Hartley	24.58	2009
60 plus	Jacqueline Long	28.32	2007