

# Rocky Mountain Soap Women's Run & Walk Canmore, May 28/29, 2022



TRANSFER FROM (original runner): \_\_\_\_\_

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

Fast and Female Donation Confirmation #: \_\_\_\_\_

NEW RUNNER NAME: \_\_\_\_\_

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

City, Province, Postal Code: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Age on Race Day: \_\_\_\_\_

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

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

Emergency Contact Name & Phone #: \_\_\_\_\_

Any Medical Conditions: \_\_\_\_\_

**Race:** Mountain Half Marathon is \$90, 5km/10km events \$65 **\*PLUS \$5 CNC TRAIL FEE\***  
Saturday, May 28, 2022 | 10km Run/Walk  Mountain Half Marathon   
Sunday, May 29, 2022 | 5km Run/Walk  10km Run  5km Stroller Jog

**T-Shirt Size:** (please circle): XS S M L XL XXL

**\*Note that participants might have selected a different race item in the original registration (Buff or socks) in which case you will receive that item as part of your race package.**

### Please sign the following waiver:

I know that running or walking a race is a potentially hazardous activity. I should not enter or participate in this event unless I am medically able and properly trained. I realize that the event is physically strenuous, that there may be adverse weather conditions and that there may be vehicles present on the course and at intersections. I nevertheless wish to compete and assume any and all risks associated with running or walking this event, including but not limited to, falls, contact with other participants, the effect of weather, including high heat and/or humidity, the condition of roads and the presence of traffic, all such risks being known and appreciated by me.

Knowing these facts and in consideration of acceptance of my entry, I hereby for myself, or for anyone else who may claim on my behalf, agree not to sue and to waive, release and discharge all persons participating in the operation of this event including without limitation Rocky Mountain Soap Company Inc., www.rmswomensrun.com, "The Organizer", Athletics Alberta, the Town of Canmore, Alberta Transportation, Trans Alta, Alberta Parks & Protected Areas, PricewaterhouseCoopers and any and all other organizations, sponsors and participating organizations and their personnel whether volunteer or otherwise, and anyone acting on their behalf (the Release's) for any and all claims, demands, causes of action, damages, or injuries, whether caused by the negligence of the Release's, or by any other cause, which may arise as a result of, or out of my participation in this event. I also indemnify and hold harmless the Release's from any liability incurred by them and caused by myself. I attest that I am physically fit, and sufficiently trained for this event. I hereby grant permission for the use of my likeness participating in this event without obligation or compensation to me. As part of this Waiver and Release, I allow Rocky Mountain Soap Company Inc. to use my personal information (name and age only) for a start list and final results that may be posted on www.rmswomensrun.com as well as www.athleticsalberta.com and acknowledge that I have read and understood all of the above.

Additionally I agree that the Rocky Mountain Soap Company Inc. exclusively owns the right, title and interest in any collection of footage in connection with the race and further agree that they may use this material in relationship with any promotion, publicity, marketing or advertisement for the event in any manner.

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

(Signature of Parent/Guardian if under the age of 19)

Please return to [info@rmswomensrun.com](mailto:info@rmswomensrun.com)