



Entry Form Ottawa / Gatineau & Quebec Trail Running Series

First Name _____ Initial _____ Last name _____

Apt. # _____ Address _____

City _____ Prov., _____ Postal Code _____

Home Phone _____ Cell/Business _____

Email _____

Date of Birth (mm/dd/yyyy) _____ Age on Race Day _____ Shoe Size _____ Sex _____

How did you hear about us? _____

Get off the Road and Get on the Trails!

5 Peaks is Canada's Premiere Trail Running Series offering an exciting atmosphere, a challenging course, a competitive field, and an amazing off-road experience.

Four Course Options

While the **Sport** course (5-6 km) is perfect for the beginner trail runner, our **Enduro** course (8-15 km), will continue to offer challenging runs, with a few new twists and turns! For those who just can't get enough trail running, the **1/2 Marathon** will meet their needs! *offered at select locations only, distance may not be an exact 1/2 marathon measurement* **The Scotiabank Children's Challenge** is open to children 10 and under, offering an official 1 km course.

Note:

- Registrants may switch races, or distances at anytime online through the registered racer area. Deadline for changes is the Wednesday at midnight prior to the race. NO race day changes will be allowed.
- The best 4 finishes within a series will be used to score points towards the series title. Racers must participate in a minimum of three 5 Peaks races of the same distance within a series in order to qualify. In the event of a tie, the win will go to the racer with the overall fastest time. The 1/2 marathon distance may not be used in the point's race standings.

Registration Information

By Internet: Register on-line at www.5peaks.com

By Mail: Complete the entry form and mail with payment information to:

5 Peaks Race Headquarters
4-700 St. Georges Ave.,
North Vancouver, BC, V7L 4T1
(ph. 604-988-2320)

By Fax: Fax your fully completed form with credit card payment information to 604-988-7984

Race Date	Venue	Sport	Enduro	Regular	Race Day
May-16	Kingston	<input type="checkbox"/>	<input type="checkbox"/>	\$42	\$50
May-30	Mont Tremblant	<input type="checkbox"/>	<input type="checkbox"/>	\$42	\$50
Aug-22	Camp Fortune	<input type="checkbox"/>	<input type="checkbox"/>	\$42	\$50
Oct-17	ARK	<input type="checkbox"/>	<input type="checkbox"/>	\$42	\$50
Oct-31	Sutton Nature Reserve	<input type="checkbox"/>	<input type="checkbox"/>	\$42	\$50
	<input type="checkbox"/> Half Marathon - Trambant			\$50	\$60
<input type="checkbox"/> Early Bird Registration (If signing up for all 5 races prior to April 1st, deduct 5th race fee)				-\$42	
Souvenir Technical Shirt					
<input type="checkbox"/> Register for 4 out of 5 races, shirt is free (select size below)					
<input type="checkbox"/> Men's		<input type="checkbox"/> Women's			
<input type="checkbox"/> S		<input type="checkbox"/> M		<input type="checkbox"/> L <input type="checkbox"/> XL	
Grand Total (GST included)					

Participant Souvenirs!

- This year we've got you covered from head to toe! We'll be giving away a different souvenir for each race you compete in, from hats and toques to socks and 5 Peaks T-Shirts. Retail value for all 5 souvenirs is over \$120!
- Do 4 out of 5 races in the series and receive a Salomon short sleeve technical shirt (\$40 value) FREE!

Start Times

Event	Race Check In	Scotiabank Children's Challenge	Sport Course	Enduro Course	1/2 Marathon
Kingston	8:00 AM	9:30 AM	10:00 AM	10:00 AM	N/A
Mont Tremblant	8:00 AM	9:30 AM	10:00 AM	10:00 AM	N/A
Camp Fortune	8:00 AM	9:30 AM	10:00 AM	10:00 AM	N/A
ARK	8:00 AM	9:30 AM	10:00 AM	10:00 AM	N/A
Sutton Nature Reserve	7:00 AM	9:30 AM	10:00 AM	10:00 AM	9:00 AM

Cash Cheque Visa Mastercard

Card Number: _____

Expiry Date: _____

Name on Card: _____

Signature: _____

Waiver and Release:

I acknowledge participating at my own risk and hereby for myself, my heirs, executors and administrators, waive and release any and all rights and claims no matter how arising I may have as a result of having participated in this event including without limitation, negligence. I expressly confirm my understanding that my participation in this event is entirely at my sole risk and that the organizers and sponsors of the event, and their respective officers, employees, agents, and all volunteers or other persons engaged in the production of the event or other wise associated with it shall have no liability for any damages sustained by me or any injury or loss, including personal or property loss, which I might suffer. I acknowledge that my image may be recorded (by video or photograph) during the events. I agree to the use of my name and image in broadcasts, newspapers, brochures, promotional material and other media without compensation.

Signature: _____ Date: _____

(Or of parent if under 19)

Bib # _____