

Sri Chinmoy Ultras & Marathon

24 Hour, 12 Hour & 6 Hour Races, 50k, 50mi, 100k, 100mi, 200k, Marathon
Saturday, July 2nd, 2016 ~ Terry Fox Athletic Track, Ottawa Canada

Tel: 613-233-7475 / Fax: 613-233-8236

Held *outdoors*; IAU, ACU, OUTrace certified

Website: ca.srichinmoyraces.org/SriChinmoyUltrasOttawa

ENTRY DEADLINE: Midnight on Wednesday, June 29th, 2016

REGISTRATION INSTRUCTIONS:

- Complete the Registration Form
- Sign the Waiver
- Make cheques payable to: Sri Chinmoy Marathon Team
- Mail completed form and cheque to: Sanchita Fleming
76 Cartier Street,
Ottawa ON K2P 1J8

START TIMES: 24 HOUR, 50mi, 100k, 100mi, 200k — 8:00 A.M
12 HOUR, 50k — 9:00 A.M
6 HOUR, Marathon — 10:00 A.M.

CUT-OFF TIMES: 50mi, 100k, 100mi, 200K – 24 Hours
50k – 12 Hours
Marathon – 6 Hours

CATEGORY REGISTRATION FEES

24 HOUR, 50mi, 100k, 100mi, 200k Races: \$160 CDN on or before June 15th; \$180 CDN between June 16th & June 29th. Fee includes food and T-shirt. **Payable to: Sri Chinmoy Marathon Team**

12 HOUR, 50k Races: \$100 CDN on or before June 15th; \$120 CDN between June 16th & June 29th. Fee includes food and T-shirt. **Payable to: Sri Chinmoy Marathon Team**

6 HOUR, Marathon Races: \$70 CDN on or before on or before June 15th; \$90 CDN between June 16th & June 29th. Fee includes food and T-shirt. **Payable to: Sri Chinmoy Marathon Team**

RACE KIT PICK-UP — Race Kit pickup is available **RACE DAY July 2nd only.**

24 HOUR, 50mi, 100k, 100mi, 200k Races: 6:30 a.m. – 7:30 a.m.

12 HOUR, 50k Races: 6:30 a.m. – 8:30 a.m.

6 HOUR, Marathon Races: 6:30 a.m. – 9:30 a.m.

FOOD FOR FAMILY & FRIENDS

\$20 per guest will cover their food throughout the entire event including the post-race meals (12 & 24 Categories only); or \$5 each for the post-race meals. Guests will be given Proof of Payment cards. Number of guests can be entered on the Registration Form and payment may be included with Entry Fee or paid on Race Day.

SHORT BIO

It is always inspiring to hear about other runners' experiences and accomplishments. We invite you to share with us a short bio or information about your running achievements that we would read out during the Awards Ceremony. Kindly submit it along with your completed Registration Form.

Sri Chinmoy Ultras & Marathon 2016

REGISTRATION FORM

Please check (✓) the event you wish to participate in:

50mi [] 100k [] 100mi [] 200k [] 24 Hour [] 50k []
12 Hour [] Marathon [] 6 Hour []

FIRST & LAST NAMES: _____

ADDRESS: _____

CITY: _____ PROV/STATE: _____ POSTAL/ZIP: _____

PHONE: (_____) _____ E-MAIL: _____

MALE: ____ FEMALE: ____ DATE OF BIRTH: MM ____ DD ____ YY ____

AGE ON RACE DAY: _____ T-SHIRT SIZE: S M L XL (please circle)

FIRST TIME RUNNING THIS EVENT? (NOTE: 24 HOUR CATEGORY ONLY) Yes ____ No ____

PREVIOUS BEST MARATHON or ULTRA TIME: _____

FOOD FOR FAMILY & FRIENDS

Full Race Food 12 or 24Hour Races: # ____ @ \$20 = _____

Post-Race Meal 12 or 24Hour Races: # ____ @ \$5 each per meal = _____

(Payment may be included with Entry Fee or on Race Day.)

RULES OF THE RACES

1. No transferring of Registration to another runner or to another Sri Chinmoy Ultra Race Ottawa without permission from the Race Directors. This must be done before June 29, 2016.
2. Runners must refrain from any act of bad sportsmanship.
3. Each runner's official identification (bib and/or number) must be worn prominently on the front of the body and must be easily visible at all times.
4. No unofficial/non-registered runners are permitted in the Races.
5. A runner must not be accompanied or paced for more than 100 consecutive metres by a non-competitor or a competitor who has dropped out.
6. Runners must follow the marked Course.
7. Slower runners must leave the inside lane free for faster runners.
8. Runners must acknowledge their Counters when completing a Lap to ensure being counted.
9. Runners must advise their Counter when taking a break.
10. There may be a direction change every six hours.
11. Runners are responsible for the actions of their helpers. Everyone associated with the Races must comply with all Race Rules.
12. At the time of the official signal ending the Race, runners must immediately drop their sandbags.
13. Any runner who is unable to finish their Race must personally inform their Counter.

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Participant Waiver for Race Registration

Please read this Waiver carefully as it affects your legal rights.

I fully understand that running a road and track ultra or marathon race is a potentially hazardous activity, which could cause injury or death. I will not enter and participate unless I am medically able and properly trained. By my Signature I certify that I am in good health, I am properly trained, I am 18 years of age or older, and I am medically able to perform this Sri Chinmoy Ultras and Marathon Event starting on July 2, 2016.

I agree to abide by any decision of a Race Official relative to any aspect of my participation in this Event, including the right to deny or suspend my participation for any reason whatsoever, including but not limited to infraction of the Rules or for medical reasons. I agree that I have read the Rules of the Race and agree to abide by them. I assume all risks associated with running in this Event, including but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity and cold, and the conditions of the road and track—all such risks being known and appreciated by me.

Having knowledge of these facts, and in consideration of the acceptance of this entry, I hereby for myself, my heirs, executors, administrators and anyone entitled to act on my behalf waive and release the Sri Chinmoy Ultras Ottawa Race Directors, the Sri Chinmoy Marathon Team, Athletics Ontario, Ontario Ultra and Trail Race Series, International Association of Ultrarunners and Canadian Ultramarathoners / Association canadienne des ultra-marathoniens, the City of Ottawa, the Terry Fox Athletic Facility, and all Event Sponsors, their Representatives and Successors from all claims and liabilities of any kind, arising out of my participation in this Event; even if that liability may arise due to failing on the part of the persons named in this Waiver, whether deliberate or not, to take careful measures, available and understood, to be necessary for my safety.

I acknowledge that the Sri Chinmoy Ultras Ottawa Race Directors, the Terry Fox Athletic Facility and/or the City of Ottawa hold the right to cancel or reschedule this Event should weather or any other condition make it infeasible for the Participants and/or Event Volunteers. I grant permission to all of the foregoing to use my photographs, motion pictures, recordings or any other record of this Event for any legitimate purpose and for them to contact me by mail, phone, text or email. My personal information will not be sold. The venue of jurisdiction for an action that is commenced is Ontario, Canada.

Signature: _____

Date: _____