Sri Chinmoy Ultras 2020

24 Hour, 12 Hour, 6 Hour, 50Km, 50Mi, 100Km & 100Mi

Saturday, July 25th, 2020

Outdoor Event at the Asticou Centre, Gatineau, QC, Canada

IAU, ACU, OUTrace certified

Website: ca.srichinmoyraces.org/srichinmoyultras

● **RACE SITE INFO: 241 de la Cité-des-Jeunes Boulevard, Gatineau, Quebec J8Y 6L2**
http://www.csps-efpc.gc.ca/Contact_Us/NationalCapital-eng.aspx

● **ENTRY DEADLINE: Midnight on Wednesday, July 22nd, 2020**

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

● **START TIMES: 24 HOUR, 50Km, 50Mi, 100Km & 100Mi Races ─ 8:00 A.M**
12 HOUR Race ─ 9:00 A.M
6 HOUR Race ─ 10:00 A.M.

● **RACE KIT PICK-UP — Available RACE DAY July 25th only**
24 HOUR, 50Km, 50Mi, 100Km & 100Mi Races: 6:30 a.m. – 7:30 a.m.
12 HOUR Race: 6:30 a.m. – 8:30 a.m.
6 HOUR Race: 6:30 a.m. – 9:30 a.m.

● **CATEGORY REGISTRATION FEES**

Fees include a T-shirt and food throughout the entire race.

Make cheques payable to: Sri Chinmoy Marathon Team

24 HOUR & 100MI: **$160 CDN** on or before July 8th **/ $180 CDN** from July 9th to July 22nd

100KM: **$120 CDN** on or before July 8th / **$140 CDN** from July 9th to July 22nd

12 HOUR & 50MI: **$100 CDN** on or before July 8th **/ $120 CDN** from July 9th to July 22nd

6 HOUR & 50KM: **$70 CDN** on or before July 8th / **$90 CDN** from July 9th to July 22nd

● **REGISTRATION REFUND**

No Registration refunds available. At the discretion of the Race Director, Registration can be transferred to the next year's Race if notice is given on or before June 25th, 2020.

● **FOOD FOR FAMILY & FRIENDS**

$20 per guest for the **24 Hour Race** including the post-race breakfast; **$10** per guest for the **12 Hour Race** including post-race meal**; $5** for the post-race meals only; and **$10** for all other races for food throughout the entire race. Guests will be given Proof of Payment cards. Number of guests can be

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REGISTRATION FORM

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

24 Hour [ ] * 12 Hour [ ] 6 Hour [ ]

50Km [ ] 50Mi [ ] 100Km [ ] 100Mi [ ]

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)**

*** NOTE: All 24 Hour Race Registrants please check the following:**

FIRST TIME RUNNING A 24 HOUR RACE? Yes _____ No _____

FOOD FOR FAMILY & FRIENDS

Full Race Food - 6 Hour, 12 Hour & All Distance Races: #____ @ $10 = _____

Full Race Food - 24 Hour Race: #____ @ $20 = _____

Post-Race Meal Only – 12 or 24 Hour Race: #____ @ $5 = _____

(Payment may be included with entry fee or at race kit pickup on race day.)

RULES OF THE RACES

1. No Registration refunds available. At the discretion of the Race Director, Registration can be transferred to the next year's Race if notice is given on or before June 25th, 2020. Runners must refrain from any act of bad sportsmanship.
2. 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.
3. No unofficial/non-registered runners are permitted in the Races.
4. 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.
5. Runners must follow the marked Course.
6. Slower runners must leave the inside lane free for faster runners.
7. Runners must acknowledge their Counters when completing a Lap to ensure being counted.
8. Runners must advise their Counter when taking a break.
9. Runners are responsible for the actions of their helpers. Everyone associated with the Races must comply with all Race Rules.

10. Any runner who is unable to finish their Race must personally inform their Counter.

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Saturday, July 25th, 2020 ~ Asticou Centre, Gatineau, QC, Canada

Release Waiver and Indemnity

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

To participate in the Sri Chinmoy Ultra Races 2020 at the Asticou Centre in Gatineau, QC on Saturday July 25th and Sunday July 26th, 2020 please read and understand that by signing this Waiver you will fully accept and comply with all the conditions listed below including the rules of the Ontario Ultra and Trail Race Series (hereinafter called OUTRACE) and the Code of Conduct of the Association of Canadian Ultramarathoners/ Association canadienne des ultra-marathoniens (hereinafter called ACU), of which these Races are a part.

I am aware that runs of the distance and conditions specified for the specific Event I am entering may be extremely difficult and hazardous even for well-conditioned athletes under the most favourable conditions. I declare that I have sufficiently trained to participate in this Event. I declare that I have no medical condition that might be worsened by vigorous activity.

I assume all risks of personal injury and have no recourse resulting from any cause whatsoever, including the negligence, whether deliberate or not, of other runners, the organizers as individuals and any named entities in this Waiver.

Therefore, I hereby for myself, my heirs, executors and administrators, or anyone entitled to act on my behalf waive, release all claims of every kind and nature whether foreseen or unforeseen, known or unknown and discharge OUTRACE, ACU and all their officials, the Sri Chinmoy Ultra Races Directors, the SCMT and their staff, agents, officials, donors, volunteers, or any other person involved in this specific event, all government or private jurisdictions including the City of Gatineau and the Asticou Centre, at which this Event will take place, from any and all claims of liability and negligence whether deliberate or not, for any and all injuries to me (including, but not limited to death), or my property arising out of, or in connection with, this Event and covenant not to sue for damages with respect thereto.

The Sri Chinmoy Ultra Races Directors, the SCMT, and/or the Asticou Centre hold the right to cancel or reschedule this event should weather or any other condition make it unfeasible for the participants and/or Event volunteers, and reserve the right to remove any Participant from a race for any reason including but not limited to infraction of rules or for medical reasons. Finally, I hereby grant my permission to the Sri Chinmoy Marathon Team, OUTRACE and their Sponsors, and the ACU to use my name, mailing address, email and any photographs, videotapes, recordings, or any record of my participation in this Event. My personal information will not be sold.

Print Name: _____

Signature: _____

Date: _____