

Saturday August 14, 2010 Five Islands, Nova Scotia

## REGISTRATION FORM

### PERSONAL INFORMATION

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

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

Telephone: \_\_\_\_\_ Email: \_\_\_\_\_

Gender (circle one): M F Age on Run Date: \_\_\_\_\_

T-Shirt Size (circle one): S M L XL

Volunteer's Name: \_\_\_\_\_ T-Shirt Size: \_\_\_\_\_

Volunteer's Name: \_\_\_\_\_ T-Shirt Size: \_\_\_\_\_

Participating in:  5K  10K

**PAYMENT INFORMATION:** Registration Fee of \$45 (+ any extra you can do for The Fundy Foundation \$ \_\_\_\_ )

Register online via our website paying by credit card or sign and mail this form with a cheque payable to Not Since Moses to 951 Highway 2, Five Islands, Nova Scotia, Canada B0M 1K0.

### 2010 WAIVER

THIS DOCUMENT WILL AFFECT YOUR LEGAL RIGHTS. PLEASE READ CAREFULLY BEFORE SIGNING.

I recognize, understand, assume and accept all risks, dangers and hazards associated with participating in the Not Since Moses running and walking event, including the run/walk itself and the need for arrival at the start line by the time announced by the race organizers. I hereby affirm that I have trained for and am physically capable of completing the distance which I have elected to do, taking into account that the surface of the event will be on the sea bed which is either deep mud or sand and rock, and will be wet and in parts under water a couple of feet deep. The running surface could be slippery depending on your footfalls. I am aware that because the tides in the area are extreme (going in one six hour cycle from virtually no tide to 15 meters of water), getting from the start of the event to its finish must occur within strict nature-set time limits. There will be ample time to get to complete the event within the tide window but lingering off shore as the tide is coming is very dangerous so I understand that following the directions and support provided by the event managers is important.

I consent to receive emergency treatment from local volunteers in the event of illness or injury suffered by me during this event.

I agree to comply with the rules, regulations and instructions of the Not Since Moses event, and in consideration of acceptance of this entry by the Not Since Moses event, I, for myself and anyone entitled to act on my behalf, and for any persons accompanying me if such is permitted by the event, waive and release any and all claims of injuries, losses or damages I have against Mo's At Five Islands Inc, Five Islands Retreat, LLC, and any of their past and present Directors and employees and agents, any and all municipalities associated with the event, the Province of Nova Scotia, race volunteers and organizers, sponsors, and/or their agents and representatives, caused by the negligence of any of them arising out of my participation in this event, including pre and post race events and transport from the island.

I hereby agree that all photographs, video or any images taken by the employees, directors, representative or agents of the Not Since Moses run and walk are the property of Mo's At Five Islands, Inc and may be used without the permission of the photographed person.

Comments:

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Dated: \_\_\_\_\_ Signed: \_\_\_\_\_