



# 8th Annual Fleet Feet Sports Relay



Event Sanctioned  
by USATF

**Saturday October 9, 2010**

[www.canlake50.org/Relay/](http://www.canlake50.org/Relay/)

*Online registration at [www.Active.com](http://www.Active.com) is preferred. OK to complete form below & mail.*

**Team members may register separately. Be sure to include the Team Name and Captain's Name on your entry. All team members must be paid and submit signed Waiver to start the race.**

**Team Name** \_\_\_\_\_ **Members** (circle one): 2 3 4 5  
**Captain's Name** \_\_\_\_\_  
 Your Name \_\_\_\_\_ Sex \_\_\_\_\_ Age on Race Day \_\_\_\_\_  
 Street Address \_\_\_\_\_  
 City & State/Province \_\_\_\_\_ ZIP \_\_\_\_\_ Phone \_\_\_\_\_  
 Email \_\_\_\_\_

*Technical race shirts can be purchased for \$20 each. Indicate Size and Quantity.*

**Men's Size:** Small: \_\_\_ Medium: \_\_\_ Large: \_\_\_ Extra Large: \_\_\_  
**Women's Size:** Small: \_\_\_ Medium: \_\_\_ Large: \_\_\_ Extra Large: \_\_\_

*\*Shirts will be ordered from the printer on September 22<sup>nd</sup> so please register early to get the shirt(s) you want.*

Early Registration: \$12.00 per runner. Late Registration: \$15.00 per runner after September 22, 2010

Checks Payable to:	<b>Ultrarunning Matters</b>	<b>Entry Fee</b>	\$ _____
Sign Waiver & Mail to:	Fleet Feet Sports Relay	<b>Optional Shirts (\$20 ea.)</b>	\$ _____
	c/o Tom Perry	<b>Total Enclosed</b>	\$ _____
	164 Roselawn Cres		
	Fairport, NY 14450		

**WAIVER:** I, the undersigned, accept full responsibility for myself, for any injuries that I may incur during the CanLake50 Ultras & Fleet Feet Sports Relay. I fully understand that participating in this event may be dangerous to my health. I have trained sufficiently for this event, and I acknowledge that long-distance road racing involves exposure to hazards to my health, whether vehicular, environmental, or physiological. Sprains, cuts, bruises, broken bones, insect bites, hypothermia and heat exhaustion are all real possibilities. I fully understand that there may be limited medical or emergency personnel on the course. I am aware that there may be high-speed vehicles on the roads and road crossings. I will not hold any of the organizers; sponsors, land owners; City of Canandaigua; Finger Lakes Community College; Towns of Canandaigua, South Bristol, Naples, Italy, Middlesex, Gorham or Hopewell; Ontario County, Yates County, New York State Department of Environmental Conservation, any agency within the state of New York, Ultrarunning Matters, Inc., Western New York Ultra Series, USATF, or any volunteers responsible. My actions and mishaps are accountable to no one but myself. I agree to officially withdraw from the event if a race official feels I am endangering myself or if I do not meet the designated cut-off time(s). I grant the race organizers the free use of my name and any photos or videos of me for any use related to the race they see fit. I acknowledge that my entry fee is non-refundable even if the event is canceled or rescheduled. I understand that lost or non-returned timing chips will be billed at \$90.

**Signature:** \_\_\_\_\_ **Signature of Parent/Guardian (if under 18):** \_\_\_\_\_  
 \_\_\_\_\_ **Date** \_\_\_\_\_ \_\_\_\_\_ **Date** \_\_\_\_\_