



19th Annual Beat Beethoven Run
Saturday, October 30, 2010
Race Registration Form

Last Name _____ First Name _____

Mailing Address _____

Email _____ Telephone _____

I have read, signed and included the attached waiver with my registration.

Race 21K (8:00 start) 8 K (9:00 start) 4 K (10:00 start)

Cost \$45 (\$50 day of) \$35 (\$40 day of) \$25 (\$30 day of)

T-Shirt Size Small Medium Large X-Large

Method of Payment

Cheque Credit Card Cash

Visa/MC/AMEX # _____

Expiry Date _____ Signature _____

Please make cheques payable to Harvest House and mail completed entries with payment to:

Harvest House
3435 Ramsayville Rd.
Ottawa, ON
K1G 3N2

To register by phone or for more information:
Call: 613-260-6463 Email: hh26@magma.ca Web: www.harvesthouse.org

"Running towards Recovery one step at a time."



100% of the net proceeds will benefit Harvest House.

**19th Annual Beat Beethoven Run
Saturday, October 30, 2010
Race Registration Form**

General Waiver

Harvest House Redemption Run
Assumption of Risk and Liability Form

I realize that participation in the Harvest House Redemption Run 5k or 11k race entails the risk of injury to me. Such risks may include, but are not restricted to slips, falls, physical contact with other people, equipment or facilities, water accidents or abnormal climatic conditions.

I accept and assume all such risks, dangers and hazards and the possibility of personal injury, death, violence, property damage or loss, arising out of, associated with attendance and participation in activities sponsored by Harvest House.

I acknowledge that any purchase or use of any product is solely at my own risk.

I release and forever discharge Harvest House, its officers, directors, officers, and employees from any and all actions, causes of actions, including negligence, claims and demands for damages, loss or injury, resulting from or arising out of my participation in this program/activity.

I also indemnify and save harmless Harvest House from any and all actions, causes of actions, demands, expenses or losses whatsoever which it may bear as a result of my participation in this activity/program, by reason of damage to any and all property and any and all personal injuries, including death of others or myself.

I acknowledge that I understand the terms of this release and that I am signing this document freely and voluntarily.

Signature (if less than 18 years old a parent/guardian must sign)

Date

Print Full Name

100% of the net proceeds will benefit Harvest House.