



Miramichi Rock 'n Run 2019 Registration Form

First Name: _____ Last Name: _____

Address: _____ City: _____

Province: _____ Postal Code: _____ e-mail: _____

Date of Birth (Y/M/D) _____ Age as of Dec 31, 2019 _____

Gender: M or F Medical Conditions: _____

Circle Your Event	Early Bird (before May31 12 midnight)	Standard (June 1st)
½ Marathon	\$50	\$60
10K Run	\$40	\$50
5K Run/Walk	\$35	\$45
Youth (18 & under) 5k & 10k	\$25	\$25

PRIMEASE Genral Size Chart

PRIMEASE MENS									
Size	S	M	L	XL	2XL	3XL	4XL	5XL	
Neck	14-14 1/2	15-15 1/2	16-16 1/2	17-17 1/2	18-18 1/2	19-19 1/2	20-20 1/2	21-21 1/2	
Chest	34-36	36-38	40-42	42-44	44-46	46-48	48-50	50-52	
Sleeve Length from CB	32 1/2	34	35	35 1/2	36	36 1/2	37	37 1/2	
PRIMEASE WOMENS									
Size	S	M	L	XL	2XL	3XL			
Chest	33-34	35-36	37-38	40-41	42-44	45-46			
Waist	26-27	28-29	30-31	33-34	35-37	38-39			
Hip	36-37	37-38	40-41	43-44	45-47	48-49			

Fashion Fit: A fit to flatter your figure and sit close to your body for ease of movement.

Note: Performance t-shirts are only guaranteed if registered by May 31, 2019

Release Waiver and Indemnity

In consideration of the acceptance of my application and the permission to participate as an entrant in the 2019 Miramichi Rock 'n Run on Sunday June 23rd, 2019, I hereby state that I have conditioned myself to participate in the event I have chosen. I, for myself, my heirs, executors, administrators, successors, and assigns HEREBY RELEASE, WAIVE, AND FOREVER DISCHARGE Race Officials and Volunteers, sanctioning bodies and sponsoring companies, and elected and appointed officials, successors and assigns, OF AND FROM ALL claims, demands, damages, costs, expenses, actions and causes of actions, whether in law or equity, in respect of death, injury, loss or damage to my person or property HOWSOEVER CAUSED, arising or to arise by reason of my participation in the said event, whether as a spectator, participant, competitor, or otherwise, whether prior to, during or subsequent to the event, AND NOT WITHSTANDING that same may have been contributed to or occasioned by the negligence of the aforesaid. I FURTHER HEREBY UNDERTAKE TO HOLD AND SAFE HARMLESS AND AGREE TO INDEMNIFY all of the aforesaid from and against any and all liability incurred by any or all of them arising as a result of, or in any way connected with my participation in the said event. I agree to receive periodic mail and email from Miramichi Rock 'n Run. BY SUBMITTING THIS ENTRY, I ACKNOWLEDGE HAVING READ, UNDERSTOOD, AND AGREE TO THE ABOVE WAIVER, RELEASE AND INDEMNITY. I WARRANT that I am physically fit to participate in this event.

DATE

PRINTED NAME

SIGNATURE

SIGNATURE OF PARENT OR GUARDIAN
(if under 18 years of age)

Mail your Registration Form with cheque or money order made payable to Rock 'n Run to:
Rock 'N Run c/o Valerie Comeau 15 Wade St Miramichi, NB E1V 5P1