



THE
BALMY BEACH
CANOE CLUB

FOOT OF BEECH AVENUE, TORONTO, ONTARIO, CANADA M4E 1A7/CLUB(416)691-9962/FAX(416)691-9691/BOATHOUSE(416)-691-9802

NEW YEARS DAY 2017
37th ANNUAL "HAIR OF THE DOG" FUN RUN & WALK

Registration Form

CATEGORIES: Please check off the category that you will be participating in

			Check One
000	Men's Open	000	<input type="checkbox"/>
000Y	Men's 18 and under	000Y	<input type="checkbox"/>
100	Men's Master (45 and over)	100	<input type="checkbox"/>
200	Women's Open	200	<input type="checkbox"/>
200Y	Women's 18 and under	200Y	<input type="checkbox"/>
300	Women's Master (45 and over)	300	<input type="checkbox"/>
400	Power Walkers 9K (Women)	400	<input type="checkbox"/>
500	Power Walkers 9K (Men)	500	<input type="checkbox"/>
600	Parents with children in Strollers or 3K Half Milers	600	<input type="checkbox"/>
—	"Open Hangover" Hair of the Dog Award (Selected by Panel of Hangover Judges)		<input type="checkbox"/>

Entry Fee: \$30.00 Adult (\$25 if received by Dec 20 at <http://tinyurl.com/grusj kf>)
\$10.00 for children 18 years and under,
\$60.00 family (2 Adults and their children 18 years and under)

Registration Time: 10:30-11:30 A.M. (Race Day by cheque or cash – or advance
Pre-registration at <http://tinyurl.com/grusj kf>)

Starting Times: 11:30 A.M. (Power Walkers and Parents with Children in Strollers)
12:00 Noon (All Runners)

Awards & Lunch: Immediately following the events

Distance: 9K (uncertified) 3K Half Milers

Course: **Start/Finish at the Balmy Beach Club, foot of Beech Avenue.**
Flat, traffic free course along the scenic Boardwalk and Martin Goodman Trail. Runners and Walkers doing the 9KM course must stay on the Boardwalk or the Martin Goodman Trail to the exit on to the roadway skirting Ashbridges Bay; continuing along to Leslie Street, south on Leslie Street turning at the bottom, returning to the Club.

Aid Station: At the 4.5 KM location at the bottom of Leslie Street, race numbers will be verified.

NAME: _____ **TELEPHONE #** _____

Please PRINT: First Name Last Name

AGE: _____ **SEX:** MALE: FEMALE: **EMAIL:** _____

Release and Waiver

In consideration of the acceptance of my entry, I myself, my heirs, executors and administrators do hereby release any and all claims against the Balmy Beach Club, the race organizers and all sponsors for any and all injuries suffered by me in this event under its auspices. I also authorize the use of any official pictures taken for the purpose of publication for the Balmy Beach Club newsletter or website.

SIGNATURE of ATHLETE:
(and/or Parent/Guardian if under 18) _____

Dated at Toronto January 1, 2017

For info contact Bev at balmybeachcctreasurer@yahoo.ca or visit www.balmybeachcanoe.com