

**Participant Information** (Please Print Clearly for Electronic Results Purposes)

First Name:	
Last Name:	
Email:	
Phone:	
Street Address:	
City:	
Province:	
Postal Code:	
Age on Race Day:	
Gender:	<input type="checkbox"/> Male <input type="checkbox"/> Female
Race Choice:	<input type="checkbox"/> 5K <input type="checkbox"/> 10K <input type="checkbox"/> 21.1K <input checked="" type="checkbox"/> <b>Sold Out!</b> 42.2K
FOR OFFICE USE ONLY:	
RACE _____ Bib # _____	

**Registration Fees**

Event	Up to Dec 31	Jan 1 to Mar 31	Apr 1 to Apr 25	Race Day April 29
Marathon (42.2K)	\$50	\$57.50	\$65	None
Half-Marathon (21.1K)	\$40	\$45	\$50	\$55
10K	\$20	\$25	\$30	\$35
5K Run/Walk	\$20	\$25	\$30	\$35

**Method of Payment**

Cash  Cheque (Payable to MS Society of Cornwall) Amount: \_\_\_\_\_

**Release Waiver and Indemnity**

In consideration of your accepting my entry or the entry of my child or ward, I myself, my heirs, my child or ward, my executors and administrators of those of my child or ward, do hereby release and forever discharge the Corporation of the City of Cornwall, the organizing Committee and any or all clubs, associations, supporting companies, competitors and persons associated with the competition from and against any loss or damage, occurring prior to, during or subsequent to the event to my person or property however caused and notwithstanding the same may have been contributed to or occasioned by the negligence of any of the aforesaid. By submitting this entry, and signing below, I acknowledge having read, understood and agreed to the above release waiver, and indemnity. I warrant that I am physically fit to participate in this event.

\_\_\_\_\_  
Signature of Participant

\_\_\_\_\_  
Date (Month/Day/Year)

\_\_\_\_\_  
Signature of Parent or Guardian (for runner under 18 years)



**1K for Kids • 5K • 10K • 21.1K and Full Marathon**

**Start Times**

06:00 AM	St. Lawrence College	Buses leave for Marathon Start
07:00 AM	Crysler Park Marina	Marathon Start
09:00 AM	St. Lawrence College	21.1K Run and 5K Walk
10:00 AM	St. Lawrence College	10K and 5K Run
11:00 AM	St. Lawrence College	1K Kids (Free! Register on race day only.)
11:30 AM	St. Lawrence College	Awards Ceremonies

**Please arrive at least an hour before your race to ensure your registration.**

On-site registration is open at 7:30 a.m. to 9:50 a.m. at the college.

The Marathon Race will leave from Chrysler Park Marina. Buses will transport participants from St. Lawrence College to the start line. Marathon participants only may pick up their race kits the day before at the MS Office from noon to 7pm.

**The marathon course is certified and can be used for Boston Marathon Qualification!**



MS Society, Cornwall and District Chapter  
725 Boundary Road, Suite 1  
Cornwall ON K6H 6K8  
613-938-6777 • mssociety.cornwall@bellnet.ca

For more information visit online and join us on social media

runtoendms.com CornwallRuntoendMS @RuntoendMS

**Pledge Sheet**

Registrations and money can be dropped off at the MS Office Tuesday to Thursday from 10:00 am to Noon or Friday before the race from noon to 7:00 pm, or on race day morning.

**Income tax receipts will be issued for pledges of \$10 or more.**



**MS Society, Cornwall and District Chapter**  
 725 Boundary Road, Suite 1  
 Cornwall ON K6H 6K8  
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Name	\$Pledged	Receipt	Address	City	Prov	Postal Code
1		<input type="checkbox"/> Y <input type="checkbox"/> N				
2		<input type="checkbox"/> Y <input type="checkbox"/> N				
3		<input type="checkbox"/> Y <input type="checkbox"/> N				
4		<input type="checkbox"/> Y <input type="checkbox"/> N				
5		<input type="checkbox"/> Y <input type="checkbox"/> N				
6		<input type="checkbox"/> Y <input type="checkbox"/> N				
7		<input type="checkbox"/> Y <input type="checkbox"/> N				
8		<input type="checkbox"/> Y <input type="checkbox"/> N				
9		<input type="checkbox"/> Y <input type="checkbox"/> N				
10		<input type="checkbox"/> Y <input type="checkbox"/> N				
11		<input type="checkbox"/> Y <input type="checkbox"/> N				
12		<input type="checkbox"/> Y <input type="checkbox"/> N				
13		<input type="checkbox"/> Y <input type="checkbox"/> N				
14		<input type="checkbox"/> Y <input type="checkbox"/> N				
15		<input type="checkbox"/> Y <input type="checkbox"/> N				
<b>Total</b>						

FOR OFFICE USE ONLY Date: \_\_\_\_\_ Amount Received: \$ \_\_\_\_\_ Receiver's Initials: \_\_\_\_\_

**Entry fees will be waived for those who collect \$50 or more in pledges (5K and 10K) and \$75 or more in pledges (Half and Full Marathon).**