



Family, Fun & Fitness Too!

Sudbury Fitness Challenge Mountain Bike Tour @ Capreol Days

Saturday, August 4th, 2007
8:00 a.m. Registration & Bib Pick Up
9:00 a.m. Children Event Starts
10:00 a.m. Mountain Bike Tour Starts
12:00 p.m. Awards & Prizes

**Come on out and participate in a fun event on the
Capreol X-country ski trails!**

There are distances for everyone:

- 1km for children under six (training wheels allowed)
- Distance will be announced for children 6 to 12 years
- 16km for those who want to challenge themselves
- 24km for those who love being in the bush

HELMETS ARE MANDATORY FOR ALL PARTICIPANTS

Entry Fees:

- \$5 for Children
- \$20 for Adults (15 years of age and up)
- \$35 for Family (living in the same household)

Participation awards for Children Event participants, age group awards, Prizes and Refreshments
GRAND PRIZE: Mountain bike courtesy of The Outside Store
 Capreol Days Special Oktoberfest Sausage, bun and beverage \$2.50

For more information visit www.sudburyrocks.ca

Drop off your entry form at The Outside Store until Wednesday, August 1st, 2007

Registration Form

Last Name: _____	Sex: <input type="checkbox"/> M <input type="checkbox"/> F
First Name: _____	Birth Date: _____ (DD/MM/YY)
Address: _____	
City: _____ Postal Code: _____	Race Distance: <input type="checkbox"/> 1 km Kids Race
Phone: _____	<input type="checkbox"/> 8 km
Email: _____	<input type="checkbox"/> 16 km
	<input type="checkbox"/> 24 km

Waiver

In consideration of the acceptance of my application and the permission to participate as an entrant or competitor in the Sudbury Fitness Challenge Mountain Bike Tour, I for myself, my heirs, executors, administrators, successors and assigns, hereby release, waive and forever discharge the following: Sudbury Fitness Challenge Executive, Race Organizers, Volunteers assisting them, race sponsors, their employees and agents, other race participants, Capreol Days, City of Greater Sudbury and Capreol X-country Ski Club of and from all claims, demands, damages, costs, expenses, actions and causes of action, 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 Sudbury Fitness Challenge Mountain Bike Tour events, whether prior to, during or subsequent to the event, and notwithstanding that same may have been contributed to or occasioned by, the negligence of any of the aforesaid.

I acknowledge that each event has risks (both known and unknown) inherent in it, and it is my intention to accept the risks and all consequences thereof, for myself alone.

I understand that in the event of cancellation due to natural causes such as thunderstorms, etc., the entry fee is non-refundable. I am physically fit to participate in said events and have been medically certified to participate.

By submitting this entry, I acknowledge have read and understood this release and agree to be bound by its terms and I am signing it voluntarily and without duress or influence from anyone.

 Participant or Parent/Guardian
 (If participant under 18 years of age, parent or guardian must sign)

 Date

I give my permission to publish my results and use any pictures of myself participating in the 2007 SFC MBT Signature: _____