

Event Participant Waiver

June 20, 2010

WAIVER: In consideration of acceptance of my entry, I hereby for myself, my heirs, executors and administrators, waive and release any and all rights or claims for damages I may have against the organizers of this race, the City of Kamloops, the Kamloops Ridge Runners, Kidney Foundation of Canada, The Kidney March and their agents, representatives, successors, and assigns, and the race sponsors, for all and any injuries I may sustain during the course of the event. I further hereby grant full permission to the race organizers, and the Kamloops Ridge Runners, to use my name, gender, age, home town, and race results from this event in any publicity related to this event, including posting of the race results to the KRR and related running club websites.

Signature of Athlete

(or parent if under 19 years)

Date (MM/DD/YY)



There is no cure.

A crisis is looming

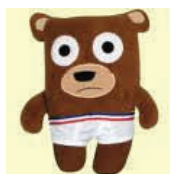
Two million Canadians have chronic kidney disease or are at risk. Most people don't know that they are at risk. Most don't know they have it until it's too late. The numbers are growing at an alarming rate. In southern Alberta alone, the number of people living with chronic kidney failure has doubled in the last ten years. 70% of people who are on the organ donor waiting list are waiting for a kidney.

There is no cure.

Kidney disease is irreversible, and each year it kills thousands of Canadians. These numbers are growing. Kidney disease cases are expected to double in the next ten years. Unless we as concerned citizens stand up and take action, this silent disease will continue to take lives and livelihoods.

Not only does kidney disease cost enormous amounts of money for our health care system, it devastates individuals and their families. More than half of the people living with kidney disease live on or below the poverty line. Entire families are impacted when one member has kidney disease, and it's a life-long illness.

70% per cent of people on Canada's organ donor transplant waiting list need a kidney. Some die waiting.



Bare As You Dare

8 Km

Underwear

Walk/Run-A-Thong



Sunday June 20th

9am

Riverside Park

Kamloops



When

Sunday, June 20, 2010

The pants drops at 9 am

Where

Riverside Park. West Tennis Court parking lot

Post Race

Food and refreshments

Draw prizes—must be present to be eligible for draw prizes.

Age Category medals: Awarded 3 deep 10 yr increments to Nordic Walkers and runners

“Dare” prize to most notable underwear!

Sponsors

We Wish to thank The City of Kamloops, BC Athletics, Runners Sole.

Registration

Mail: Box 1044 Kamloops, BC V2C 6H2

In person: Runners’ Sole (cash or cheques only)

Or day of event *until 8:30 am*

Course Information

An out and back route along the River’s Trail system from Riverside Park, through Pioneer Park. A dash along River & Lorne St before heading to the turn around point on the Jack Gregson Trail.

For more race information contact:

Sherry Maligaspe 250 374-8492

maligaspe@shaw.ca

Donna Rhynolds 250 372-2228

drhynolds@gmail.com

Is

Walking

Three days.

100 kilometers.

An inaugural fundraiser for the Kidney Foundation of Canada. The event takes the marcher from Millarville, in the foothills of Alberta to Calgary Olympic Park.

Kamloops Ridge Runners are hosting “Bare as You Dare” as a fundraiser for two of it’s members, Sherry Maligaspe and Donna Rhynolds, who have chosen to participate in the battle against kidney disease and promote organ donations.



ENTRY FORM

First Name: _____

Last Name: _____

Gender: Male Female

Birthdate: D _____ Mon _____ Y _____

(e.g. 17 Sep 1953)

Age as of Dec. 31/10: _____

2010 BC Athletics Number: _____

Address: _____

City: _____

Prov: _____ Postal Code: _____

Phone: _____

Email: _____

FEES:

Non BC Athletics Member \$20 _____

BC Athletics Member \$17 _____

Make cheque payable to:

Kamloops Ridge Runners

PO Box 1044 Kamloops, BC V2C 6H2

OFFICIAL USE ONLY

_____ Bib #

_____ Category