Guardian Group Foundation

KEEP IT ALIVE 5K NIGHT RUNS

Keep It Alive 5k www.keepitalive5k.com

Select Event: (tick only one box)

Kingston ☐ Montego Bay ☐

Please submit one form per race

Participant Registration Form

EVENT: Run ☐ **Walk** ☐ **Wheelchair** ☐

Last name: ____________ **First name:** ____________ **Middle Initial:** ___

Date of Birth, *(**Optional)* ___ (Day) ___ (Month) ___ (Year) **Gender:** ___ (M/F) **Contact Number:** ___-____

Email ____________

Emergency Contact:

Last name: ____________ **First Name:** ____________

Contact Number ___-____ **Relationship** ____________

To request an official Guardian Group "Keep it Alive" 5K Night Run T-shirt, please indicate below. T-shirts may be purchased at an additional cost of **$700**.

T-Shirt Required: Yes ☐ **No** ☐ **Indicate size:** XS ☐ S ☐ M ☐ L ☐ XL ☐ XXL ☐

***Not entering your date of birth disqualifies you from any age related prizes.*

Please read and sign this waiver/release:

I know that participating in a run/walk/wheel race is potentially hazardous. To participate I MUST be 10 years old or older on the race day, medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the event, including but not limited to falls, contact with other participants, the effect of weather including high heat and/or humidity, and the conditions of the road and traffic on the course. All of these risks are known and appreciated by me. Baby strollers, roller blades and bicycles are not allowed in the race event. Having read this waiver and knowing these facts and in consideration of your acceptance of my entry, I, for myself, and anyone acting on my behalf, waive, release and hold harmless Guardian Group Foundation, its parent company, subsidiaries and related entities, the beneficiary charities and all benefiting suppliers, all sponsors, all the aforementioned parties, respective directors, officers, employees, agents, assigns, representatives and successors and any individual or group associated therewith, from and against all claims, damages, liabilities, costs and expenses of any kind including reasonable attorney's fees arising out of my participation in this event, even though that liability may arise out my negligence or carelessness, and/or the negligence or carelessness of any individual or organization named in this waiver. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings, verbal or written statements, or any other record of this event for any legitimate purpose without my consent. I am of legal age, having read this release, fully understand it and freely agree to all of its terms.

X____

If you are under the age of 18, you must have a parent or guardian's signature

Payment Received: ☐ ***(For Official Use Only)***

_ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ ✂ **Please cut here and return the Waiver and Registration Form to the Guardian Group Secretariat or your Team Captain** ✂ _ _ _ _ _ _ _ _ _ _ _ _

Instructions:

1. To enter the Guardian Group "Keep it Alive" 5K Night Run, complete the entry form above, read the waiver/release carefully sign and return the form to your Team Captain. If you are not a member of a team, please return your form to Guardian Group Offices at 2-6 Trafalgar Rd. Kgn.5 or Unit 2, Fairview Office Park, Bogue Estate, Montego Bay. Note: **WAIVER/RELEASE FORMS MUST BE SIGNED BY EACH PARTICIPANT. INCOMPLETE FORMS OR FORMS BEARING THE SIGNATURE OF SOMEONE OTHER THAN THE PARTICIPANT WILL NOT BE ACCEPTED.** If you are under the age of 18 years old, the **WAIVER/RELEASE** must be signed by a parent or guardian. Entries are **NON TRANSFERABLE.**

2. The WALK race is for WALKERS only. If you intend to run or jog at any point during the race, you must enter the RUN race. Any participant in the WALK race who may be observed running will be disqualified by Race Officials and your company team will be ineligible for awards.

3. Each entrant will receive an official race bib with an embedded chip that will provide your personal time from start to finish. You must cross the timing mats at start and finish line in order to get a race time. BIBS are to be pinned to the FRONT of your shirt. Your BIB is labelled with your name and marked for the event you entered — the WALK, RUN or WHEEL race. You must wear the bib that is encoded with your own information. Do not switch or give your bib to anyone. **Fair play rules and honesty apply!**

4. Only entrants with RUN BIBS are to line up for the RUN race. Similarly, only entrants with WALK or WHEEL BIBS are to line up for the WALK or WHEEL races.

5. Each participant is responsible for knowing and complying with all the official rules and regulations. Failure to comply with the rules of the Guardian Group "Keep It Alive" 5K Night Run will subject you and your company team to disqualification.

6. Online registration is available for individuals**.** To access the registration website, please visit www.keepitalive5k.com

On Race Day: Be sure to arrive early at the Guardian Life Parking Lot for the pre-race Warm-up at 6:00 p.m. The 5 Kilometres RUN race starts promptly at 7:00 p.m.

Parking & Road Closure: Both races for Kingston and Montego Bay starts and end in the vicinity of the Guardian Group Offices. Please follow the directions of Traffic Wardens to designated Guardian Life Parking areas, where all participants should gather for warm-up activities.

A final note: The 2018 Guardian Group "Keep it Alive" 5K Night Runs are organized to promote fitness, company spirit and teamwork while raising money for the University Hospital of the West Indies, Mandeville Regional, Cornwall Regional and St. Ann's Bay Hospitals to have fun. You are already a winner for having made it to the START line!

Kingston Run: May 26, 2018

Registration: Mon. Mar. 26 – Mon. May 21, 2018

Package Pickup: Tues. May 22, Thurs May 24 – Fri. May 26, 2018

Pickup location: Guardian Life Head Office 12 Trafalgar Road, Kingston 5.

Montego Bay Run: Jun 2, 2018

Registration: Mon. Mar. 26 – Mon. May 28, 2018

Package Pickup: Wed. May 30 – Fri. Jun. 1, 2018

Pickup location: : Guardian Life Office Unit 2 Fairview Office Park, Montego Bay

MANDEVILLE REGIONAL HOSPITAL · ST. ANN'S BAY REGIONAL HOSPITAL · CORNWALL REGIONAL HOSPITAL

Please make cheque payable to: **Guardian Group Foundation Limited.** Submit this form with your donation cheque to: **5K Secretariat Guardian Life Centre, 12 Trafalgar Road, Kingston 5.** Email: GuardianGroupFoundation@myguardiangroup.com • Tel: 927-4105/946-4901 Fax: 978-4225