

## Walk/Run Entry Fee

- \$35 (1/4/2017 - 14/9/2017)
- \$20 Under 16
- \$25 Senior
- \$45 Late entry fee (15/9/2017 - 16/9/2017)
- \$20 Running singlet

Entry Fee Event \$ .....

Donations \$ .....

TOTAL \$ .....

Entry fee includes walk/run and bottle of water

Cash  Cheque  Money Order  Credit Card

Card Type: VISA  MASTERCARD

Cheques made payable to Cancer Council Tasmania reference 'Women's 5k'

Credit Card Number

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Expiry Date                      CCV

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Name on Card

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Card Holder's Signature

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## Warning, Release and Indemnity

**RISK WARNING:** This is a physically demanding event and requires training and fitness. It is a recreational activity that involves a significant risk of impairment of a participant's physical condition or injury and even death from various causes including participants, spectators or road users.

**DECLARATION, WAIVER AND RELEASE:** In consideration of, and as a condition of acceptance of my entry in the Women's 5km Run/Walk, I declare and agree that:

1. I am physically fit and have trained for this event. I am not aware of any medical condition, impairment, disease, illness or any other reason why I should not participate in the event and that I have not been advised by a qualified medical practitioner not to participate. Where I become aware of any medical condition or impairment, or am otherwise sick or injured prior to or during the event, I will withdraw from or discontinue my participation in the event.
2. My participation in the Women's 5km Run/Walk is at my own risk and I acknowledge the above risk warning.
3. I release the Event Organiser, its officers, committees, agents, representatives, members and event sponsors, from and against any claims of any kind (whether at tort, contract or statute) including personal injury, death or property damage, however caused (including negligence) and arising out of my participating in the Women's 5km Run/Walk.
4. I understand and acknowledge that the Event Organisers do not make any warranty (implied or express) that event services will be provided with due care and skill.
5. I indemnify the Event Organisers, its officers, committees, agents, representatives, members and event sponsors, from and against any claims made against them arising from personal injury, death or property damage caused to another person by me in the course of my participation in this event.
6. My name, likeness and image may be recorded and used by Event Organisers (in any form of media) for activities associated with or incidental to this event, including the promotion of the event, without my permission and without any form of compensation to me.
7. I consent to receiving treatment from a qualified medical practitioner during or immediately after the event if unable to provide consent at the time such treatment is deemed to be required.
8. If I am a wheelchair participant, accompanied by a carer, I understand that I will not be able start until my carer has signed a disclaimer.
9. If I am a participant with a pram, I understand that the child who accompanies me is also a party to this declaration and waiver.
10. This agreement is governed by the laws of Tasmania. If any part of this agreement is held to be invalid or otherwise unenforceable then that part will be deemed to be severed without affecting the enforceability of the remainder of this agreement.

SIGNED BY ENTRANT (or parent/guardian if under 18)

Date / / 2017

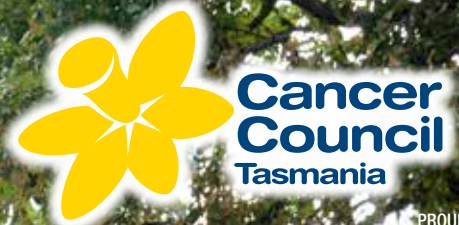
Cancer Council Tasmania Women's 5km walk/run commences at 10am starting and finishing in City Park.

The atmosphere was amazing



Had a ball can't wait to run again

Best fun run ever!



PROUDLY SUPPORTED BY



**17 September 2017**  
**City Park** Launceston  
 5k starts @ **10am**

www.womens5k.com



**Yoga at 8:30am** – join us for a gentle yoga stretch session.

**Dance Fit** – 9am-9.30am Fun + Fitness +Dance

**Warm up session** – 9.30-9.45am

**Dress Code:** Please wear pink to show your support. Imagination and dressing up is encouraged on this day. \*a limited supply of 10th Anniversary running singlets will be available for purchase.

**Refreshments:** Refreshments will be provided at approximately the 2k mark and finish line

**Finishing:** At the end of the run/walk all competitors will receive a free bottle of water and fruit. Spot prizes will be drawn on the day.

**Paint the park pink:** Following the Women's 5km relax in the park and enjoy healthy refreshments, visit our Prevention & Support network and meet other allied Health Professionals. They will all be on hand to answer any questions about early detection and support services.

**Fundraising:** Raise funds for Cancer Council Tasmania through your participation in this event. All funds raised for Cancer Council Tasmania stay in Tasmania

**Bag minding:** Bag minding will be available for a \$2 donation.

### Chest numbers

Collection and use of - Chest numbers are to be worn clearly visible on the front of your t-shirt. Numbers can be collected from Harcourts 112-114 George Street Launceston (near O'Keefe's) on: Friday 15th September 9am-3pm & Saturday 16th September 9am-3pm.

City Park: Sunday 17th September 8am-9:45am

*Please note we strongly urge you to collect your numbers before the date of the event. This will ensure a more streamlined entry process.*

### Restrictions:

- NO bicycles,
- NO roller blades,
- NO dogs (guide dogs exempted),
- NO skateboards,
- NO scooters.

### Entry information & conditions:

- Online entries at [www.womens5k.com](http://www.womens5k.com)
- Cash entries taken at Harcourts, 112-114 George Street, Launceston & Cancer Council Tasmania 69 Howick Street Launceston
- Postal entries close 11 September 2017
- Online entries close 14 September 2017
- Late entries taken on the 15th & 16th of September at Harcourts, during chest number collection.
- Paper entries available at: Cancer Support Centre, Harcourts, Foot & Playsted, LAFM and chilli FM.

# Entry Form 2017

**How to enter:** carefully and legibly complete the entry form and sign the declaration below OR enter online at [www.womens5k.com](http://www.womens5k.com).

Post entries to 69 Howick Street, Launceston 7250

Pay in person at Harcourts, 112-114 George Street, Launceston OR Cancer Council Tasmania 69 Howick Street, Launceston

### Please Print

Preferred First Name

Surname

Postal Address

Suburb/Town

State/Country

Postcode

Telephone (Home)

Email Address

Telephone (Mobile)

Date of Birth

Race Day Emergency Contact Name & Phone Number

Pram Entry (no cost)

Under 6 (no cost)

Full Name

Team Name

For any enquiries regarding the event please visit the website: [www.womens5k.com](http://www.womens5k.com) or contact: 03 6779 1109 [stivan@cancertas.org.au](mailto:stivan@cancertas.org.au) Event Organiser Sheila Tivan

