



8th ANNUAL DON FARQUHARSON HARRIERS RELAY CHAMPIONSHIP

(Sponsored by Brooks Canada and C.M.A.A.)

Place: Sunnybrook Park, Toronto, Ontario
(Take first left off of Leslie Street, north of Eglinton Avenue East)



Date: Sunday, October 21, 2007 Registration begins at 11.30 a.m. The race starts at 1.00 p.m.

This relay event is designed as a club race but is also open to individual runners as outlined below. We encourage runners of all abilities to participate as this is an enjoyable event. Refreshments will be served in the pavilion after the race.

If you wish to participate, please complete the "Entry Form" on the next page and mail it together with the entry fee (make cheques payable to C.M.A.A.) to:

Jack Castle, "Don Farquharson Harriers Relay Championship"
303-123 Bellamy Rd. N, Scarborough, Ontario, M1J 2K9
to be received no later than noon, Wednesday, October 17, 2007

Race Director: Jack Castle (416) 426-7325 or (416) 438-3601.

Eligibility: Men and Women 30 and over - on October 21, 2007.

Distance: Each loop is approximately 4 kilometres.

Course: The course is one loop, undulating, suitable for "flats" or spikes.

Teams: Teams will comprise three runners: results are calculated on age-graded times, therefore a team may consist of any combination of men and women of any age (within the limits specified above). A club may enter any number of teams, **BUT all members of any team must be bona-fide members of that club to be eligible for team awards.** However, there is one exception to this rule: where competitors are from outside Ontario and not members of the same club, they are allowed to form a team and be eligible for team awards.

Individuals: Individuals not running for a team may compete for individual awards but must run the first "leg" of the relay.

Age Grading and Awards: Results will be calculated based on age-graded times using the latest WMA tables we have available. A team's age-graded score will be the average of each member of the team's scores. The highest averages will determine the teams finishing in first, second and third place.

Each member of the first, second and third qualifying teams will receive an appropriately worded plaque. In addition, if not already placing as one of the first three teams, the highest age-graded all female team will also be awarded an appropriately worded plaque.

Last but not least, each of the first three overall male and female individuals (running as a member of a team or as an individual) will receive a specific award.

Team Declaration: Teams must declare running order prior to the race date. Once having declared, the composition or order may only be changed with permission of the race director. **Such permission will not be given less than 45 minutes before race time.** Any team found to have changed runners or running order without permission will be disqualified.

Awards Ceremony: The awards ceremony will take place in the pavilion after the race. Light refreshments will be served to competitors and guests.

ENTRY FORM FOR THE 2007 DON FARQUHARSON HARRIERS RELAY CHAMPIONSHIP

If this is an individual entry (or you are the contact person for the team), please complete 'Section A'. If a team entry, then all three team members' names must be entered in 'Section B' in the order in which they intend to run. Please print and don't forget to sign the waiver at the bottom of the entry form on which provision is made for both individuals and teams to sign.

Please check box applicable - Is this a team entry? Is this an individual entry?

Section 'A' (Individual):

Last name _____ First name _____

Street Address _____ Phone No. _____

Town _____ Province _____ Postal Code _____

Club (if any) _____ Age on October 21, 2007 _____ M/F _____

Section 'B' (Team):

Names of Team Members

Runner #1 _____ Age on October 21, 2007 _____ M/F _____

Runner #2 _____ Age on October 21, 2007 _____ M/F _____

Runner #3 _____ Age on October 21, 2007 _____ M/F _____

I enclose: \$15.00 individual or \$45.00 team

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303-123 Bellamy Road North, Scarborough, Ontario, M1J 2K9
to be received no later than noon, Wednesday, October 17, 2007.

Release, Waiver and Indemnity

In consideration of the acceptance of my application to participate as an entrant in the Don Farquharson Harriers Relay Championship, I for myself, my heirs, executors, administrators, successors and assigns hereby waive and forever discharge the City of Toronto, Canadian Masters Athletic Association, Brooks Canada, the Meet Director, all Meet Officials and any and all of their agents of and from all claims demands, damages, costs, expenses, actions and causes of action, whether in law or in equity, in respect of death, injury, loss or damage to my person or property howsoever caused, arising to or to arise by reason of my participation in the said event, whether as spectator, participant, competitor, or otherwise whether prior to, during or subsequent to the event and notwithstanding that same may have been contributed to or occasioned by the negligence of the aforesaid. I further hereby undertake to hold and save harmless and agree to indemnify all of the aforesaid from or against any and all liability incurred by any or all of them arising as a result of, or in any way connected with my participation in the Don Farquharson Harriers Relay Championship. In submitting this entry, I acknowledge that I have understood and agreed to the above waiver, and I warrant that I am physically fit to participate in the event.

Individual:

Please print name here _____ Signature _____

Date _____

Team:

Runner #1 please print name here _____ Signature _____

Runner #2 please print name here _____ Signature _____

Runner #3 please print name here _____ Signature _____

Date _____