

RIDGE RAMBLE REGISTRATION

Name _____ Home Town/Team _____

Gender (please circle) Male Female

Runners “running up” must circle the distance they are running, for example a Grade 8 who wishes to run the 4.7 km course must circle “Grade 10-12”

Category (please circle)

Gr.1-3 (1.3 km)	Gr.4-6 (1.3 km)	Gr.7-9 (3 km)	Gr. 10-12 (Boys 6 km, Girls 4.7km)
Open (<35) (6 km)	Masters I (35-49) (6 km)	Masters II(50+) (6km)	

In consideration of accepting this entry, I hereby for myself, heirs, executors and administrators, waive and release Wolverine Nordic and Mountain Society, the Wolves Cross Country Running Series, the organizers, representatives, and assigns for any and all injuries suffered by me in the said event. I agree to let my name, picture, and/or results be published and or/broadcast in the media and or/ on the internet.

Date: _____ Signature of athlete/guardian _____

Fee: \$ 5.00 per/person

For **pre-registration**, please fax form to Linda Helm at (250) 242 4076 by Thursday October 1st.