

Entrants 18 years and under must obtain their parent's or guardian's signed permission on entry form. In consideration of your accepting this entry form the undersigned, intending to be legally bound hereby for myself my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against the organisers of the events and any and all sponsors and their representatives, successors and assigns for any and all injuries suffered by me in said events including pre and post race activities. I attest and verify that I am physically fit and have trained sufficiently for the completion of this event and my physical condition has been verified by a licensed Medical Doctor. Further, I hereby grant full permission to any and all foregoing to use any photographs, video tapes, motion pictures, recording or any other record of this event for any legitimate purpose.

SIGNATURE OF PARENT/GUARDIAN (IF UNDER 18)

DATE

SIGNATURE OF PARTICIPANT

REGISTRATION CENTRES

Registration is from August 3rd to September 11th at the following SCOTIABANK BRANCHES during banking hours:

ARIMA	COUVA	SANGRE GRANDE
DIEGO MARTIN*	MARABELLA	SCOTIA CENTRE
CHAGUANAS	PORT OF SPAIN	SAN JUAN
MARAVAL*	SAN FERNANDO	TUNAPUNA
TRINCITY*	PRICEPLAZA*	

Registration can also be done at Kenny's Sports Centre, Chacon Street, Port of Spain and Long Circular Mall, St. James.

* Mall branches open until 5:00 p.m.

2008 TOP 500 WINNERS REGISTRATION

at Port of Spain branch (Independence Square) ONLY.

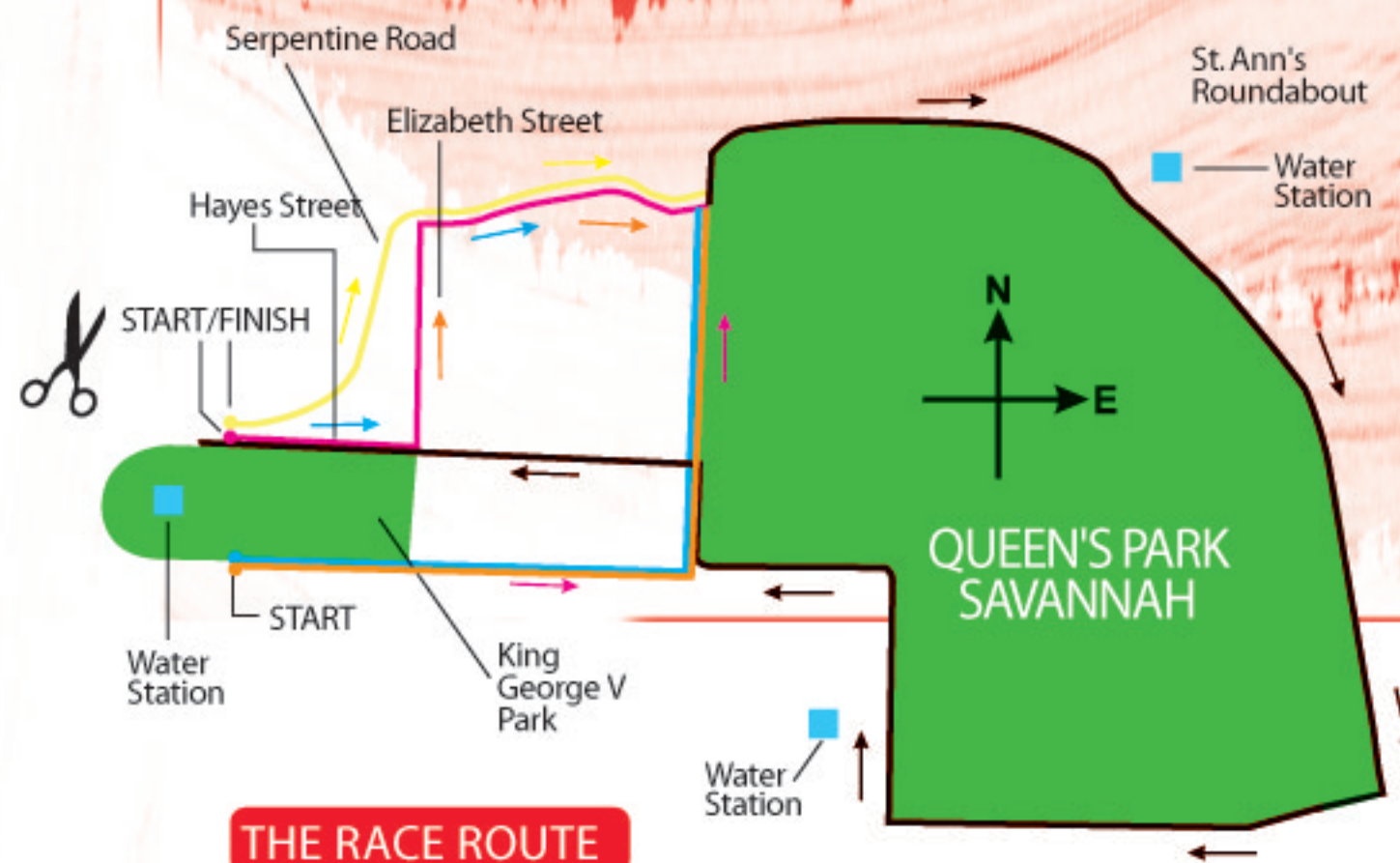
MOTHER/DAUGHTER REGISTRATION

at Kenny's Sports Centre, Chacon Street, Port of Spain branch ONLY.

Registration fee: \$40.00

Registration fee plus t-shirt: \$90.00

THIS YEAR'S RACE WILL BE OPEN TO
4,500 entrants
ON A FIRST-COME FIRST-SERVE BASIS.



THE RACE ROUTE

- Starting route for Club 500 runners
- Starting route for Team category runners
- Starting route for Open category runners
- Starting route for Mother/Daughter category runners



* Trademark of The Bank of Nova Scotia, used under licence.



WOMEN AGAINST BREAST CANCER



11th Annual

5k Classic



Heel to Heal

King George V Park, Port of Spain
Saturday 12th September, 2009. 4:00 p.m.

Conducted by Trinidad and Tobago Road Runners Club

This event is funded by the



