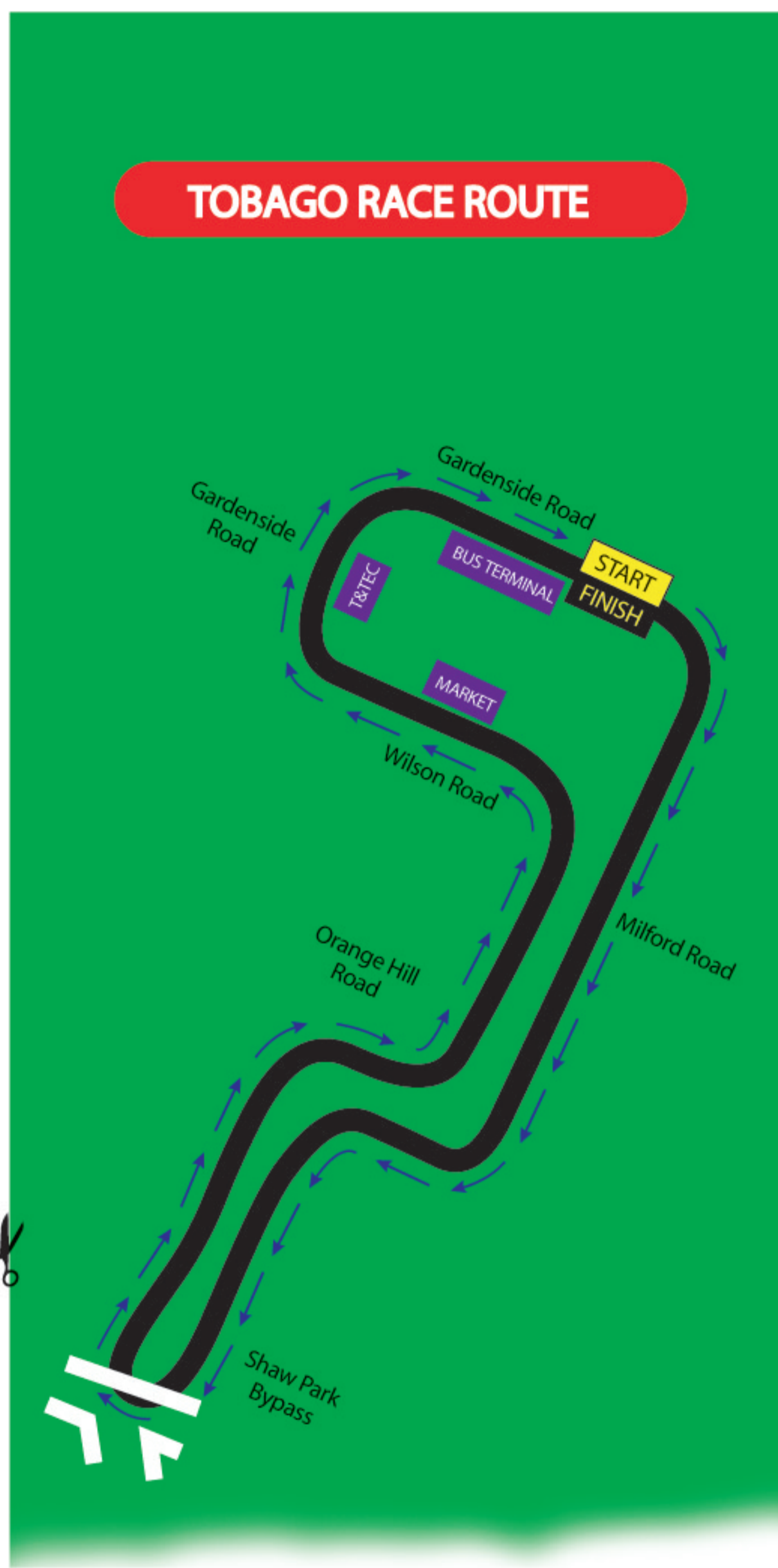


Entrants 18 years and under must obtain their parent's or guardian's signed permission on entry form. In consideration of your accepting this entry form the undersigned, intending to be legally bound hereby for myself my heirs, executors and administrators, waive and release any and all rights and claims 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



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



WOMEN AGAINST BREAST CANCER




11th Annual
5k Classic



Heel to Heal

Scarborough, Tobago
Saturday 12th September, 2009. 4:00 p.m.

Conducted by Trinidad and Tobago Road Runners Club

This event is funded by the  **Scotiabank TRINIDAD & TOBAGO FOUNDATION**
There where you need us

