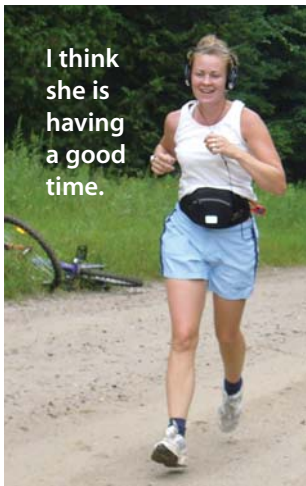
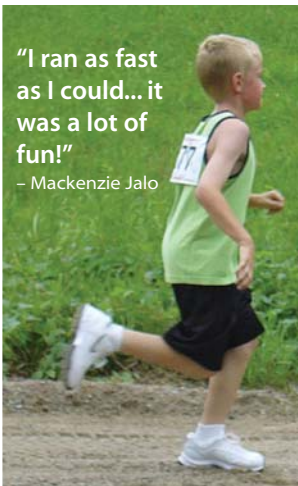


You Can Do It!

5K WALK RUN



I think she is having a good time.



"I ran as fast as I could... it was a lot of fun!"

- Mackenzie Jalo

TO ENTER:

Fill out the enclosed registration form and mail with your cheque to:

LWRA Challenge
Limerick Lake Lodge and Marina
123 Limerick Lodge Road,
Gilmour, ON K0L 1W0

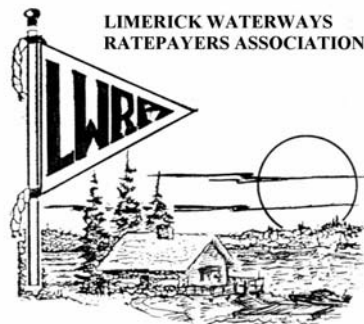
OR

Drop off your registration form and pay by cash, debit, cheque or credit card at Limerick Lake Lodge & Marina.

Registration ends at 9:45 a.m. on race day.



REGISTRATION FEE \$25



THANK YOU SPONSORS



Your logo here

Your logo here

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LIMERICK WATERWAYS 5K CHALLENGE



**Limerick Lake Lodge and Marina
July 26, 2008, 10:00 a.m.**





LIMERICK WATERWAYS
 5K CHALLENGE

Congratulations to all 2007 participants!

Get out and have some fun!

Join us for this event in the beautiful Limerick Lake area. The winning male and female runners will have their names engraved on the Race Cup, which will be displayed at Limerick Lake Lodge & Marina. There will be prizes and other cool stuff, so come out and enjoy!

Challenge a friend
Challenge Yourself!



Start training now ...

go to: www.lwra.ca
 and download a training schedule

Saturday July 26, 2008
10:00 a.m. sharp
 Rain or shine
Limerick Lake Lodge and Marina
 123 Limerick Lodge Road
 Gilmour, Ontario
 (see map on reverse)

Arrive early, road access to the Marina will be closed at 9:45 a.m.

REGISTRATION FORM: Please print clearly

Name: _____
 Address: _____
 Phone number: _____
 Email address: _____
 Shirt size : S M L XL
 I am entering as a: Runner Walker
 Indicate form of payment: Cash Debit Credit Card Cheque
 I have read the the release waiver and agree to the terms. _____
 Signature _____ Date _____

RELEASE WAIVER AND INDEMNITY:

Please accept my entry in the Limerick Waterways 5K Challenge. I hereby state I have conditioned myself to participate in this event. I, for myself, my heirs, executors, administrators, successors, and assigns HEREBY RELEASE, WAIVE, AND FOREVER DISCHARGE Limerick Township, The Ontario Provincial Police Service, The Ontario Provincial Police Services Board, The Chief of Police, Limerick Lake Lodge and Marina, Limerick Waterways Ratepayers Association, event organizers, and all other associations, sanctioning bodies and sponsoring companies, and elected and appointed officials, successors and assigns, OF AND FROM ALL claims, demands, damages, costs, expenses, actions and causes of action, whether in law or equity, in respect of death, injury, loss or damage to my person or property HOWSOEVER CAUSED, arising 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 SAFE HARMLESS AND AGREE TO INDEMNIFY all of the afor. said from and 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 said event. Further, I hereby agree to receive periodic mail and email from Limerick Waterways Ratepayers Association only. Personal information collected by Limerick Waterways Ratepayers Association is for registration and results purposes only, and will not be shared with other companies or organizations. BY SUBMITTING THIS ENTRY, I ACKNOWLEDGE HAVING READ, UNDERSTOOD, AND AGREE TO THE ABOVE WAIVER, RELEASE and INDEMNITY. I WARRANT that I am physically fit to participate in this event.