



# 5th Annual LSLBO Bird 5K or 10K Fun Trail Run/Walk



**Sunday, June 7, 2009**  
**At the Boreal Centre for Bird Conservation**  
 (off Hwy. 88, 18 kms north of Slave Lake)  
**10:00 am Start**

**Entry Fee: \$10/person** (Deadline: 9:30 am, Sunday, June 7th)  
*Entry Fee includes refreshments during/after event and a certificate for an adopt-a-bird from the Boreal Forest. Check out the BCBC and Songbird Festival afterwards!*

Please make cheque payable to the Lesser Slave Lake Bird Observatory  
 Entries can be mailed to: BCBC, Box 1076, Slave Lake, AB T0G 2A0  
 Fax: (780) 849-8239 Phone: (780) 849-8240

## Entry Form—5th Annual LSLBO 5K or 10K Fun Trail Run/Walk

Name: \_\_\_\_\_  
 Address: \_\_\_\_\_ City/Prov/Postal Code \_\_\_\_\_  
 Phone: \_\_\_\_\_ Email: \_\_\_\_\_  
 Gender (circle one): **M** or **F** Birthdate/Age: \_\_\_\_\_  
 Event (circle one): **5K** or **10K**

**Waiver:** I know that physical fitness events have potentially hazardous activities associated with them. I should not participate prior to approval by my physician. I assume any and all risks associated with the event including but not limited to falls, contact with other participants, the effects of weather including high heat and/or humidity, the conditions of the roads, all such risks being known and appreciated by me. Knowing these facts, in consideration of the Lesser Slave Lake Bird Observatory, event sponsors, volunteers and the organizers accepting this entry, I hereby for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages sustained by me as a result of this event, for any cause whatsoever, including negligence. I further state that I give permission for the free use of my name in picture, broadcast or written account of this event.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent's Signature (if under 18): \_\_\_\_\_