

THE ANNUAL

SEIZE THE DAY

5K RUN/2.5K WALK

IN SUPPORT OF

epilepsy
southwestern
ontario

REGISTRATION FORM (PLEASE PRINT CLEARLY)

Help raise funds for epilepsy support and education.

FULL NAME

ADDRESS (INCLUDE APT. NUMBER/ R.R. NUMBER)

CITY

PROVINCE

POSTAL CODE

PHONE NUMBER (INCLUDE AREA CODE) TEAM NAME (IF APPLICABLE)

TEAM CAPTAIN

EVENT CITY

PLEDGE SHEET, CASH & CHEQUES DROP OFF:

LONDON HEAD OFFICE

797 York Street, Unit 3
London, ON N5W 6A8

Our office is by appointment only so please schedule an appointment for drop off. Please email bailey@epilepsyswo.ca to arrange a drop off time.

To be eligible for any prizes you need to submit your pledges and money to our office by Thursday, September 23, 2021.

PARTICIPANT RELEASE AND WAIVER:

Everyone must sign this waiver. If under 18, a parent or guardian must sign.

In consideration of your acceptance of this registration, I hereby for myself, my heir, executors and administrators waive and release any and all rights and claims for damages I may have against Epilepsy Southwestern Ontario, their representatives, successors, and assigns, or against officers, directors, or representatives of any of the above for any or all injuries suffered by me in Seize the Day Walk/ Run. I also give permission for the free use of my name and/or picture in any broadcast/teletcast or other account of this event. I further attest and certify that I am physically fit, and have sufficiently trained for participation in this event, and my physical condition has been verified by a licensed medical doctor.

Charitable Reg. No. 11890-0802-RR0001.

FIND EVENT
INFORMATION
AND DATES
ONLINE
epilepsyswo.ca

Collect \$150 in pledges by August 30, 2021, and you will receive a free event t-shirt. Must select size when registering below.

T-SHIRT SIZE ADULT XS - 2XL
YOUTH YXS - YXL

- Each participant will receive only **ONE** t-shirt if they reach the \$150 goal.
- Team donations will not count towards individual prizing, so please plan accordingly. If you're a team captain, ensure each of your team mates are reaching the \$150 goal if they'd like an event t-shirt.
- Predetermined pick up locations TBD.

SIGNATURE OF PARENT/ GUARDIAN IF APPLICANT IS UNDER 18

PARTICIPANT'S SIGNATURE

DATE

DATE

