

2020 ERGfit Indoor Rowing 10km, Half & Full Marathon

Name:

Address:

Suburb: Postcode: State:

Email Address:

Mobile: D.O.B: / / Age (on race day):

Gender M / F Club / School / Organisation / Team Name:

Date & Event	Event (please tick)	Predicted Times & Aver/500m
Saturday 15 th February – 10km (12pm start)	<input type="checkbox"/>	10km Time: Split:
Saturday 28 th March – ½ Marathon (12pm start)	<input type="checkbox"/>	½ Marathon Time: Split:
Saturday 9 th May – full marathon (6am start)	<input type="checkbox"/>	Full Marathon Time: Split:

Payment Details: (Please tick)

Direct Deposit into "ERGfit" bank account (to be received 3 days prior to Race day)

Bendigo bank BSB: 633 000 Account: 1277 30935 Reference: Your name

Credit Card VISA MasterCard

Card Number: _ _ _ _ / _ _ _ _ / _ _ _ _ / _ _ _ _ Expiry Date: _ _ / _ _

Name on Card: CVV No: _ _ _

Signature:

Entry Fee Options: \$22.50 per event \$ _____

Total \$ _____

Terms & Conditions:

- Please choose the events you wish to enter.
- Entry fees are \$22.50 per event. All monies are non-refundable & payable prior to race day.
- Doors open at 11.30am with events commencing at 12pm. Rowing should conclude by 1.00pm for the 10km, 2.30pm for the ½ marathon & start time is 6am for the full marathon.

IMPORTANT: Medical Recommendation. If on race day you feel unwell, or have recently been suffering from a virus, we recommend that you do not race. Indoor racing requires maximal effort and the event organisers take no responsibility for illness or injury caused as a consequence. If you have any doubts you should seek medical advice prior to racing.

Informed Consent:

ERGfit Indoor Rowing & Training Studio provides indoor rowing races, instructor courses, group fitness classes and LEARN 2row programs for all ages & levels of fitness. The information obtained will be treated as confidential & will not be released or revealed to anyone without your consent. Your right to privacy is important to us.

The health and safety of all participants at ERGfit Indoor Rowing & Training Studio is our prime concern.

I have read this consent form and understand what I will be participating in. I agree to withdraw my right to make any claim of any kind whatsoever against "ERGfit" for any injury or illness arising directly or indirectly from the indoor racing series or any advice that I have received from "ERGfit".

I understand that any photographs or videos taken during this course may be used for instructional & promotional purposes without payment of any kind to you and without further notice to you or permission from you.

Please tick if you **do not** wish for your photo / video to be taken. No photos / videos please.

Signature of Participant

Signature of Witness

Date: / / Date: / /