

SPCCAA Runners' Team 2018

SPCCAA is now forming our inaugural Runners' Team and calling for all outdoor and fun loving alumni runners! You may find motivation and inspiration from being part of a group. Whether it's casual or competitive, we hope to push you go deeper than you may on your own. Moreover, you get to make new friends who share this common interest.



All levels of runners are welcome. There will be group training sessions and 2-3 races to participate in.

Interested alumni please fill in and return this registration form to Ms Carroll Yeung at St. Paul's Co-educational College Alumni Association, No. 33 MacDonnell Road, Hong Kong or email to spccaa@spccaa.org on or before 31 March, 2018.

SPCCAA Runners' Team 2018 Application Form

To: St. Paul's Co-educational College Alumni Association Limited
33 MacDonnell Road, Hong Kong
Tel: 2877-2885 Fax: 2522-2255 Email: spccaa@spccaa.org
Whatsapp: 9222-0776

Name: _____ (English) _____ (Chinese)

Year of Graduation: _____

Telephone No: _____

Email address: _____

Address: _____

***Cost: No enrolment fee to our association is required. Training sessions are free, but please be prepared to pay for your own race entry fees and for the cost of team uniform. ***

Experience:

No Experience 5km race 10km race Half-marathon Full marathon

SPCCAA Runners' Team 2018 Application Form

Declaration

I declare that I do not suffer from any illness/disability that renders me unfit to participate in the above activity. I will immediately notify SPCCAA if, for any reason, my health subsequently renders me or may render me unfit to participate in the above activity. I fully accept that SPCCAA will then consider whether I should, in the interest of safety or the safety of the other participants, continue to be allowed to further participate in future sessions and that his/her/the decision of SPCCAA will be final.

Where trainers are in place, I agree to follow the trainer's instructions. I agree that this may be a verbal, visual, physical or demonstrative form of communication. I will ask for further clarification of any ambiguous and/or inaudible instructions. I understand that I will be asked to leave a session immediately if deemed to be deliberately ignoring the instructions from the trainer.

Assumption of Risks and Disclaimer of Liability

As a participant in the above activity, I recognize and acknowledge that there are certain risks for physical injury and I agree to assume the full risk of physical injuries, including death, damages of loss which I may sustain as a result of participating in any and all activities connected with or associated with the SPCCAA Runners' Team.

I recognize the risk of harm due to the hazards inherent in the activity and that serious injuries can and do occur. I accept the full responsibility for any injuries that may occur to me as a result of my participating in the SPCCAA Runners' Team. I waive any and all liability against Saint Paul's Co-educational College Alumni Association Limited, SPCCAA Events Limited, their officers, coaches, trainers, volunteers, affiliated organizations, sponsors, and the owners and operators of any facility utilized by SPCCAA Runners' Team, and hereby release and discharge the same, from any claim, loss, injury, cost, damage or expense incurred/sustained by me or on my behalf as a result of my participation in the SPCCAA Runners' Team.

Notes:

1. Enrolment is offered to SPCCAA members only.
2. Successful registrants will be notified of their enrolment status by email in March 2018.
3. SPCCAA reserves the right to change the venue and date of the class due to unforeseen circumstances.
4. Bad weather arrangement: A training will be cancelled if typhoon signal no. 3 or above/ Red Rainstorm Warning is hoisted 2 hours prior to the commencement of the session. In the event that a training is cancelled due to bad weather, a make-up session will be arranged.

Print name: _____

Signature: _____ Date: _____

Emergency Contact Person

Name: _____

Mobile: _____