

**FIT4life** presents



**Sunday, 30 September 2012 - Prampram—Tema—Accra**

To enter, register online from our website or complete and return entry form with payment to the FIT4life offices on So. Liberia Rd., near the Kojo Thompson intersection, next to the Coral Paints car park in Tudu, Accra, GHANA + 233 (0) 26 434 8637 or + 233 (0) 26 243 8348 • [www.aimghana.com](http://www.aimghana.com) • [info@aimghana.com](mailto:info@aimghana.com)

**Registration Fees:**

**Marathon:** \$85 before 1 May • \$95 before 10 Sep • \$105 by 29 Sep

**½ Marathon:** \$65 before 1 May • \$75 before 10 Sep • \$85 by 29 Sep

**10K:** \$40 before 1 May • \$45 before 10 Sep • \$50 by 29 Sep

**Corporate or Foreign Relay Team:** \$165 before 1 May • \$190 before 10 Sep • \$220 by 29 Sep

15% discount for kids under 15 and negotiated discount for large corporate groups

**Indigent Resident Ghanaian Registration Fees\*:**

*Slots are limited at these subsidized rates and will not be available after 20 September.*

**Marathon:** GHS50 before 1 Aug • GHS65 before 21 Sep • \$105 by 29 Sep

**½ Marathon:** GHS40 before 1 Aug • GHS55 before 21 Sep • \$85 by 29 Sep

**10K:** GHS35 before 1 Aug • GHS50 before 21 Sep • \$50 by 29 Sep

**Registration ends 29 September 2012 (No Race Day registration)**

*\*Subsidized rate is for locally-resident Ghanaians earning GHS600 or less. Not applicable to Corporate participants*

**PLEDGE FORM**

Increase your impact by asking family, friends, co-workers, etc., to sponsor your participation in this worthy cause.

NAME \_\_\_\_\_ PHONE \_\_\_\_\_

ADDRESS \_\_\_\_\_ E-MAIL \_\_\_\_\_

DONOR'S NAME (PLEASE PRINT)	PLEDGE AMOUNT
1	_____
2	_____
3	_____
4	_____
5	_____
6	_____
7	_____
8	_____
9	_____
10	_____

Continue donor listing on reverse of this form, or make additional copies of this form if needed. You may enclose your pledges with your entry or bring them to the run. Please do not mail cash. **TOTAL** \_\_\_\_\_

Raise GHS150 or more and win fabulous prizes. Visit [aimghana.com/fundraising](http://aimghana.com/fundraising) for details.

**2012 ACCRA INTERNATIONAL MARATHON REGISTRATION FORM**

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Gender: Female  Male  Date of Birth: 

D	D	M	M	Y	Y
Day	Month	Year			

 Age on 30 September 2012: \_\_\_\_\_ Country of birth/citizenship: \_\_\_\_\_

Event Category: Full Marathon  | Half Marathon  | 10k  | Relay  Team Name: \_\_\_\_\_

First Name \_\_\_\_\_ T-Shirt 

Singlet
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 Shirt Style \_\_\_\_\_

Last Name \_\_\_\_\_ XS S M L XL Shirt Size \_\_\_\_\_

Address \_\_\_\_\_

Phone(s) \_\_\_\_\_

E-mail \_\_\_\_\_

Profession \_\_\_\_\_

**Office use only**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

RISK OF PARTICIPATION IN THE EVENT BY SIGNING THIS GENERAL RELEASE AGREEMENT. I, the undersigned participant, on behalf of myself and on behalf of my personal representatives, assigns, heirs, executors, and successors hereby fully and forever release, waive, discharge and covenant not to sue Fit4life Co. Ltd., its affiliated corporations and charities, the host city(ies), regions and country, any and all municipal agencies whose property and/or personnel are used or in any way assist, all sponsoring or co-sponsoring companies or individuals related to the Event, together with their officers, directors, shareholders, successors and assigns, (collectively "Releasees") from all liability to me or my personal representatives, assigns, heirs, executors, and successors for any and all loss(es), damage(s) and any and all claims or demands therefore, on account of injury to me, my property or resultant death, whether caused by the active or passive negligence of all or any of the Releasees or otherwise, in connection with my participation in the Event. I agree to the use of my name and/or photograph in broadcasts, newspapers, brochures and other media without compensation. I agree that the entry fee paid is not refundable and not transferable under any circumstances. I hereby assume liability for any and all medical expenses incurred as a result of training for and/or participation in the Event. I am aware that this event is a strenuous and potentially dangerous activity. With knowledge of the risk involved, I hereby accept any and all risks of injury or death. I represent and certify that I am physically fit and I have sufficiently trained for this event. I have carefully read this agreement and understand its contents. I'm aware that this is a release of liability and a contract between myself and the Releasees and sign it of my own free will. I warrant that all statements made herein are true and correct and understand that Releasees have relied on them in allowing me to participate in the Event.

Signature of Participant \_\_\_\_\_ Date \_\_\_\_\_ Signature of Parent/Guardian if under 18 years \_\_\_\_\_

**IF PARTICIPANT IS UNDER AGE 18 HIS/HER PARENT OR GUARDIAN MUST SIGN THIS RELEASE AND WAIVER AGREEMENT.** I certify that I am the parent or guardian of participant, and my signature above certifies that my daughter/ son/ ward has my permission to participate in the Event. I have read and understand the foregoing RELEASE AND WAIVER OF LIABILITY AGREEMENT (above) and by signing intentionally and voluntarily agree to its terms and conditions. I further certify that my daughter/son/ward is in good physical condition and is able to safely participate in the Event. I hereby authorize medical treatment for her/him and grant access to my child's/ward's medical records as necessary and as stated above.