



# Church of The Holy Spirit 5K Walk/Run Do it!...With The Spirit



## Registration Form

The 2016 CHS Do it!..With The Spirit Walk/Run is a 5 Kilometer (3.1 mile) event that is open to runners and walkers of all fitness levels and abilities. Please be sure to review the race map thoroughly to get familiar with the route.

If you are unable to register through a participating team, you may enter as an individual by:

1. Registering online at [www.ondirun.com.jm](http://www.ondirun.com.jm). Print confirmation and submit along with cash payment to the Church of The Holy Spirit, 2 Cumberland Road, Portmore, Tel. 939-2569.
2. Registering manually by completing and submitting the Waiver Form and cash payment to the location noted above. No faxed entries will be accepted.
3. Entries will not be processed without payment of race entry fees of:
  - Adults and Children over 8 years without T-Shirt - **\$1 ,000 and \$1,200 with T-Shirt (on or before Sunday, March 20, 2016)**
  - Adults and Children over 8 years without T-Shirt - \$1 ,000 (after **Sunday, March 20, 2016**)
4. No entries will be accepted after the close of race registration on **Sunday, April 3, 2016**.
5. Switching of race events is NOT allowed once race registration is closed.

### Packet Pick-up and Race Info:

Race packets must be collected from Tuesday, April 12, 2016 up to Friday, April 15, 2016 at the Church of The Holy Spirit, 2 Cumberland Road, Portmore. There is NO race day packet pick-up.

Each entrant will receive an official race bib. Your bib must be pinned to the FRONT of your shirt.

Your BIB number is labeled with your name and marked for the event you entered -either the WALK, RUN or Senior race. Do not switch or give your bib to anyone.

Only entrants with RUN BIBS are to line up for the RUN race. Similarly, only entrants with WALK BIBS are to line up for the WALK race.

Individual entrants ARE NOT eligible for Team awards unless you are registered as part of a team. Each participant is responsible for knowing and complying with all the official rules and regulations. Failure to comply with the rules of the CHS Do it!..With The Spirit Walk/Run will subject you to disqualification.

Be sure to arrive at the Church grounds for the pre-race Aerobic Warm-up at 6:30 a.m. The RUN race starts promptly at 7:00 a.m. and is immediately followed by the WALK race. Don't be late as we will be starting on time.

If you have any questions, please contact Church of the Holy Spirit Office at 876-939-2569 or [churchholyspirit@yahoo.com](mailto:churchholyspirit@yahoo.com)

---

Contact  
Information

First name

Last name

Date of birth

Phone Number

Age group (Under 18/18 yrs and over)

E-mail

Male or female

Male

Female

---

**Race Category**

RUN

WALK

SENIOR (>60)

---

**Shirt Size**



Size

S

M

L

XL

NO  
SHIRT

Please read and sign this waiver/release

I know that participating in a run/walk is potentially hazardous. I will not enter unless I am at least 8 years of age on race day, medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the event, including but not limited to falls, contact with other participants, the effect of weather including high heat and/or humidity, and the conditions of the road and traffic on the course. All of these risks are known and appreciated by me. Baby strollers, roller blades and bicycles are not allowed in any race event. Having read this waiver and knowing these facts and in consideration of your acceptance of my entry , I, for myself, and anyone acting on my behalf, waive , release and hold harmless Diocese of Jamaica and the Cayman Islands, Church of The Holy Spirit, On di Run Events Management, the beneficiary charity and all suppliers, all sponsors , all the aforementioned parties, respective directors , officers, employees , agents , assignees , representatives and successors and any individual or group associated therewith, from and against all claims, damages , liabilities, costs and expenses of any kind including reasonable attorney 's fees arising out of my participation in this event even though that liability may arise out of my negligence or carelessness , and/or the negligence or carelessness of any individual or organization named in this waiver. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings, verbal or written statements, or any other record of this event for any legitimate purpose. I am of legal age , having read this release , fully understand it and freely agree to all of its terms .

---

Signature of Participant

Signature of Parent/Guardian if under age 18