



# The River's Spring Run Off - 10 km

Interior Road Race Series #4 • Timex Road Running Series #3

Sunday, March 15th, 2009 - 10 a.m.

Arthur Stevenson School, Bank Road, Kamloops B.C.



## Registration

Complete form below and mail with fee to:

Kamloops Ridge Runners, Box 958

Kamloops, B.C. V2C 6H1

OR REGISTER ONLINE AT:



## Race Day Entries & Packet Pick up

Race packets may be picked up at:

Runner's Sole, #75 1395 Hillside Drive,

Saturday, March 14th from 1 pm to 4 pm,

and at Arthur Stevenson School on race day before 9:30 am. Day of race registration cut off is 9:30 am.

NO EXCEPTIONS.

## Post Race

Awards and door prizes will be given out at Arthur Stevenson School gym. Runners must be present to be eligible for door prizes.

## Sponsors

We appreciate the assistance provided by our series sponsors: Canadian Tire, Timex, and BC Road Running, a division of BC Athletics.

### *More Information?*

Contact: Rick Cameron (250) 851-8605

rlcameron@shaw.ca



## SPRING RUN OFF ENTRY FORM

Sex: M \_\_\_\_\_ F \_\_\_\_\_ Age as of December 31, 2009 \_\_\_\_\_

Date of Birth: Year \_\_\_\_\_ Month \_\_\_\_\_ Day \_\_\_\_\_

Last name: \_\_\_\_\_ First name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: (\_\_\_\_\_) \_\_\_\_\_ Email: \_\_\_\_\_

2009 BC Athletics Number: \_\_\_\_\_

### FEES

Base (pre-entry) \$18

Non BC Athletics Members add \$3 \_\_\_\_\_  
(BCA Training Memberships must also add the \$3)

Day of Race add \$5 \_\_\_\_\_

TOTAL \_\_\_\_\_

Make cheques payable to: Kamloops Ridge Runners

WAIVER: In accepting my entry form for this race, I understand that the Organizers, BC Athletics and its divisions and/or Municipal Agencies/Sponsors shall not be liable for injury or loss to the athlete howsoever caused, whether through the negligence or wilful conduct of the officers, directors, employees, agents, or appointees of the association(s) and its divisions whether such loss or injury occurs while travelling to or from the event or while staying at or participating in the programs or activities of the event. I have read this waiver and fully understand its comments. The association has provided the opportunity to explain this to me.

\_\_\_\_\_  
Signature of Athlete (or parent/guardian if under 19)

\_\_\_\_\_  
Date (MM/DD/YY)

