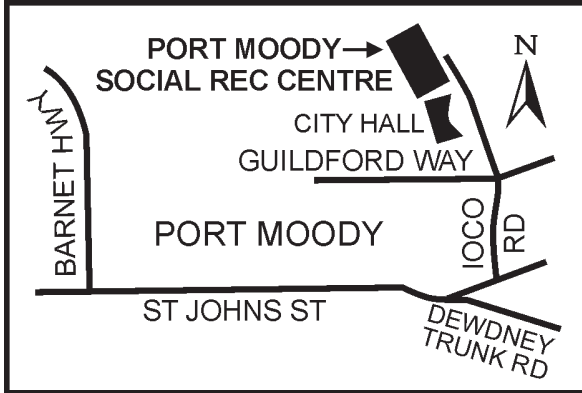
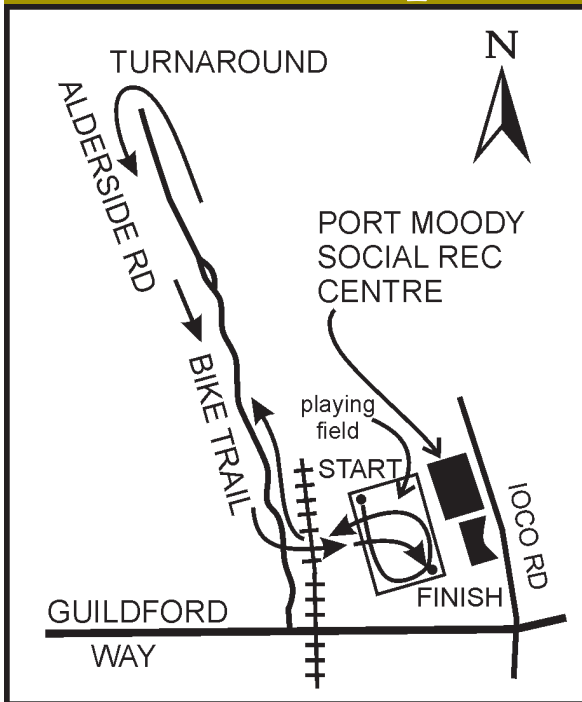


Race Location



Course Map



Sponsors



2009

2009



presents



MOTHERS DAY 5K

Spring Classic

Sunday, May 10th, 2009

in support of the:

Alzheimer Society
BRITISH COLUMBIA



Port Moody Social Rec Centre
300 Ioco Road, Port Moody BC

START TIME—9am

#11 in the 2009 Timex BC Road Running Series
#4 in the Lower Mainland Road Race Series



Entry Form

Official
Use: Bib #

Last Name _____

First Name _____

Sex: M F Age on May 10, 2009 _____

Birthdate: Month _____ Day _____ Year _____

Address _____

City _____ Prov _____ P.Code _____

Telephone _____

Email _____

Running Club _____

5k Mother/Child Competition*:

Teammate's full name _____

*5k only. Sign up for children's 800m & tots 100m race day only.

Registration Fees* Fees are non-refundable.

Please check one box: 19&U 20 yrs+

Received by Fri. May 1/09 \$ 14 \$ 17

Late & day of race \$ 19 \$ 22

BC Athletics "Athlete" members **DEDUCT \$3** _____

BC Athletics Membership # _____

*** \$2 of each entry fee goes to the Alzheimer Society of B.C.**

Total Enclosed: \$

Cheques payable to Phoenix Athletics

Mail to: 936 Thermal Drive, Coquitlam, BC V3J 6R8

WAIVER (must be signed): In consideration of the Organizers accepting this entry, I hereby for myself, my heirs, executors, & administrators, waive and release any and all right and claim for damage of any sort I may have against the Organizers and Sponsors, their agents, representatives, successors, & assigns, for any and all injuries suffered by me at this Race, or damage sustained by me as a result of this Race, for any cause whatsoever, including negligence. It is expressly understood by the undersigned that this Race is entered into at the sole risk of the undersigned & that the Organizers & Sponsors of the Race are exempt from liability for any & all damages sustained & any and all injury and loss, including personal property loss arising from any cause whatsoever, including negligence.

Participant Signature: _____

Date: _____
(Parent or Guardian must sign if participant is under 19 years of age.)

How to Pre-Register

- **On-line**—www.eventsonline.ca
- **Mail Entry Form**—(cheque enclosed), to 936 Thermal Drive, Coquitlam, BC V3J 6R8
- **In Person**—The Runners' Den, 239 Newport Village, Port Moody (cash or cheque made payable to Phoenix Athletics)

Awards & Draw Prizes

Draw prizes will be given out promptly after race. Race results to follow shortly afterwards.

Awards to first male & female overall: pair of running shoes courtesy of Runners Den

Medals to top 3 men & women as follows:
16 & Under, 17 to 19, 20 to 29, five year categories
30 to 34, 35-39, ... 70 to 74, 75+

Merchandise prizes to top 3 age-graded performances for both men and women

Mother/Child Award (5k race only): Teams to consist of 1 child, and his/her mother or grandmother. Individuals must **register and pay separately**. Both team members must complete the 5k under their own propulsion (i.e. babes in strollers cannot register as individuals). Finishing times will be added together—the team with the fastest **cumulative** time will win a prize.

Lots of Draw Prizes! Flower for all Lady finishers. Runners must be present to receive awards and draw prizes.

Donations

In addition to the \$2 from each entry fee, Phoenix will be donating a portion of the race proceeds to the Alzheimer Society of B.C. The club is also having a race-day collection for old running shoes in conjunction with The Runners' Den. So if you have any gathering dust in your garage or attic, bring them along!

Race Details

When

Sunday, May 10th, 2009
Start at 9:00 am SHARP

Start/Finish

Port Moody Social Recreation Centre,
300 loco Road, Port Moody. Start/Finish is on the playing field behind the Rec Centre.

Course Description

- 5K scenic out and back, mostly paved
- First mile split time
- Certified and accurately measured
- Baby Strollers Welcome!
- Restrictions: For runners' safety, dogs & bicycles are prohibited

Kids Races

Day of race registration only. Look for 'Kids Registration' table.

Tiny Tots (5 & Under)—100m starts 10am
Kids Fun Run (6 to 9)—800m starts 10:15am
Finishing ribbons for all participants.
Free for all children!
Prizes to the top boy and girl in Kids Fun Run

Facilities

Washrooms and showers available.

Awards & Refreshments

Provided after the race on the playing field near the finish line.

Day of Race Registration

7:30-8:30 am on the Playing Field behind the Port Moody Social Rec Centre, 300 loco Road, Port Moody

For further information contact:
Jim Thomson on 604-421-5394
or email: jthomson@telus.net