

## Participant Waiver

### **The River's Spring Run Off 10 km March 21, 2010**

In consideration of your accepting this entry, I hereby for myself, my heirs, executors and administrators waive and release the organizers of this event and its sponsors from any and all rights of claims and damages I may have against them, their representatives, successors and assigns, for any and all illness, injuries and/or losses I may sustain as a result of my participation in this event. I further hereby grant full permission to the race organizers, and the Interior Running Association (IRA), to use my name, gender, age, home town, and race results from this event in any publicity related to this event, including posting of the race results on the IRA and related running club websites. with the text of the waiver statement. I hereby acknowledge having read this Release and Waiver, and understand and accept its terms.

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

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Date (MM/DD/YY)

## Sponsors

We appreciate the assistance provided by our series sponsors:



## **The River's SPRING RUN OFF 10 km**

Interior Road Race Series #3  
Timex Road Running Series #5  
**Sunday, March 21st, 2010 - 10 am**  
*Arthur Stevenson School  
Bank Road, Kamloops BC*





# The River's SPRING RUN OFF 10 KM



**Kamloops Ridge Runners**  
*Keeping the pace for runners in  
the Kamloops area*

## Race Day Entries & Packet Pick up

Race packets may be picked up at:  
Runner's Sole, #75 1395 Hillside  
Drive, Saturday March 20th from  
1 pm to 4 pm, and at Arthur Stevenson  
School on race day before 9:30 am.

## Day of Race Registration

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. Long sleeved T-shirts  
will be available for sale on race day.



## For More Information

Visit [www.ridgerunners.bc.ca](http://www.ridgerunners.bc.ca)  
Or contact Karen King  
(250) 573-2080  
Email: [king\\_ak@telus.net](mailto:king_ak@telus.net)

## Registration

Mail a completed entry with the  
required fee to:  
Kamloops Ridge Runners  
Box 1044, Kamloops, B.C.  
V2C 6H2

Make cheque payable to the  
Kamloops Ridge Runners

OR REGISTER ONLINE AT:



## SPRING RUN OFF ENTRY FORM

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

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

Gender:  M  F

Age as of Dec. 31/10 \_\_\_\_\_

Birthdate (DD/MM/YY): \_\_\_\_\_

2010 BC Athletics Number: \_\_\_\_\_

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

City/Province: \_\_\_\_\_

Postal Code: \_\_\_\_\_

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

Email: \_\_\_\_\_

## 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  
Box 1044, Kamloops, B.C. V2C 6H2

OFFICIAL USE ONLY

\_\_\_\_\_

Bib #

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Category