

RIVER RUNNERS

OCTOBER 18th 2009

MIRACLE

BEACH

FALL FUN RUNS

5K & 10K

Run or Walk

+ Kids Help Kids 1K Run

*The best little road race on
Vancouver Island!
Proceeds benefit*



KidSport™ provides support to children in order to remove financial barriers that prevent them from playing organized sport.

Early Registration \$20 before October 16th

The first 150 registrants receive a FREE (\$15 value) Asics Drawbag!

\$30 day of race registration

Kids 1k is FREE (no pre-registration)

Register now at:

ShoreRunners

**#2- 1371 Greenwood Street
Campbell River, BC 286-1364**

**Race location: Miracle Beach
Provincial Park**

Registration Information:

Name: _____

Age: _____ Male Female

Email: _____

Circle Race Distance: 5k 10k

AGE CATEGORY: (on day of race)

15 and under	16 – 19	20 – 24
25 – 29	30 – 34	35 – 39
40 – 44	45 – 49	50 – 54
55- 59	60 – 64	65 – 69
70+		

Tel #: _____

Email: _____

Miracle Beach Fun Run Details:

A flat, combination loop and out-and-back, certified course (10K) starting at Miracle Beach parking lot. 5K race out and back along part of the 10k course.

Registration from 9:00-10:40am

All participants (both walkers and runners) for both the 5k and 10k start at 11:00am.

Water stations on course; food provided for participants post-race.

Wheelchair & stroller friendly – sorry no bikes.

Kids 1K Run at 12:25 – gather at Start line.

Open to children of all ages; participants under 10 must have a guardian present. Complete sign-up and waiver sheet before 1K run start.

There will be a KidSport donation jar available at the race for an additional opportunity (beyond your registration fee) to help support Campbell River kids and families who need our financial help to participate in sports!

Waiver

Release: In consideration of your accepting my entry to this event, I,

_____ (print name) hereby for myself, my heirs, executors and administrators waive and release the organizers, sponsors, instructors, and volunteers from any and all rights of claim for 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.

Signature: _____
(Parent or Guardian Signature for under 19)

Date: _____

Administration Use Only

Payment amount: _____

Payment method: _____

Race #: _____