

Course and registration Information

Flat, fast certified * 8km course through Kelowna's Mission area. 8 am start. Start/Finish at Capital News Centre at 4105 Gordon Dr (near Mission Sports Fields). Water station at start /finish and at km 2 and 6. Washrooms at Capital News Centre. St John Ambulance on site. Refreshments, awards and draw prizes following the race. Lots of parking at the start/finish

Map - see over

More information: a.degooyer@shaw.ca

(*Athletics Canada Certification code

BC-2005-045-BDC)



Visit the Kelowna Running Club website at www.kelownarunningclub.ca

Race Registration

1. On-line at www.eventsonline.ca
2. complete the attached entry form and mail with fee to:

Ron Lait

867 Liban Court

Kelowna, BC

V1Y 8B6

3. By cheque or cash in person at Fresh Air Experience at 2070 Harvey Ave

Package Pick-up

Saturday July 5, 1-5pm

Fresh Air Experience, 2070 Harvey Ave

Day of Race at the Capital News Centre:

Until 7:30am

Entry Form

Last Name _____

First _____

Age _____ (as of Dec 31/08)

Male Female Wheelchair

Birth date: day ____ mo ____ yr _____

Address _____

City _____ Province _____

PC _____ Telephone _____

Entry Fees:

Postmarked before June 30 \$20.00

After June 30 \$23.00

Day of Race \$25.00

BC Athletics member deduct \$3.00

BC Athletics # _____

(a supporting membership does not qualify

for the \$3.00 deduction)

Amount Enclosed: _____

Make cheque payable to :

Kelowna Running Club

In consideration of acceptance of my entry, I hereby for myself, my heirs, executors and administrators, waive and release any and all rights or claims for damages I may have against the organizers of this race, the City of Kelowna, the Kelowna Running Club, their agents, representatives, successors, and assigns, and the race sponsors, for all and any injuries I may sustain during the course of the event.

Athlete's Signature _____

(parent /guardian if under 19)