

Celebrate

CANADA DAY 2006

SIDNEY DAYS

5K WALK • 5K RUN • 2K YOUTH RUN

SATURDAY, JULY 1st



Sponsored by



Track and Field Club www.pentrack.org

START TIME: 8:00 am
COURSE: A certified 5K, flat and fast
ENTRY FEES: Before June 23, 2006 \$10; June 24 - Race Day \$15; Youth 2K \$5



REGISTRATION: Mail to: Chris Lott 9830 Fourth Street Sidney, BC V8L 2Z3
Drop Off: Front Runners 911 Yates St. Victoria, BC



RACE DAY REGISTRATION: July 1, 6:45 am - 7:30 am -- Adjacent to Mary Winspear Centre
PACKET PICK-UP: July 1, 6:45 am - 7:30 am -- Adjacent to Mary Winspear Centre
INQUIRIES: Chris Lott - 656-3961



S. & M. Traffic Control

AWARDS: 5K: Trophies to overall male/female Medals to top three finishers in each running division
Youth 2K ribbons: 1-8 places
Youth participation ribbons



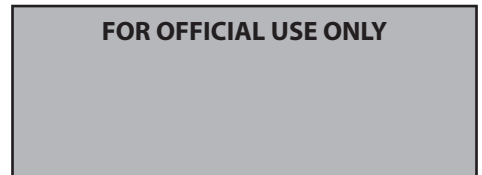
Table with 4 columns: DIVISIONS, Men 5K, Women 5K, Boys & Girls 2K. Rows include age groups (under 16, 16-19, 20-29, 30-39, 40-49, 50-59, 60+) and categories (Open Walker, Competitive Walker*).

REFRESHMENTS: Post race refreshments provided by Thrifty Foods

*Medals will be awarded to the top three overall men and women in the competitive walker category. I.A.A.F. Race Walking rules will apply. B.C. Athletics R.W. Officials will be judging this event. Walkers contravening the rules of this event will be disqualified.

Note: Each participant must complete a form

REGISTRATION FORM



LAST NAME: FIRST NAME:
ADDRESS:
CITY: POSTAL CODE:
PHONE (home): (work):
AGE (on race day): SEX: Male Female DATE OF BIRTH (DD/MM/YY):

I PLAN ON: Running 5K, Walking 5K, Competitive Walk 5K, Running 2K Youth only (15 & Under)

BCA#

Individual
Family (families must submit forms together for special price)

Amount Enclosed: \$
cheques payable to Peninsula Track Club

WAIVER - RELEASE OF LIABILITY
In consideration of you permitting me to participate in this event, I hereby, for myself, executors, administrators and personal representatives release the organizers of this event, their agents and volunteers and the event sponsors from all liability, and I waive, as against the said organizers, agents, volunteers and sponsors, all claims of any kind whatsoever that I have (for personal) injuries or property losses suffered by participating in this event.

PARENTS ACKNOWLEDGEMENT, RELEASE AND WAIVER
I the parent or legal guardian of the above competitor, hereby acknowledge that I approve of my child participating in this event. I agree that my child and I shall be bound by the terms of the above release and waiver.