



Summerfast 10km

**Saturday July 17, 2010 - 8:00 am
Ceperley Park**

(Near Second Beach Pool, Stanley Park)

Register Online at www.VFAC.ca



**LOWER
MAINLAND**
ROAD RACE SERIES



Sponsored By:



Benefiting:



Saturday July 17, 2010
8:00 a.m. Start
Ceperley Park – Stanley Park
Pay Parking at the Ceperley Park and Second Beach
Pool parking lots.

Registration

- Online at www.vfac.ca, or
- In person at:
The Run Inn
2236 West 41st Ave.,
Vancouver, BC
(604) 267-7886
- By mail to:
Vancouver Falcons Athletic Club
5329 Kew Road.
West Vancouver, BC, V7W 1L9

Package Pick-up

- Friday July 16th 5 – 7 p.m.
The Run Inn
(10% discount on purchases during package pick-up)
- Day of Race 6:30 – 7:30 am only
Ceperley Park

Race Info

- Course map at www.vfac.ca
- BCA certified course (#BC-2008-061-BDC)
- Chip timed.
- Run or walk along paved park pathways and the Seawall.
- Water on course.
- St. John's Ambulance on-site.
- Gear check available
- Lots of Prizes
- Famous Post Race VFAC Baking!

Prizes

Open (male & female)

- 1st – \$100
- 2nd – \$50
- 3rd – Timex Watch

Masters (male & female)

- 1st - Shoes

Summerfast 10K 2010 Entry Form

Official use only
Competitor's Number

Please PRINT CLEARLY

Name

Last _____

First _____

Age ____ Birthday month / day / year M / F

Address

Street _____

City _____ Prov. _____

Phone _____ Postal Code _____

E-mail _____

B.C. Athletics 2010 # _____

Entry Fees

Postmarked by July 2 nd	\$30
Late Entry (July 3 rd – 16 th)	\$35
Day of Race	\$40
B.C. Athletics members deduction	\$3

Total Enclosed \$ _____

Paid by CASH or CHEQUE

Waiver

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, B.C. Athletics, volunteers and the event sponsors from all liability, and I waive as against the organizers, agents, B.C. Athletics, volunteers and event sponsors, all claims of any kind whatsoever I may have for personal injuries or property losses suffered by participation in this event. I certify that I have full knowledge of the risks involved in this event and I am physically fit and able to participate, and that unless indicated to the contrary by the signature of parent / guardian below, I am 19 years or older.

Athlete's Signature

Parent or Guardian (if athlete is under 19 years)