



Kamloops Ridge Runners

PO Box 1044 STN Main, Kamloops, BC V2C 6H2

35th ANNUAL BLACKWELL DAIRY FUN RUN



This event has two distances, 15 km and 3 km. The 15K is part of Interior Running Association’s Canadian Tire Road Race Series. The 3K is a fun run and GREAT for kids (adults accompanying kids require registration). Both races take place in Barnhartvale, starting and finishing at RL Clemitson Elementary School. The routes are challenging but scenic on semi-urban and rural roads. There are door prizes and refreshments for racers and volunteers. Refreshments include Blackwell Dairy ice cream and milk, Kamloops Paddelwheelers Lions Club pancake breakfast*, fresh fruit, water, and coffee. If you wish to volunteer or donate a door prize contact race director by email, blackwelldairy@kamridgerunners.org.

May 26, 2019

RL Clemitson Elementary School

5990 Todd Rd, Kamloops, BC

- 7:30 AM Bib Pickup & Registration (Gym)
- 8:30 AM Registration CUT OFF
- 9:00 AM 15 km IRA Road Series Race Start
- 9:15 AM 3 km Fun Run Start

WAIVER: In accepting my entry for this race, I understand that the Organizers, BC Athletics and its divisions and/or Municipal Agencies/Sponsors shall not be liable for injury or loss to the athlete howsoever caused, whether through the negligence or wilful conduct of the officers, directors, employees, agents or appointees of the association(s) and its divisions whether such loss or injury occurs while travelling to or from the event or while staying at or participating in the programs or activities of the event. I certify that I am medically able to perform this event, I am in good health, and I am properly trained. I further hereby grant full permission to the race organizers, and the Interior Running Association (IRA) to use my name, gender, age, hometown, and race results from this event in any publicity related to this event, including posting of race results and photographs to the IRA and related running club websites. I have read this waiver and fully understand its comments. The association has provided the opportunity to explain this to me. If I am under 19 the signature is of my legal guardian.

DATE:	SIGNATURE:
--------------	-------------------

Race Fee (includes 1 breakfast) 15K \$35 / 3K \$18 :	
Extra Breakfasts at \$10 each:	
*Breakfast tickets are not available on race day	
Under 19 discount (15K only) -\$10 :	
KRR Member discount (15K only) -\$10 :	
Competitive BCA Member discount -\$3 :	
Race Day Registration Penalty +\$10 :	
(Payable to, "Kamloops Ridge Runners") Total:	

Distance: (15K / 3K)	BCA #: (Competitive)
Name: (First Last)	
Gender: (M / F)	Birth Date: (YYYY-MM-DD)
City:	Province: (Abbreviation)
Club:	
Email or Phone:	