



# 37<sup>th</sup> ANNUAL SPRING RUN OFF

**Kamloops Ridge Runners**

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

SpringRunOff@KamRidgeRunners.org

This event has two race distances, 10 km and 5 km. The 10K is part of Interior Running Association’s Canadian Tire Road Race Series. The 5K is a fun race and GREAT for first time racers. Both races take place in Westsyde starting and finishing at Arthur Stevenson School. These are FAST courses with little elevation gain. The routes are towards The Dunes along paved roads and pathways. There are door prizes and refreshments for racers and volunteers. Refreshments include a slice of pizza, fresh fruit, water, and coffee. If you wish to volunteer or donate a door prize contact race director by email, SpringRunOff@kamridgerunners.org.

## March 15, 2020

Arthur Stevenson School

2890 Bank Rd, Kamloops, BC

- 8:30 AM Bib Pickup & Registration (Gym)
- 9:30 AM Registration CUT OFF
- 10:00 AM 10 km IRA Road Series Race Start
- 10:20 AM 5 km Fun Race 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.

<b>DATE:</b>	<b>SIGNATURE:</b>
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Race Fee 10K / 5K :	<b>\$35</b>
Under 19 discount <b>-\$10:</b>	
KRR Member discount <b>-\$10:</b>	
Competitive BCA Member discount <b>-\$3:</b>	
Race Day Registration Penalty <b>+\$10:</b>	
(Payable to, “Kamloops Ridge Runners”) <b>Total:</b>	

Distance: ( 10K / 5K )	BCA #: (Competitive)
<b>Name:</b> (First Last)	
Gender: ( M / F )	Birth Date: (YYYY-MM-DD)
City:	Province: (Abbreviation)
Club:	
Email or Phone:	