



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



# 10K and 5K Road Race

## 35<sup>th</sup> Annual THE RIVER'S SPRING RUN OFF

10 km is race 2 of the Interior Running Association Canadian Tire Road Race Series. 5 km is purely for fun and a great first racers. Both races take place in Westsyde starting and finishing at Arthur Stevenson School. These are Fast courses with little elevation towards The Dunes along paved roads and pathways. Refreshments for racers and volunteers include a slice of pizza, fresh fruit, and water. Door prizes for racers and volunteers are pre drawn and available for pickup in the Gymnasium. Online registration & more information including Race Director contact... [kamridgerunners.org/springrunoff](http://kamridgerunners.org/springrunoff)

- Bib Pickup & Registration (Gymnasium)
- Registration CUT OFF 9:30 AM
- 10 km IRA Road Series Race 10:00 AM
- 5 km Race 10:20 AM

<b>Fees</b>	10 km and 5 km		\$35
<b>Discounts</b>	Competitive BCA Member	Subtract	\$3
	Under 19	Subtract	\$10
	KRR Member	Subtract	\$10
<b>Penalties</b>	Day of Race Registration	Add	\$10

(cheque to **Kamloops Ridge Runners**) Total: \_\_\_\_\_

Mail to: **PO Box 1044 STN Main, Kamloops, BC V2C 6H2**

**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.

# March 18, 2018

Arthur Stevenson School  
2890 Bank Rd, Kamloops, BC

### Registration Information...

Distance: \_\_\_\_\_

Competitive BCA #: \_\_\_\_\_

First name: \_\_\_\_\_

Last name: \_\_\_\_\_

Gender: M / F Birth date: **YYYY - MM - DD**

City: \_\_\_\_\_ Prov.: \_\_\_\_\_

Club: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Address: \_\_\_\_\_

Signature: \_\_\_\_\_

(or parent if under 19) Date: \_\_\_\_\_