



# New this year! 5km Distance

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

New this year is the addition of a 5km race to accompany the 10km race that is part of the IRA road series. Both races will take place in Westsyde starting and finishing at Arthur Stevenson School with routes that head north towards The Dunes. These are Fast courses with little elevation along paved roads and pathways. There will be refreshments for racers and volunteers including a slice of pizza. If you're not running volunteer by contacting the race director, [springrunoff@kamridgerunners.org](mailto:springrunoff@kamridgerunners.org). More information and links to online registration [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 (shortly after 10 km start)
- Post Race Refreshment (Pizza, Fruit, Water, ...)
- Door Prizes and Awards

# March 12, 2017

Arthur Stevenson School  
2890 Bank Rd, Kamloops, BC

<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**

### Registration Information...

Distance:  5 km  10 km

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

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

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

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

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

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

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

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

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

Participant Signature: \_\_\_\_\_  
(or parent if under 19)

Date: \_\_\_\_\_

**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.